

Coach **Ian Mulliner**

Session date **March 5, 2016**

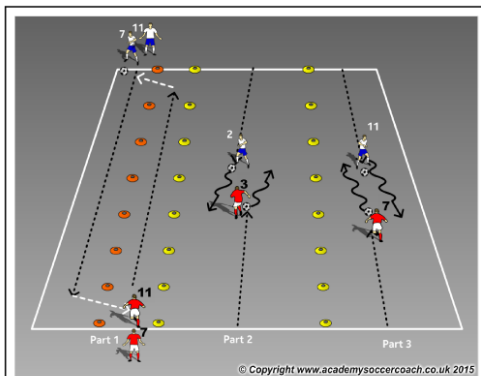
Team/Age Group **U10s**

Theme

Technical Dribbling - Stages 1 & 2
 Technical Shooting - Stages 3 & 4

Time available

50 Minutes



NOTES

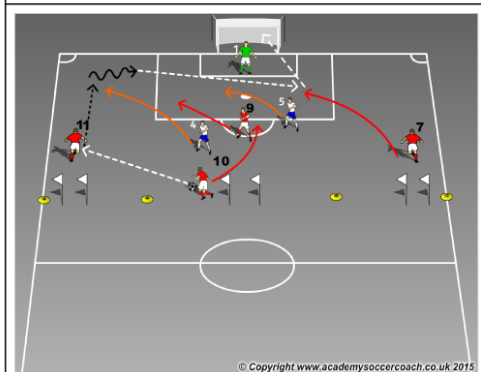
In a 30 yard Wide x 40 yard long grid divided into 3 10 yard wide channels. Every player has a soccer ball.

Part 1: The player at the front of each line runs with the ball down their channel and passes the ball across to the next player in line to continue the Activity.

Part 2: Have the players dribble towards each other in the same channel and perform a move to their right side and then accelerate away to cross the line first before their partner. (repeat)

Part 3: Have the players dribble towards each other in the same channel and perform a move to their left side and then accelerate away to cross the line first before their partner. (repeat).

COACHING POINTS: Head Up, Keep Eyes on the Ball, Surface of the foot to use, Surface of the ball to strike, Distance of dribble touch, Use of moves, Change of Speed and Change of Direction.



In a 40 yard Wide x 30 yard long field with a regulation goal at one end and 3 counter goals at the other end. Play 4 attackers #7, 9, 10 and 11 versus 3 defenders #1, 4 and 5. The four red attackers try to score in the regular goal the 3 defenders try to score in any of the 3 flag goals.

COACHING POINTS: TECHNICAL: Head Up, Eyes on the Ball, Surface of the Foot to use, Surface of the Ball to strike, Change of Speed, Change of Direction.

TACTICAL: Is there space to attack? Is there space to attack behind the defender? When to Penetrate? Where to Penetrate to? Why Penetrate?



In a 40 yard Wide x 36 yard long field with a regulation goal at one end and a line with a target player behind at the other end. Play 5 + 1 attackers, #1, 7, 8, 9, 10 and 11 versus 5 defenders, #1, 2, 3, 4 and 5. The red team tries to score in the opponents goal the white team score by playing into the target players hands without bouncing.

COACHING POINTS: TECHNICAL: Angle of Approach, Head Still, Look at the goal then focus on the ball, Placement of the Non Kicking Foot, Surface of Foot to use, Surface of the Ball to strike, Follow through for power, Placement for accuracy.

TACTICAL: When to shoot? Where to shoot from? Why Shoot? Shooting Mentality.



In a full field play 7 v 7 Red Team plays 1-3-3, White Team plays 1-4-1-1 all FIFA Rules apply.

COACHING POINTS: Techniques of Shooting, Power v Placement, Psychology of Shooting, Mental Toughness, Selfishness.