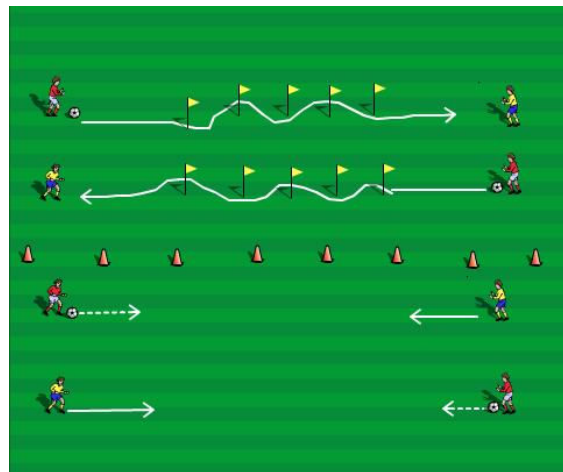


Age Group	U10	Warm Up	Dribbling in groups
Technical Objectives	Dribbling	Technique Training	Dribbling in space Dribbling Through Cones
Individual Objectives	Individual Possession		
Small Groups Objectives	Winning Space	Situational Play	3v2+1 Across a line
Tactical Objectives		Theme Game	4v4 Across a line

Warm up
Passing and Receiving in groups Followed by <u>dynamic stretches</u>
Duration 10-15m Area Size As needed Players 12
Organization <ul style="list-style-type: none"> • Mark –out grid • Split teams in two equal groups. • Work on a ratio of one ball per players
Coaching Points Encourage players to: <ul style="list-style-type: none"> • Use both feet and keep the ball close • Reinforce correct technique using the key factors for Dribbling • Remember to give a demonstration of the correct technique before progressing • Head up-Change of speed and direction. Walk, jog, run

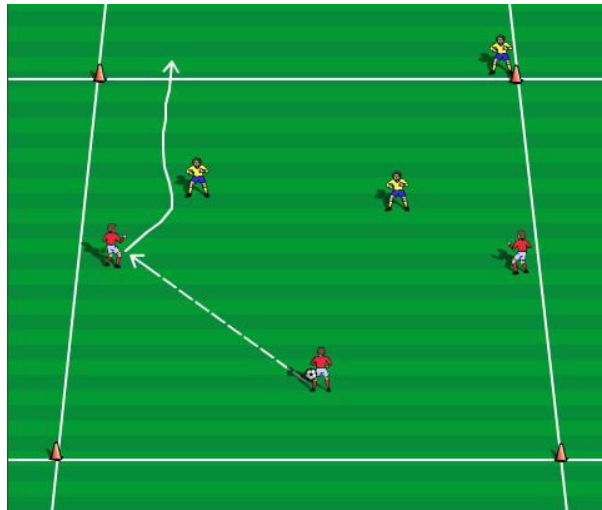


Technique Training
Passing and receiving around a square
Duration 15m Area Size 10x10 Players 14
Organization <ul style="list-style-type: none"> • Mark-out grids • One ball between two players (top grid) and 2 pairs in each grid • Dribbling around cones-change speed and direction • Each player dribbles with the ball-Command, walk, jog, run
Coaching Points Encourage Players to: <ol style="list-style-type: none"> 1. Communicate-see the ball see the player (heads up as much as possible) 2. Demonstrate then allow lots of repetition 3. Progression 4. Bottom grid .1 ball between 2. Player with the ball practices attacking the player without the ball. Change up 5. Demonstrate then allow lots of practice /repetition

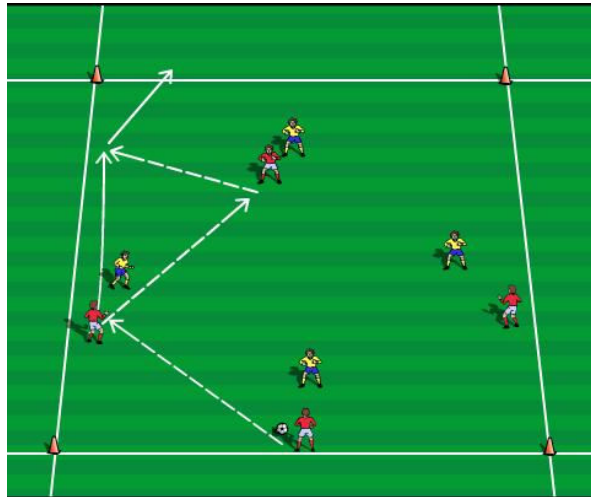


Key Factors
<ol style="list-style-type: none"> 1. See the ball, see the player 2. Change Speed, direction 3. Attack

Game		
3v2+1		
Duration: 15m	Area Size 20x30	Players 6
Organization		
One of the defenders Stays out whilst the other two play against 3 attackers		
Encourage players to		
<ul style="list-style-type: none"> Attacking player 3 to set up triangle to keep possession of the ball . Take players on.! Point is score is attacker dribbles past a defender. Points are also scored if an attacker dribbles the ball across the end line 		
Progression		
<ul style="list-style-type: none"> When defending team wins possession switch team roles. Defenders and goalkeeper now attack 		



Final Game		
4v4 on two goals		
Duration 20	Area Size 40x35	Players 14
Organization		
2 teams of 4 play against each other .The team in possession will try to score a goal by dribbling the ball across the end line.		
Coaching Points		
<ul style="list-style-type: none"> First option to take the man on Combination play Support player with the ball Keep triangle shape 		



This session was presented by
Mark Hearn
 during the
 2005 Ontario Soccer Association Conference
 Mark has passed on December 25,2008

