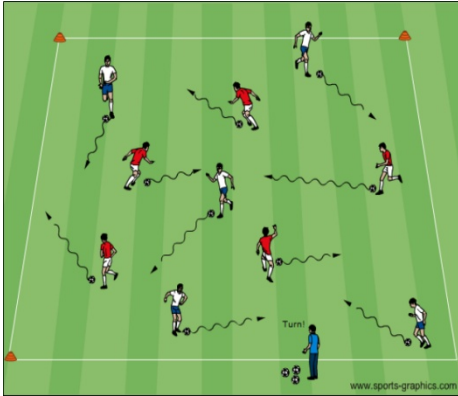
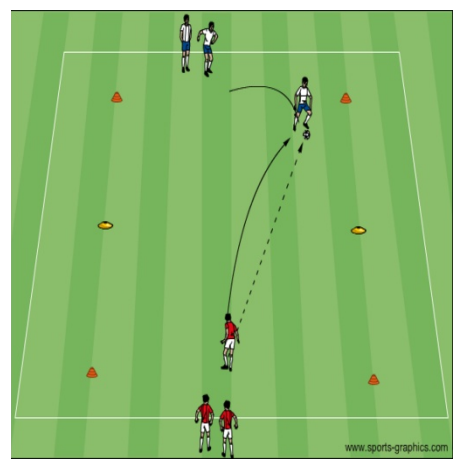
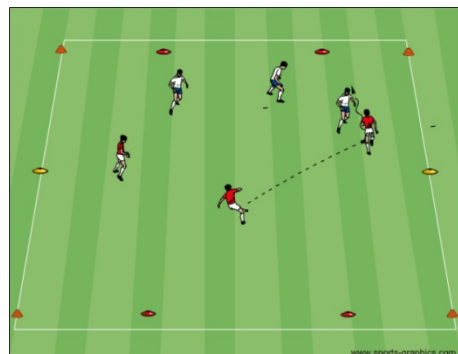


(10U) -- Week 11

Topic: *Dribbling for Penetration*

Technical Warm up	Organization	Coaching Pts.
	<p>Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet. Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. Version 2: Walk around and put pressure on the players. Version 3: Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot <ul style="list-style-type: none"> ○ Inside/outside ○ Sole ○ Laces • Keep your head up and use peripheral vision • Change of direction and burst of speed • Be creative – try something new <p style="text-align: right;">Time: 15 minutes</p>
<p style="text-align: center;">Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p>1v1 to End Lines: In a grid 10x15 yards with end lines. Two players try to score by beating the defender and dribbling over 10 yard line opposite to them. Players keep score. Coach: Make groups of 4 or 5 players per grid. Switch a few players between grids every 2-3 minutes.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Keep the ball close to you under control • Execute a feint to unbalance the defender and dribble past them with a burst of speed • Use the outside of the foot or laces when dribbling for speed with furthest foot from the defender • Encourage players to be creative with the ball at their feet <p style="text-align: right;">Time: 15 minutes</p>
<p style="text-align: center;">Exp. Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p>3v3 or 4v4 to End Zones: Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone. Coach: Encourage players to recognize opportunities to burst into space under control.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Work together to score • Verbal & visual communication • Use support players to make attacking decisions • Encourage players to be creative and take risks near the end zone. <p style="text-align: right;">Time: 20 minutes</p>
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">7v7 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	