MASSACHUSETTS YOUTH SOCCER

U10 Session Plan

Season Spring 2016 **Topic** DRIBBLING AND TURNING

Objectives (5 W's)
Who: #7, #9, #11 What: Dribbling and turning with the ball, Receiving, Penetration, Support,Width and Mobility Where: Final Third
When: In possession and under pressure Why: To keep possession, penetrate the opponents defense and create goal scoring opportunities

Stage 1 Dribble Triangle

Organization Duration 12 mins Intensity Med-High

- Area: In a 15x15x15 yard triangle
- Players #7, #9, #11 start at a cone with a ball and will use the laces to push the ball forward toward the next cone and perform a turn.
  ~Interval 1: Cut ~ Interval 2: Hook
  ~Interval 3: Drag-back ~ Interval 4: Cruyff

Coaching Points Activity Time 2 mins Rest 1 min Intervals 4

- What? Technique of Dribbling and Turning
  ~ Push the ball forward with the laces
  ~ Check over the shoulder before performing the turn
  ~ Keep your body between the defender and the ball
  ~ Surface of the foot and surface of the ball to use. Accelerate after the turn

Stage 2 4 v 4 Turning to Score

Organization Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4, - Play to score in the opponent's goal.
  ~When a player is under pressure turns, dribbles and scores or sets up a teammate who scores, the goal is 100 points. Play to 300 points. All other goals are 1 point.

Coaching Points Activity Time 4 mins Rest 1 min Intervals 3

- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement.
- Principles of Attack - Penetration: Who? Where? When? Why?
  ~ Mobility: Who? When? Why?

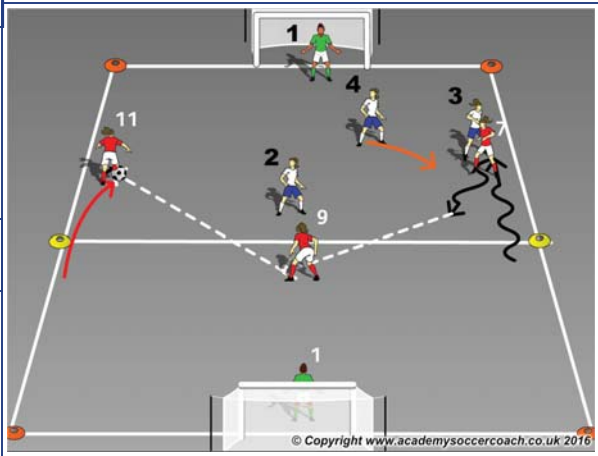
Stage 3 4 v 4 to Goal

Organization Duration 18 mins Intensity Medium

- Area: In a 20Wx30L yard field with goals
- Target team(Red): #1, #7, #9, #11 - Opposition team(White): #1, #2, #3, #4,- Play to score in the opponent's goal. All rules apply.

Coaching Points Activity Time 7 mins Rest 2mins Intervals 2

- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where? When? Why? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When??



Stage 4 - 7v7

Duration 30 mins Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 when to turn with the ball

Coaching Points Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.