



2013 - U10 - Fall Lesson Plan - Week 9



Module 4: Attacking

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	1v0 Warm Up: 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.		• Which part of the foot can we use to dribble faster? • How quickly can you get past the cone after a move? • Should we get closer or farther away from the cone before our move? • How can our bodies sell the fake?
Stage II Small Sided Activity	1v1/2v1/3v2: 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. Encourage players to be creative and take risks. Variation: Goal scored after a combination play is worth 10 points. Every other goal is worth 1.		• How should we receive the ball? • Where should our first touch take us? • How do we make the defender commit? • What moves can we use to unsettle or beat the defender? • How quickly can you release the shot • What surface of the foot will you strike the ball?
Stage III Expanded Small Sided Activity	4v4/5v5 +1: 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.		• How should we move the ball throughout the team? • Can we find a numerical advantage? • When should we look to shoot? • Which part of the foot should we use to play a combination with your teammate? • Can the backs get involved moving forward? • Which combinations to use?
Stage IV Conditioned Game	5v5 or 6v6: • Two teams with a specific formation • Play the game and encourage the players to create scoring opportunities		