



U10/U12 Session Plan #1

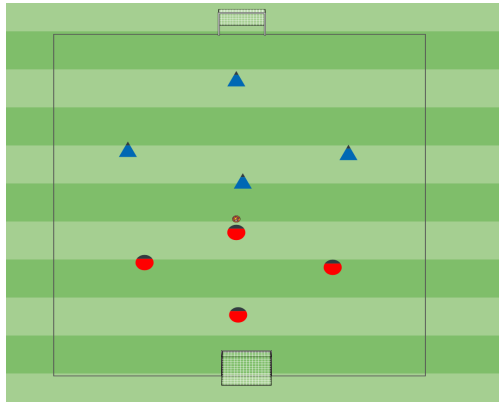
PRINCIPLE	Dribbling	LEARNING OBJECTIVES	Space in front dribble No space dribble away from defender or pass
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	STAGE 1 Organization:		
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted - 	
	Guided Question	<ul style="list-style-type: none"> - Can you go towards goal? 	
Organization	25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.		
	STAGE 2:		
	REPS: 4 WORK: 3 REST: 20		
Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Space in front dribble forwards - Dribble fast to get away from the defender 		
Guided Question	<ul style="list-style-type: none"> - How do i know if i have space in front of me? We must scan (or look) - How can i get away from the defender and go to the goal faster? Dribble fast 		
Organization	15 yds width x 25 yds length. Balls pennies, cones, two goals, one line of players attacking and one line of defenders chasing the attacker.		
	Stage 3:		
	REPS: 4 WORK: 3 REST: 20 SECONDS		
Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - No space dribble away from defender 		
Guided Question	<ul style="list-style-type: none"> • What are my options when the defender pressures me? Beat the defender or shield 		
Organization	15 yds width x 25 yds length. Balls pennies, cones.		

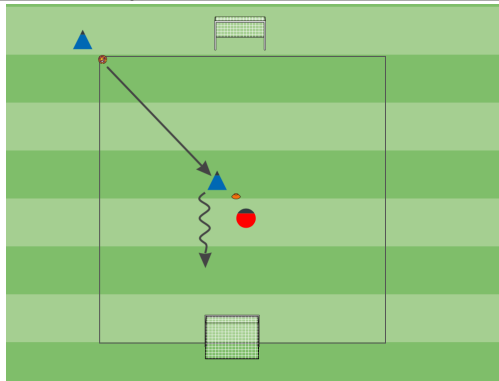
Play 4v4 for 15min: Check for understanding of coaching points

Session 2

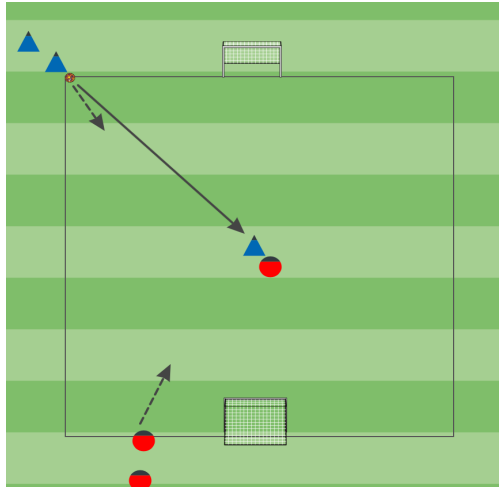
PRINCIPLE	Dribbling	LEARNING OBJECTIVES	Shield to turn Shield to pass
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	STAGE 1 Organization:	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - Direction of Play, blue one way red the other, they will get confused. - Find the Ball, they will get distracted
	Guided Question	<ul style="list-style-type: none"> - Can you go towards goal?

Organization .25x35 grid. Mini goals, balls, pinnies. Let them play stop after 5 minutes to ask guided question. Once guided question is asked let them return to play.

	STAGE 2: 1v1	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - With no space shield to protect the ball - Scan or look to find open space to dribble into
	Guided Question	<ul style="list-style-type: none"> - Show me how to shield the ball (check for understanding) - When we shield what should we be scanning (looking) for? Space to dribble into (turning)

Organization Split first play grid in half to use halves as stage 2 & 3 grid. No more than 2 players in one line (2 blue and 2 red players per line). Balls, pinnies, cones, mini goals (use cones as mini goals if needed). Players in line rotate with players playing once ball goes out or goal is scored.

	Stage 3: 2v2	
	Coaching Points (Over the flow of play)	<ul style="list-style-type: none"> - With no space shield to protect the ball - Scan or look to find the open space to dribble into - If no open space to dribble into pass to teammate
	Guided Question	<ul style="list-style-type: none"> • If there is no space to turn into how can we keep the ball? Pass to our teammate

Organization Use same space as stage 2. No more than 2 players in one line (2 blue and 2 Red per line). Balls, pinnies, cones, mini goals (use cones as mini goals if needed). Players in line rotate with players playing once ball goes out or goal is scored.

Play 15: Check for understanding