

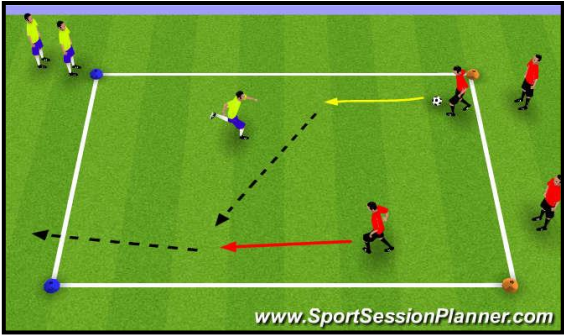


2014 - U10 - Spring Lesson Plan - Week 4



Topic: Running with the ball

Objective: To improve the player's ability to run with the soccer ball

Stage	Organization	Diagram	Coach Interventions
Stage I Technical Warm up	<u>Cone Running Competition:</u> Players will dribble out to the cone and do an inside cut around the cone. Once back to the start line, the other player will go out and repeat. Tasks: 1. Inside Cut 2. Outside hook 3. Pull back or Drag back		• What surface of the foot should you use to run with the ball? • When will you use the inside of the foot in this activity? Outside? Sole? • What different moves or turns can we incorporate into the activity? • How can we make this activity be competitive?
Stage II Small Sided Activity	<u>2v1 to end lines:</u> 2v1 to end lines. Two attackers against one defender. Attacking team can dribble across the end line for a point. The defender acts as a "floating" off-sides line so the attacking team stays true to the rules of the game.		• When should you dribble to beat the defender? • If my teammate is dribbling where should I be to help him? • When should they dribble vs pass?
Stage III Expanded Small Sided Activity	<u>3v3 to goal with gates:</u> 3v3 to central goals. If a player scores on the goal, 1 point. If a player dribbles through one of the cones and passes to a teammate to score, 5 points. If a player dribbles through one of the two gates and then scores, 10 points.		• Where is there space on the field to dribble? • If you cannot score centrally, where else can you score? • When should we dribble vs. pass?
Stage IV Conditioned Game	<u>5v5 or 6v6:</u> • Two teams with a specific formation • Play the game and encourage the players to recognize when and where to run with the ball		