

# 10U Week #11 -

# PLAY — PRACTICE — PLAY

### "Dribbling to attack"

### **Dribbling move** Ribery/scissors/I turn

**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

10 mins.

# **Activity Description**

### Set Up Diagram

### **Coaching Points**

# #1

15 mins

All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, "change", "turn", etc.

Version 2: Walk around and put pressure on the players.

Version 3: Players will try to knock each other's soccer balls out of the grid.

- -Keep the ball close
- -Keep your head up and use -peripheral vision
- Change of direction and burst of speed
- -Be creative try something new

# **1v1 to End Lines:**

**Technical Box:** 

In a grid 10x15 yards with end lines. Two players try to score by beating the defender #2 and dribbling over 10 yard line opposite to

15 mins them. Players keep score.

Coach: Make groups of 4 or 5 players per grid. Switch a few players between grids every 2-3 minutes.



### -Keep the ball close to you under control

- -Execute a feint to unbalance the defender and dribble past them with a burst of speed
- -Use the outside of the foot or laces when dribbling for speed with furthest foot form the defender

### 3v3 or 4v4 to End Zones:

#3

Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone.

15 mins

Coach: Encourage players to recognize opportunities to burst into space under control.



### Work together to score

- -Verbal & visual communication
- -Use support players to make

attacking decisions

-Encourage players to be creative and take risks near the end zone.

### **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