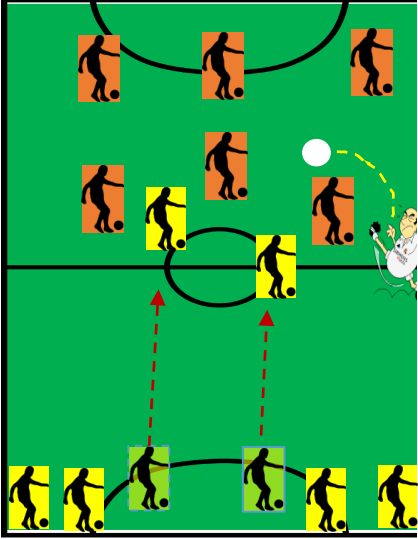


OLYMPIC ATLANTA SOCCER ASSOCIATION

U10 Practice Plan

Week 5

Author: Marcus C. Jones

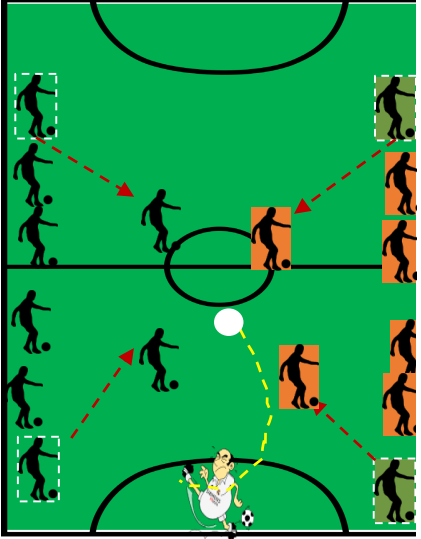
<u>THEME</u>	<u>PLAY DESIGNATION</u>	<u>EXECUTION</u>	<u>COACHING</u>	Sketch
Shooting Warm up <u>Purpose</u> Improve coordination	Multiple lines of gates (6 yards) Players positioned 15 yards away. 1 ball per 2 players 1 assistant/volunteer	Players are positioned 15 feet away from each other, centered on their 6 yard gates. Players will then strike the ball using the instep or front laces to each other.	-lock the ankle -strike through the target laces side -follow through and land on kicking foot. -use dominant and non dominant foot. -kick moving and static balls.	
<u>THEME</u> Shooting Individual skill activity <u>Purpose</u> Improve defending	<u>PLAY DESIGNATION</u> 30 X 20yard grid 2 goals 1 assistant/volunteer	<u>EXECUTION</u> Coach feeds ball to 6 players and have them compete for the ball and attempt to score on either goal. First player to 3 goals wins.	<u>COACHING</u> -ensure each player is involved. -encourage shots from distances further than their comfort zones. -Have a runner retrieve balls that go astray.	Sketch 

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<p><u>THEME</u></p> <p>Shooting</p> <p>Integrated group activity</p> <p><u>Purpose</u></p> <p>Improve shooting under pressure</p>	<p><u>PLAY DESIGNATION</u></p> <p>30 x 20yard grid</p> <p>2 goals</p> <p>2 goalies</p> <p>See diagram for player position</p>	<p><u>EXECUTION</u></p> <p>2v2 and goalie game. The coach will feed the ball to the field of play and players from both teams attempt to win the ball and score. Players exit the field and new players enter after a goal is scored or after the ball goes out of play. Goalies stay on field until everyone rotates through or after 5mins, which ever comes first.</p>	<p><u>COACHING</u></p> <p>-Same as above</p>	<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 4 v 4 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> 