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Practice with a plan

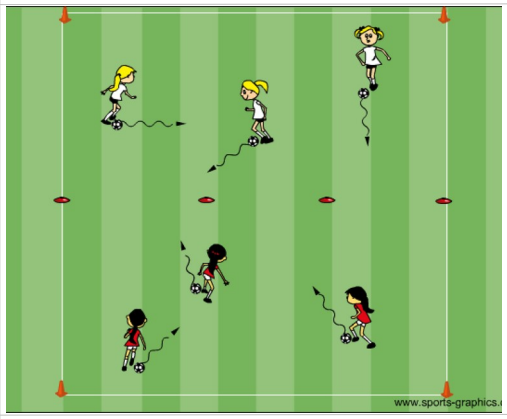
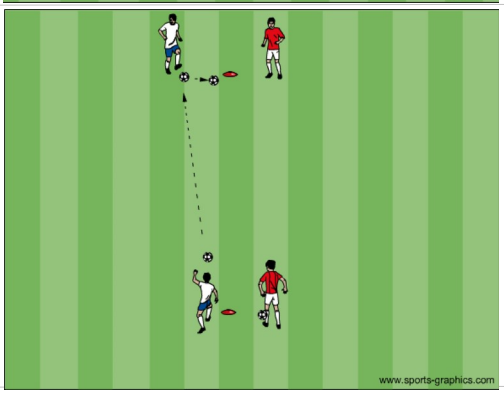
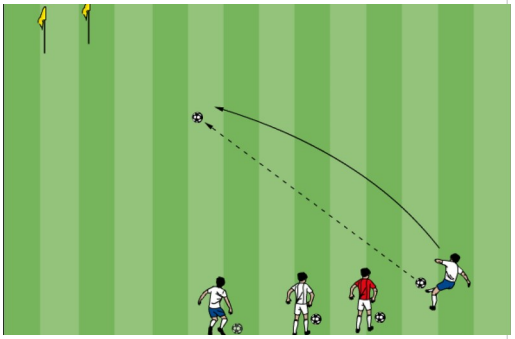
10U Week #6 -

PLAY — PRACTICE — PLAY

"Individual Defending"

Dribbling move
Double Scissors

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	Set Up Diagram	Coaching Points
#1 **15 mins**	**Warm-Up Dribble:** Divide your team in half with each team starting on their own half of the field. Each player with their own ball. Start by dribbling in their half and listening for the commands: switch-players leave their ball and get another players ball from their half of the field. **Version 2:** Coach yells switch fields and the players must dribble their ball to the other teams field.		• Listen for instructions and react quickly • Head up while dribbling • Change speeds and direction to avoid other players
#2 **15 mins**	**Soccer Horseshoes:** Players get in pairs with one ball. Two cones 10 yards apart. Pairs set up across from each other with the balls starting on the same side. Duplicate this set up with 2 pairs occupying each set up. The first player passes the ball across and tries to weight the pass so it stops close to the far cone. Their teammate (standing by the far cone) can touch it once to guide it towards the cone.		• The ball must be moving when the other player tries to guide it • Other team goes and tries to get their ball closer to the cone • Ball can be knocked away by second ball
#3 **15 mins**	**Soccer Golf** Each player with a ball. Set up your first golf hole with cone or flags. Players start from the same area and have to get the ball between the cones in as few kicks as possible. Take turns teeing off.		• Once your ball stops moving run to it and stand next to it • Closest to the hole gets to take their second kick • Player with the lowest score on the hole goes first on the next hole
PLAY **25 mins**	**Small Sided Games** 7v7 small sided game.		Let them play

5 Elements

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