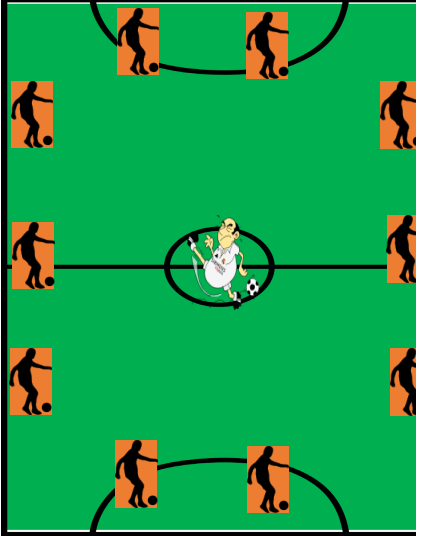
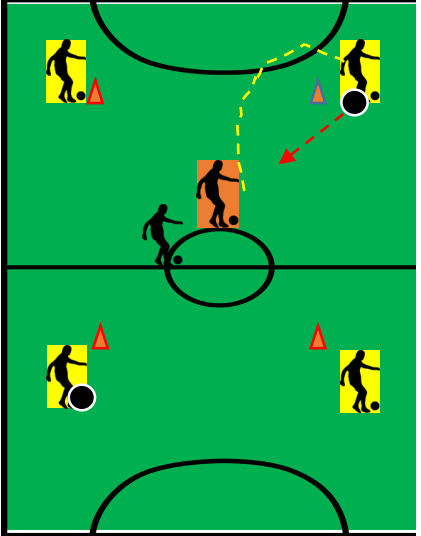


OLYMPIC ATLANTA SOCCER ASSOCIATION

U10 Practice Plan

Week 2

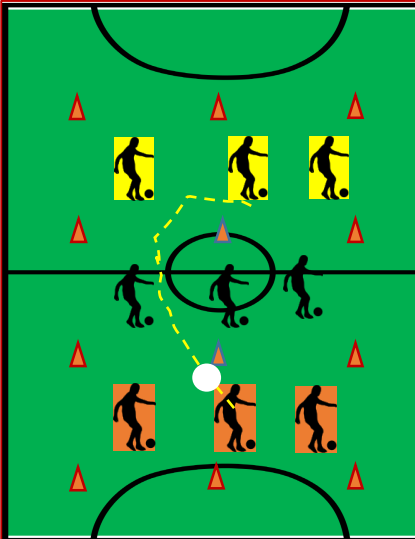
Author: Marcus C. Jones

<p><u>THEME</u></p> <p>Receiving</p> <p>Warm up</p> <p><u>Purpose</u></p> <p>Improve general 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. On the coaches command players will throw the ball in the air, receive it and then continue to dribble.</p>	<p><u>COACHING</u></p> <p>-focus on first touch</p> <p>-head up</p> <p>-field vision</p>	<p>Sketch</p> 
<p><u>THEME</u></p> <p>Receiving</p> <p>Individual skill activity</p> <p><u>Purpose</u></p> <p>Improve Receiving</p>	<p><u>PLAY DESIGNATION</u></p> <p>2-15 x 15yard grid</p> <p>1 soccer ball per player</p>	<p><u>EXECUTION</u></p> <p>Coach organizes players evenly between two grids. Four players are positioned at each corner of the grid with two of the players holding a soccer ball (1 player per corner). Two players are position in the center of the grid. 1 is the defender and the other is the receiver or attacker. The attacker moves around the grid and receives the ball from either corner player with a ball. The attacker in turns plays the ball back to a different corner player with out a ball. Defender detracts but does not take the ball away.</p> <p>Advance: Allow the defender to win ball.</p>	<p><u>COACHING</u></p> <p>-keep head up while dribbling.</p> <p>-field vision</p> <p>-anticipation</p> <p>-shielding the ball</p> <p>-soft first touch</p> <p>-appropriate passing power.</p>	<p>Sketch</p> 

OLYMPIC ATLANTA SOCCER ASSOCIATION

U10 Practice Plan

Week 2

<p><u>THEME</u></p> <p>Receiving</p> <p>Integrated group activity</p> <p><u>Purpose</u></p> <p>Improve receiving under pressure</p>	<p><u>PLAY DESIGNATION</u></p> <p>30 x 20yard grid</p> <p>3 teams of 3 or 4</p> <p>1 ball</p> <p>Break grid into three equal parts.</p> <p>Minimum of 8 cones</p>	<p><u>EXECUTION</u></p> <p>Two teams in the final thirds attempt to play the balls over or through the team in the middle third. If a ball goes out of bounds the team responsible must go to the middle third. If the team in the middle third wins the ball, the team they won it from will now switch places with them. A point is scored for a team every time a ball is played through the middle third.</p>	<p><u>COACHING</u></p> <p>-Build confidence</p> <p>-make teams evenly skilled</p> <p>-players who are not in the game can pass amongst each other</p>	<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> <p>-Control of the ball</p> <p>-field vision</p> <p>-heads up</p>	<p>Sketch</p> 