



2014 - U10 - Spring Lesson Plan - Week 8



Topic: Creating Scoring opportunities

Objective: To improve the team's ability to create scoring opportunities

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<u>1v0 Warm Up:</u> Groups of 3. Each player attacks the individual cone in the middle, connects a pass to the far side, and follows his pass to the far side. Upon receiving a pass, the player again takes on the middle cone. Attack the middle cone decisively. Have a move in mind prior to starting your dribble. Change direction and then burst into open space before passing. The coach can show a move or allow the players to decide on their own.		• What part of the foot can you use to dribble faster? • What surface are you using to get around the cone? • What surface are you using to pass the ball? To receive the ball? • Where should your first touch go?
Stage II Small Sided Activity	<u>1v1/2v1/3v2:</u> In a 15Lx12W yard grid start playing 1v1 to goal. The coach is the ball master; he/she will serve the ball to any player. Start with 1v1, then 2v1 and end with 3v2. Variation: Goal scored after a combination play is worth 10 points. Every other goal is worth 1. • Encourage players to be creative and take risks.		• Where should your first touch take you? • Why would you want to make the defender get close to you? • What moves can you use or beat the defender? • What surface of the foot will you strike the ball with? • When will you release the shot?
Stage III Expanded Small Sided Activity	<u>5v5 +1:</u> In a 40L x 35W yard grid, play a live 5v5 game +1 neutral player The + player is on whichever team is in possession of the ball.		• When should we possess vs. penetrate? • What surface of the foot should we use to strike the ball... ○ Low ○ With power ○ With finesse • When should you try to shoot? • Why would you want to have a numerical advantage?
Stage IV Conditioned Game	<u>5v5 or 6v6:</u> • Two teams with a specific formation: 1-2-1, 2-1-1, 2-2 or 3-2 • Play the game and encourage the players to create scoring opportunities		