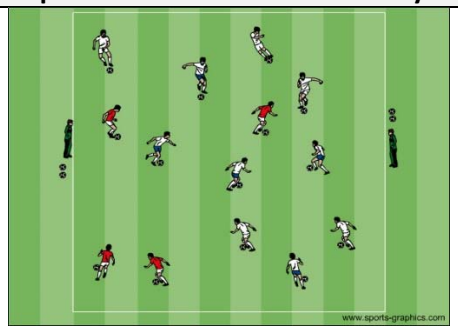
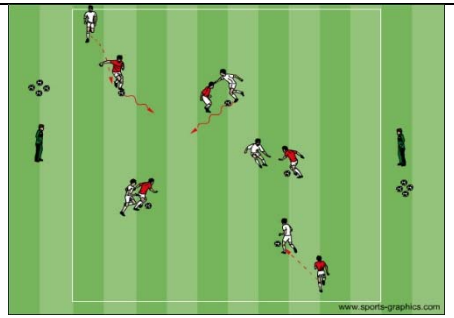
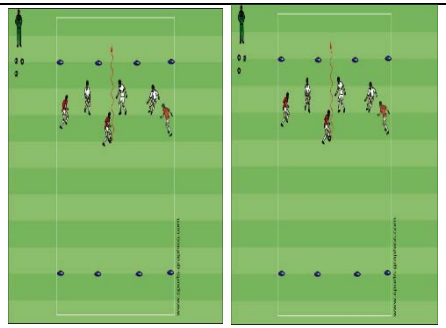
Connecticut Junior Soccer Association

	Age Group: U10 Week # 3	Improve the team's Dribble ability	Coaching Points
Technical warm-up	**Free Dribble---**Everyone with a ball, will review last weeks moves. New moves for today are to beat people and are called Matthews (Christine Lilly), Rivaldo (Marin Meinert), Double Lollipop (Jenna Klugel) Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* players are asked to put 4 moves together in a sequence, then asked to do the sequence forwards and then in reverse order (move 4 is now first move) and then all moves are done with weaker foot, then with both feet.		Coach selects players to demonstrate after each progression. If the group is doing particularly well, another move or two can be added to the sequence by players
Small-sided Activity	**Shield-Steal---**Half of the players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. Make it fun by having those who do not have a ball when you yell freeze do a silly thing (star jumps or upside down push-ups). (10 minutes)		Teach players the technical points of shielding as a group at start of activity show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield.
Expanded small-sided Activity	**3 vs. 3 End zone Dribbling Game**--- (**Dual field) Teams** comprised of 3 players. To score you must dribble the ball in the opponent's end zone (created with discs).		Stress recognizing 1v1 opportunities and the correct timing to run with the ball at players, also when to penetrate by dribbling.
Match /Game	**6v6 game with Goal keepers (on a 2-1-2 Formation)**		Develop dribbling skills. Again, fun is at the center of the practice, and Free Dribble will be used to teach three to four new moves to beat pressure and go past an opponent. By the end of the practice, players should have reviewed how to turn using the inside, outside, and bottom of the foot. They should be able to run at full speed with the ball to move from point A to B. Also, they should recognize where the open spaces are by dribbling with their head up.