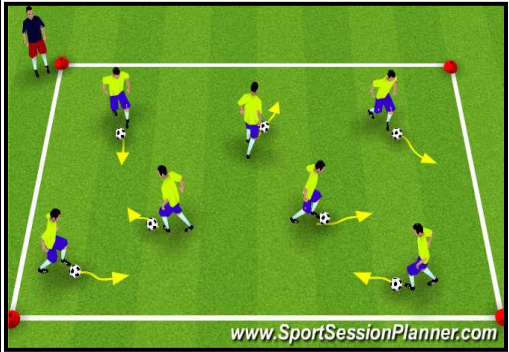




2014 - U10 - Spring Lesson Plan - Week 10



Soccer Festival

Stage	Activity Description	Diagram	Coaching Considerations
Warm up	6 Surfaces: Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces, Bottom, Toe & Heel. Transfer the ball from the right to left foot after they play the ball with their heel. When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is: ○ Outside of the foot touch - Inside of the foot touch - laces (push) roll back with the bottom of the foot, punch the ball forward with the toe and touch the ball behind you with the heel. Now, change feet.		• Where are your eyes looking? • What should the player say while performing the task? “Outside –Inside- Laces – Bottom, Toe and Hill” Switch foot
Soccer Festival			
Organization	• The teams will: ○ Play 8-10 minutes games ○ Teams will have a 2-3 minutes to change fields ○ Coaches will sub on the fly ○ Teams will rotate as shown below 