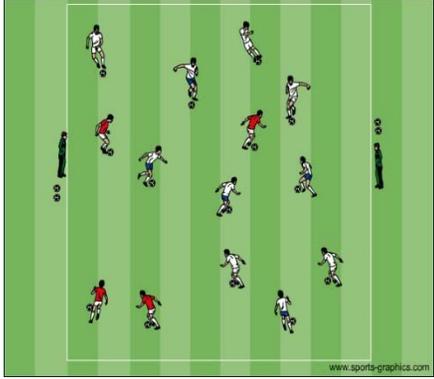
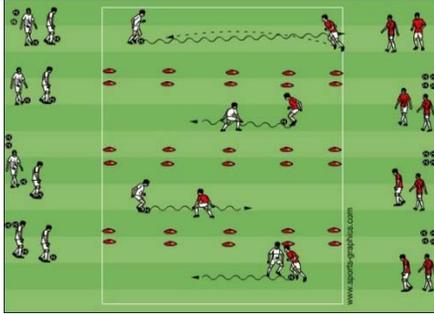


	Age Group: U10 Week # 6	Dribbling & Dribbling to Penetrate	Coaching Points
Technical warm-up	<p>Free Dribble---Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot), and perform moves. Coach calls out moves (giving each move the name of a female or male U.S. National Team member is quite effective) or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. <i>Version 2:</i> As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. <i>Version 3:</i> 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>		<p>Observe if players are using the inside, outside, and sole of the foot. When players dribble with speed make sure they are using (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot). “Stop and go” (where the players momentarily stop the ball with the bottom of their foot before accelerating away from a pretend opponent, using their laces.</p>
Small-sided Activity	<p>Shield-Steal---Half of 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 donkey kicks) and then play again.</p>		<p>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.</p>
Expanded small-sided Activity	<p>1 vs. 1 To lines---In a grid 10x10 yards, players’ line up on opposite sides, with no more than six players per grid. The first player in each line alternates attacking the player opposite them. When the attacker dribbles over the line they score a goal. If the defender wins the ball he or she can counter attack to the opposite line to also score a goal. The players switch to the opposite line if a goal is scored or the ball goes out of bounds. The coach rotates the lines so all players get to compete against each other. <i>Version 2:</i> The same games can be played 2 vs. 2 or 3 vs. 3.</p>		<p>Emphasis will be put on skills to beat an opponent, and recognizing when to either beat the pressure, or turn away from pressure. Incentive players to use moves, and trying to make new moves, this will help in to build the players’ repertoire of dribbling skills, especially their ability to take on players. Players will be able to recognize when to take on an opponent, and when to turn away from pressure if there’s too much cover “2v2 or 3v3” or not enough space to attack.</p>
Match /Game	<p>6v6 game with Goal keepers (on a 2-1-2 Formation)</p>		<p>Reinforce all coaching points from all activities</p>