



LESSON PLAN



Age: U-10

Activity	Description	Diagram	Purpose/Coaching Points
1. Bursts	All players dribbling in small grid, on "go" they must dribble to outer disk (1 to a disk). Reduce # of disks to make it competitive		Warm-up Big 1 st touch, smaller touches as one approaches disk
2. Zone dribbling	All dribbling in #'d zone called by coach, when coach calls new #, all dribble there as quickly as possible		Using outside of foot or instep, toe down when running with ball
3. 3 v 1 changing zones	One of the three gets out and dribbles to other zone, creating new 3 v 1, repeat		Recognizing when to run with ball
4. Line soccer	2 teams, each lined up at an end line. Assign each player a #. Call # or #s, play ball into ear		Taking players on

5.			
6 v 6	<p>1 – strict man to man, no forward passes in front half, score by dribbling over end line</p> <p>2 – free play to goal</p>		<p>1 – to create situations to run with ball & beat defenders</p> <p>2 – to encourage implementation of day's focus in the game</p>