

# 10U Week#3 -

# PLAY — PRACTICE — PLAY

## "Receiving Air Balls"

## **Dribbling move** Cruyff

PLAY	
10 mins	

**Play-** as players arrive have them join in a small sided game.

**Set Up-** 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed

Let them play

#### **Activity Description**

## **Coaching Points**

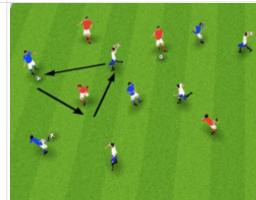
# Control in 3's:

## Split the group into 3 teams with one 1 #1

ball for every 3 players. White throws the ball to blue. Blue control the ball and find a red to pass to. Red then pass to a white 15 mins who picks the ball up and starts again.

> Coach: make white throw the ball like a throw in. Can make one team a defender and play with less balls

## **Set Up Diagram**



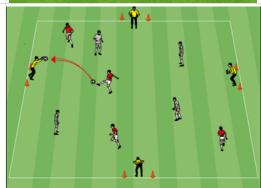
- Get in line of the flight of the ball
- Come to meet the ball
- Watch the ball
- Make an early selection of the body surface to

### Goals in the air:

#2

15 mins

Divide your group into 3 teams. One team has each player occupy a goal (use enough goals for players) The other two teams play against each other and score by lifting the ball in the air to one of the goals. The player in the goal must catch it for it to count. Teams playing cannot defend the goals.

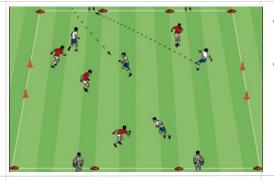


- Relax the controlling surface and withdraw just before impact
- 1st touch prepares for next touch

#### **Bumper Game 4v4 to Goals:**

#3

15 mins Two teams of four in defined playing area with two goals. 4 "bumpers" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.



- Lift foot up to meet the ball
- As ball is about to make contact, drop foot down and cushion ball on top of foot

## **Small Sided Games**

**PLAY** 

7V7 scrimmage

25 mins



Let them play



Organized-set up and ready to go Game like-activity must be game like Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players