



2013 - U10 - Fall Lesson Plan - Week 1



Module 1: Dribbling

Topic: Ball Manipulation

Objective: To improve the player's ability to manipulate the Soccer ball with all parts of the foot

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	4 Squares: - Area: Divide a 30Lx 25W square into 4 quadrants - Place 3-4 players in each quadrant Procedure: Players will perform... - Square 1: inside, outside, stop and switch foot - Square 2: laces, lace, laces and inside of the foot cut - Square 3: inside, outside, stop, heel and switch foot - Square 4: laces, lace, lace and outside of the foot hook - Players must have at least 5 touches on the ball before performing the task again. - At the coaches command players will change squares.		- What surface of the foot to use? - Where is the space to go? - How far is the ball from the player? - Where should the players eyes be?
Stage II Small Sided Activity	1v1 to End Zones - Area: 20Lx 15W - Play 1v1 to dribble into the opponent's End Zone - Yellow will defend Red. If yellow gets the ball, then he dribbles into Red's End Zone		- What surface of the foot to use to receive and dribble the soccer ball? - Where will the player's first touch be? - Where is the space to attack? - How far is the ball from the player? - Where should the players eyes be looking? - How fast should the player dribble after he beats the opponent?
Stage III Expanded Small Sided Activity	3v3 to Scoring End Zones: - Area: 35Lx 30W yard grid with a 5 yard end zone in each end with a goal placed on each end line. The goals are about 3-4 yards each - Teams play to score by dribbling into the scoring zone and either shooting or dribbling through the goal. - Score: - Shooting: 10 pts. - Dribbling: 100 pts.		- What surface of the foot to use to receive and dribble the soccer ball? - Where will the player's first touch be? - Where is the space to go? - How far is the ball from the player? - Where should the players eyes be looking? - How fast should the player dribble after he beats the opponent? - When and how to turn? - When to dribble when to possess?
Stage IV Conditioned Game	5v5 or 6v6: - Two teams with a specific formation - Play the game and encourage the players to recognize the moments to dribble		