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Practice with a plan

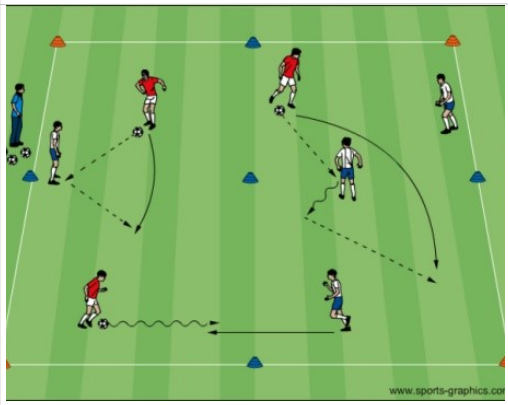
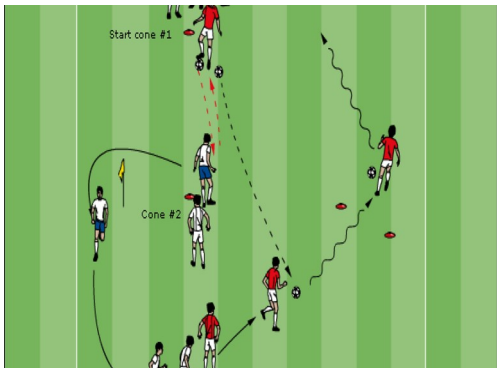
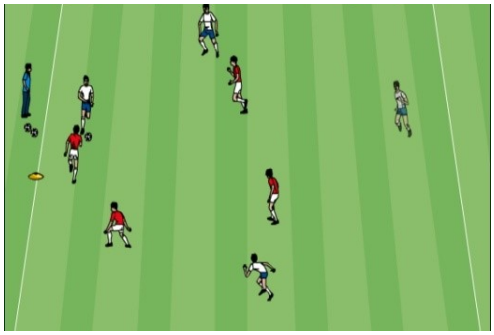
10U Week #9 -

PLAY — PRACTICE — PLAY

"Combination Play"

Dribbling move
Maradona

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**	**Combination Square:** In a grid about 25x25 yards, place 4 to 5 players in training vests. These players will roam around grid and give support to players with balls. 4 to5 players with balls dribble in grid looking to connect with support players to perform wall passes.		Communicate to teammates Good body position to receive the ball Proper weigh of the pass to the teammate
#2 **15 mins**	**3 Player Combination** The first player at cone #1 passes the ball to the first player at cone #2 who passes it back. This player then passes to the first player at cone #3 who is making a short run into space to receive the ball and dribble through the cones and return to line #1. Everyone moves up one cone.		Take a "peek" and know what your options are -Execute a feint to unbalance the defender and dribble past them with a burst of speed -Encourage player to be creative with the ball at their feet
#3 **15 mins**	**4v4 to Two Small Goals:** In a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams attack two goals and defend two goals. To encourage combination play, the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring.		Work together to score Verbal & visual communication Use support players to make attacking decisions
PLAY **25 mins**	**Small Sided Games** 7V7 scrimmage		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