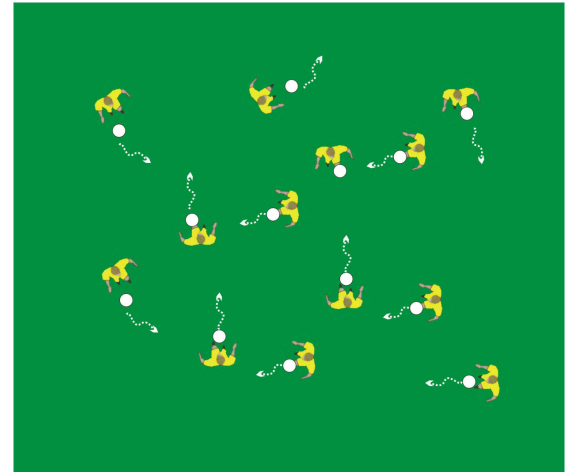
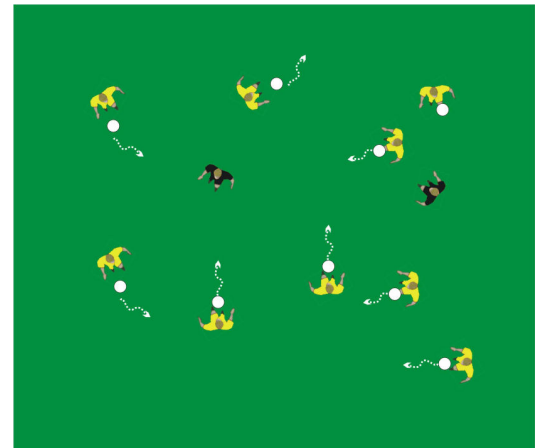


<b>Age Group</b>	<b>U8-U10</b>	<b>Warm Up</b>	<b>Dribbling In groups</b>
<b>Technical Objectives</b>	<b>Dribbling Guiding the ball</b>	<b>Technique Training</b>	<b>Dribbling Changing of direction</b>
<b>Individual Objectives</b>	<b>Ball mastery</b>		
<b>Tactical Objectives</b>	<b>1v1 for a shot on goal</b>	<b>Situational Play</b>	<b>1v1on two goals</b>
<b>Groups Objectives</b>	<b>Beating an opponent for a shot on goal</b>	<b>Theme Game</b>	<b>3v3 on two goal</b>

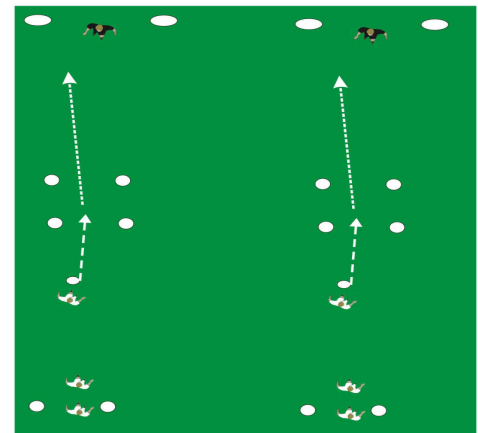
<b>Warm up</b>		
<b>Duration</b>	15m	
<b>Area Size</b>	20x20	
<b># Players</b>	12-14	
<b>Organization</b>	Each player with a ball will dribble inside the grid, and will execute the following coach's instruction: 1) Dribble with both feet 2) Right foot only 3) Left foot 4) stop the ball with sole 5) Turns	
<b>Coaching Points</b>	Keep the ball close to your body Change direction Keep your head up	



<b>Technique Training</b>		
<b>Duration</b>	15m	
<b>Area Size</b>	20x02	
<b># Players</b>	14	
<b>Organization</b>	Players dribble Inside a square, one or two players without the ball will try to kick the dribbler's ball out the field. Before the players can come back inside they must do 10 side to side touches. Change pairs every one or two minutes	
<b>Coaching Points</b>	Keep the ball close to your body Change direction Keep your head up	

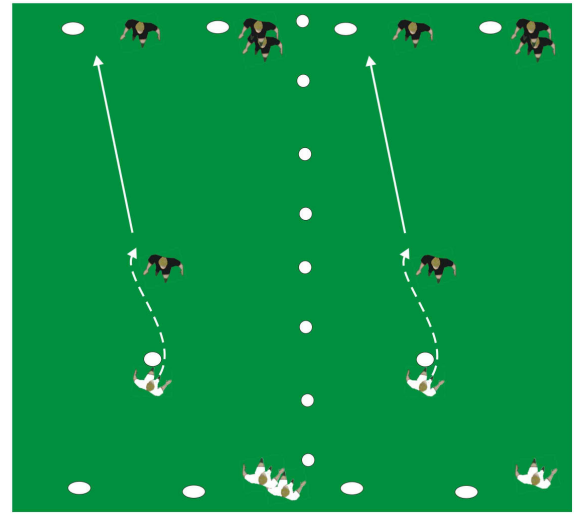


<b>Frontal Shooting</b>		
<b>Duration</b>	15 m	
<b>Area Size</b>	20x30	
<b># Players</b>	12-14	
<b>Organization</b>	Set up 2 goal of 4 yards each. Set up an area in front of each goal 10 yards away from the goal. Divide your players in 2 small groups. Each player has a ball and starting 10 yards away from the area in front of the goal, will take a turn on dribbling the ball in the area and from there taking a shot on goal. The shooter then becomes the goalie. Goalie picks the ball up and goes to the back of the line	
<b>Coaching Points</b>	Eyes on the ball Head Steady Part of the foot	



## Situational Play

<b>Duration</b>	15-20	<b>1v1 With counterattack</b>
<b>Area Size</b>	20x20	
<b># Players</b>	12-14	
<b>Organization</b>	Set up 2 grids as per graphic. Players are divided in two groups. Balls on one side. Play starts with a player (Defender) passing the ball to the other player (attacker) This player after receiving the ball will try to beat the defender for a shot on goal  Change roles Which team scores more goals in X number of minutes or tries?	
<b>Coaching Points</b>	Dribble at the defender Change direction Change Pace Deliver shot early	



## Final Game

<b>Duration</b>	20	<b>3v2+1 on a Goal</b>
<b>Area Size</b>	30x25	
<b># Players</b>	2xgroups of 6	
<b>Organization</b>	2 teams of 3 play against each other .When attacking the keeper comes out of the goal to participate in the attack, while the opposing keeper must stay on goal	
<b>Coaching Points</b>	Encourage 1v1 matches If you cannot shoot, can you pass it to a teammate?	

