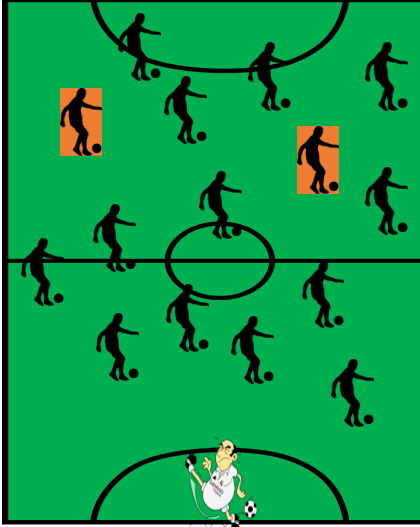
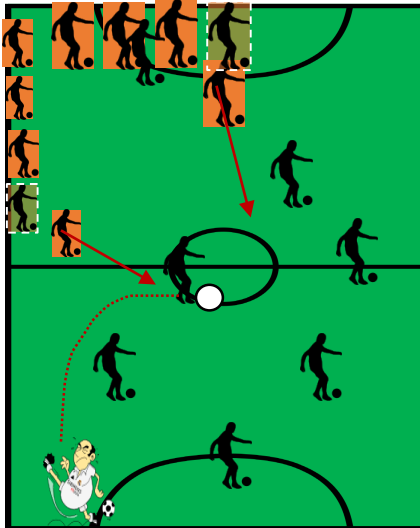


OLYMPIC ATLANTA SOCCER ASSOCIATION

U10 Practice Plan

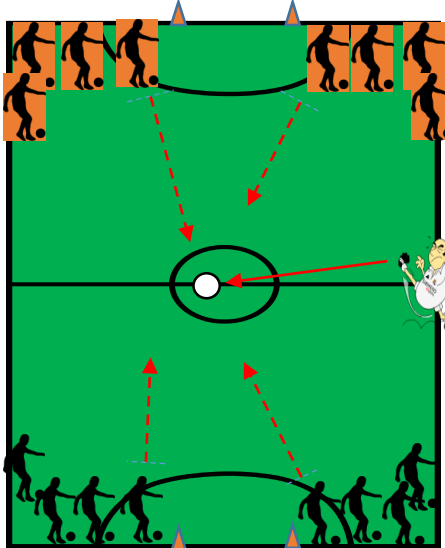
Week 4

<p><u>THEME</u></p> <p>defending</p> <p>Warm up</p> <p><u>Purpose</u></p> <p>Improve defending</p>	<p><u>PLAY DESIGNATION</u></p> <p>35 x 25yard grid</p> <p>All but two players have a ball.</p>	<p><u>EXECUTION</u></p> <p>-Players spread out in the grid. On the command "GO" the players with out soccer balls attempt to win a ball from players who have one. When a defender wins a ball they now become an attacker. The attacker the defender took the ball from now becomes a defender and must win the ball from a different player. The defender that won the ball now becomes an attacker.</p> <p>2 min games.</p>	<p><u>COACHING</u></p> <p>-react to pressure</p> <p>-do not run full speed at an attacker.</p> <p>-focus on winning the ball.</p> <p>-defender force runners to end and touch lines.</p> <p>-change of speed</p> <p>-change of direction</p>	<p>Sketch</p> 
<p><u>THEME</u></p> <p>defending</p> <p>Individual skill activity</p> <p><u>Purpose</u></p> <p>Improve movement and agility</p>	<p><u>PLAY DESIGNATION</u></p> <p>35 x 25yard grid</p> <p>2 teams of 6</p> <p>1 soccer ball</p>	<p><u>EXECUTION</u></p> <p>Team (defenders) are in one corner of the grid positioned in two lines. Team (attackers) are spread out on the pitch. The coach will play the ball to the attackers, simultaneously 1 player from each defending line will enter the grid and attempt to win the ball.</p> <p>Coach plays a new ball for the next set of defenders, after defenders on the field win the ball or after every attacker has touched the ball twice.</p>	<p><u>COACHING</u></p> <p>-defending as a team.</p> <p>-communication.</p> <p>-cutting off passing and running angles.</p> <p>-pressure the attacker have patience</p>	<p>Sketch</p> 

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U10 Practice Plan

Week 4

<p><u>THEME</u></p> <p>Defending</p> <p>Integrated group activity</p> <p><u>Purpose</u></p> <p>Improve defending under pressure</p>	<p><u>PLAY DESIGNATION</u></p> <p>35 x 25yard grid</p> <p>2 teams of 6</p> <p>2 - 5 yard gates</p>	<p><u>EXECUTION</u></p> <p>Have teams split into 2 lines on their respective ends of the grid. (half on each side of the gate). The coach plays a 50/50 ball to the center of the grid 2 players from both teams will enter the grid and attempt to win the ball and dribble it across the oppositions 5 yard gate.</p>	<p><u>COACHING</u></p> <ul style="list-style-type: none"> -defending as a team. -communication. -cutting off passing and running angles. -pressure the attacker have patience -MOVEMENT WITHOUT THE BALL! 	<p>Sketch</p> 
<p><u>THEME</u></p> <p>Defending</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 6 v 6 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> 