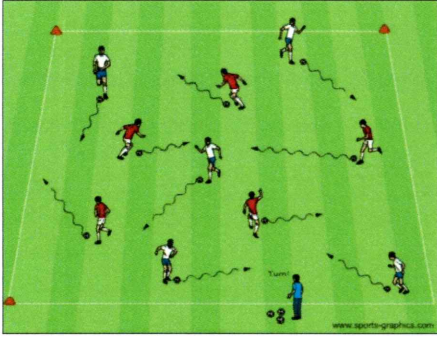
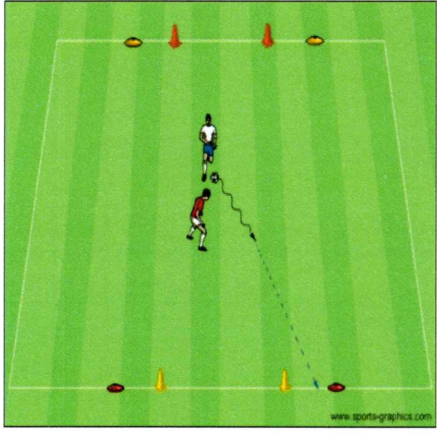
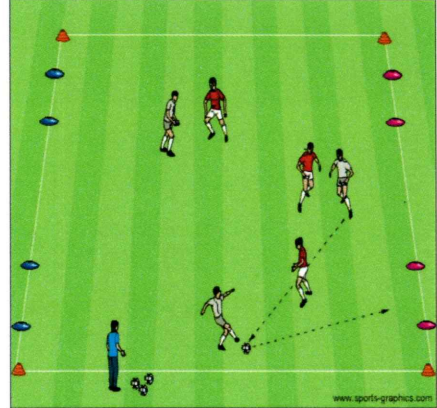




# (10U) --- Week 18

## Topic: Individual Attack

| Technical Warm up   | Organization  | Coaching Pts.  |
|---|---|--|
|    | <p><b>Free Dribble:</b><br/>All players dribbling in a defined space. Players should use all surfaces of their feet.</p> <p><b>Coach:</b> 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..</p>  | <ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and speed</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>   |
| <p><b>Small Sided Game</b></p>  | <p><b>Organization</b></p>  | <p><b>Coaching Pts.</b></p>  |
|   | <p><b>1v1 to Two Double Goals:</b><br/>In a grid about 12x15 yards with four sets of cones creating 1 goal divided in three sections. Players compete in 1v1 duels in which they score on their opponent in the following manner:</p> <ul style="list-style-type: none"> <li>• <b>Center of the goal</b> = 5 points, dribbling only</li> <li>• <b>Outer goals</b> = 1 point, passing only.</li> </ul> | <ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Keep your head up</li> <li>• Execute a feint to unbalance the defender and dribble past him/her with a burst of speed</li> <li>• Encourage players to be creative with the ball at their feet</li> <li>• If you can't beat the defender, then decide if you can pass the soccer ball past him/her to goal</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>   |
| <p><b>Exp. Small Sided Game</b></p>   | <p><b>Organization</b></p>  | <p><b>Coaching Pts.</b></p>  |
|  | <p><b>3v3 or 4v4 to 4 Goals:</b><br/>In a 30x35 yard grid, place a three yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p> <p><b>Coach:</b> help the players with attacking team shape (support, width and depth of the attack).</p>  | <ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual cues:               <ul style="list-style-type: none"> <li>○ Space</li> <li>○ 1v1</li> <li>○ Support</li> </ul> </li> <li>• Use support players to make attacking decisions</li> <li>• Demand the ball</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p> |
| <p><b>Game</b></p>  | <p><b>Organization</b></p>  | <p><b>Coaching Pts.</b></p>  |
| <p><b>7v7 Scrimmage</b></p>   | <p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>   | <ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>   |
| <p><b>COOL DOWN</b></p>   | <p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>  |  |