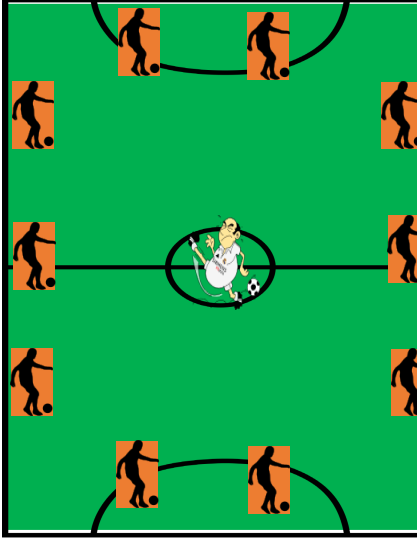


OLYMPIC ATLANTA SOCCER ASSOCIATION

U10 Practice Plan

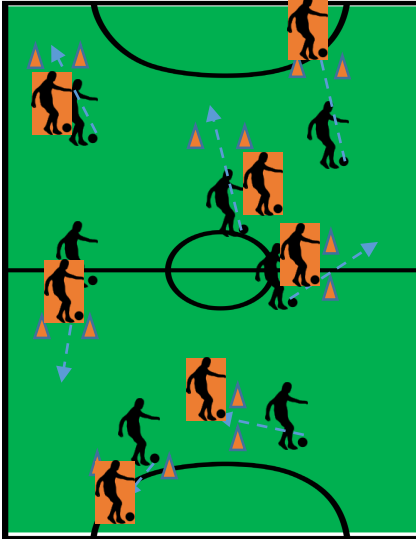
Week 1

<p><u>THEME</u></p> <p>dribbling</p> <p>Warm up</p> <p><u>Purpose</u></p> <p>Improve coordination</p>	<p><u>PLAY DESIGNATION</u></p> <p>20 x 20yard grid</p> <p>1 ball per player</p> <p>4 cones</p>	<p><u>EXECUTION</u></p> <p>Players dribble around grid following the coach's movements</p> <p>-pull backs, step ups, side to sides, chop steps, turns.</p> <p>Advance:</p> <p>Raise up your fingers and have the players call out how many fingers you are holding up.</p>	<p><u>COACHING</u></p> <p>-change of speed</p> <p>-change of direction</p> <p>-agility</p> <p>-have fun</p>	<p>Sketch</p> 
<p><u>THEME</u></p> <p>dribbling</p> <p>Individual skill activity</p> <p><u>Purpose</u></p> <p>Improve dribbling</p>	<p><u>PLAY DESIGNATION</u></p> <p>20 x 20yard grid</p> <p>1 soccer ball per player</p>	<p><u>EXECUTION</u></p> <p>Same as above</p> <p>Players will attempt to tag each other on the waist when a player is tagged they must retreat outside of the grid and execute 10 step ups or side to sides before returning.</p>	<p><u>COACHING</u></p> <p>-keep head up while dribbling.</p> <p>-field vision</p> <p>-use all surfaces of the foot.</p>	<p>Sketch</p> 

OLYMPIC ATLANTA SOCCER ASSOCIATION

U10 Practice Plan

Week 1

<p><u>THEME</u></p> <p>Dribbling</p> <p>Integrated group activity</p> <p><u>Purpose</u></p> <p>Improve dribbling under pressure</p>	<p><u>PLAY DESIGNATION</u></p> <p>30 x 20yard grid</p> <p>1 ball per 2 players</p> <p>6 five yard gates or as many as needed</p>	<p><u>EXECUTION</u></p> <p>Coach places gates randomly around the grid. Players are paired up with one ball. One player is designated as a defender and the other is the attacker. On the command go each player with the ball will attempt to dribble through as many gates as possible. This is a 1v1 match up. Players can not dribble through the same same goal successively.</p> <p>Defenders, do not take the ball away. The focus is on dribbling</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Build confidence -change of speed -change of direction -field vision 	<p>Sketch</p> 
<p><u>THEME</u></p> <p>Dribbling</p> <p>6 v 6 knock out</p> <p>Small sided game</p> <p><u>Purpose</u></p> <p>Improve defending</p>	<p><u>PLAY DESIGNATION</u></p> <p>35 x 25yard grid.</p> <p>Play a 3 v 3 game</p> <p>Size 4 ball</p>	<p><u>EXECUTION</u></p> <p>If a team gets scored on they must exit the field expeditiously.</p> <p>Limit coaching and calls</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -Control of the ball -field vision -heads up -burst of speed 	<p>Sketch</p> 