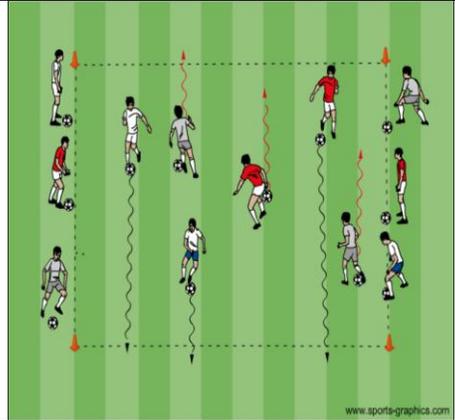
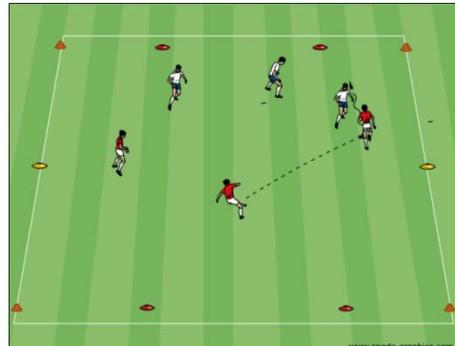


(U10) --- Week 8

Topic: Individual Attacking

<p>Technical Warm up</p> 	<p>Organization</p> <p>Keep The Head Up: Divide your players into 4 groups and have each group start on a side of the 20x25 yard grid. On the coaches command the two groups opposite each other dribble to the other group's side. Keep your head up. Repeat for the other two groups.</p> <p>Coach: You can give them different restrictions each time (left foot, right foot, outside of the foot)</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Keep your head up • Change direction while dribbling • Change speeds • Keep the ball close to you • Have them all go at the same time. <p>Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<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>Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
	<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>Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 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>Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	