



2014 - U10 - Spring Lesson Plan - Week 3



Topic: Dribbling to beat an opponent

Objective: To improve the player's ability to dribble by an opponent

Stage	Organization	Diagram	Coach Interventions
Stage I Technical Warm up	1v1 Moves and Turns: Place 3 cones in a line with the middle cone 7-10 yards from the end cones and two players by each end cone with a soccer ball each. At coaches command they will go from their cone to the middle cone and perform a move to beat the cone. The player will dribble to the middle cone and... • Perform a Push outside, take inside • Perform a Fake- take • Perform a Circle-take • Perform an Inside Cut/Outside Hook and Drag-back (return to original cone)		• What part of the foot will you use to dribble towards the cone? • How fast do you dribble towards the cone? • When do you pull the move? • What do you do after the move?
Stage II Small Sided Activity	1v1 To Goal: Coach set up a field 20Lx15W with a goal at each end and 3 gates across the center line. Player 1 (RED) plays the soccer ball to player 2 (YELLOW). Player 2 must dribble through 1 of the 3 gates then try to score in the goal. Player one will defend his goal, try to win the ball and score in the opposition's goal.		• What surface of the foot should you use to receive the soccer ball? • Where should your first touch be? • When do you perform a move to get behind a defender? • Why will you accelerate after beating the defender?
Stage III Expanded Small Sided Activity	2v2 + GK to Goal: Coach sets up a field 35Lx25W with a goal at each end 3 gates across the center line. Teams of 2 field players + a goal keeper on each end line. The team in possession of the soccer ball tries to score on their opponent's goal. If they dribble through any gate prior to scoring, increases by 100 points.		• How do you get a defender to commit to you with the ball? • When should you dribble in this game vs when should you pass? • Where should you be when your teammate has the ball?
Stage IV Conditioned Game	5v5 or 6v6: • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to beat an opponent		