



(10U) --- Week 7

Topic: Individual Attacking

Technical Warm up	Organization	Coaching Pts.
	<p>Free Dribbling: Everyone with a ball, use inside, outside, and laces and sole of the foot to turn away from pressure. Have players dribble with speed, change direction, and perform moves.</p> <p>Version 2: Have players work on moves to beat pressure, such as step over, double step over, etc.</p> <p>Version 3: Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot.</p>	<ul style="list-style-type: none"> • Keep the ball close • Use all surfaces of the foot • 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>
Small Sided Game	Organization	Coaching Pts.
	<p>1v1 to Two Small Goals: In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to his opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of his/her score.</p>	<ul style="list-style-type: none"> • Take a “peek” and know what your options are • Execute a feint to unbalance the defender and dribble past them with a burst of speed • Encourage player to be creative with the ball at their feet <p style="text-align: right;">Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>3v3 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 shall encourage players to recognize opportunities to burst into space under control.</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>
Game	Organization	Coaching Pts.
7v7 Scrimmage	<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>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	