

Name: LeeJay Templeton

Team: U10 B/G

Date: 23 Apr 19

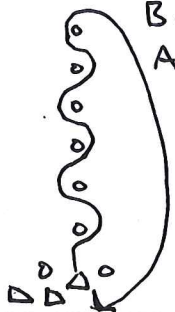
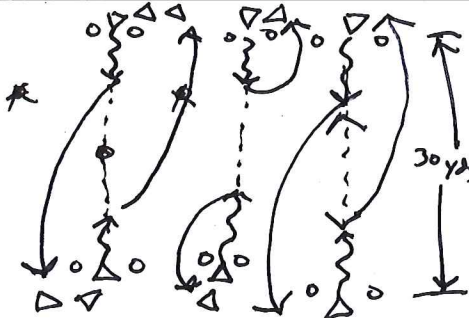
Week: 1

Day: 2



TRAINING OBJECTIVE(S):

1. Continue to reinforce and develop basic ball handling, dribbling and movements.
2. Begin some basic passing and shooting activities.
3. Fun!

<p>1. Toe Taps 2. Shuffles 3. Pull overs 4. Dribbling (Half to Goal Line) a. Pinky Toe b. Fast as possible 5. Game of Soccer Knock out</p>	<table border="1"> <tr> <td>I. WARM-UP</td> <td>Intensity: Low</td> <td>Activity Time: 10</td> </tr> <tr> <td>Duration: 10</td> <td>Intervals: 1</td> <td>Recovery Time: 1</td> </tr> <tr> <td colspan="3">ORGANIZATION (Physical Environment / Equipment / Players)</td> </tr> <tr> <td colspan="3">Each player has a ball and does a number of individual warm ups and dribbling movements.</td> </tr> <tr> <td colspan="3">COACHING POINTS / KEY CONCEPTS</td> </tr> <tr> <td colspan="3"> <ol style="list-style-type: none"> 1. Use all surfaces of the foot to do the warm ups. 2. Keep arms up, elbows out while maintained balance. 3. Touch ball on every step during pinky toe and every 2-3 steps on fast dribbling. </td> </tr> </table>	I. WARM-UP	Intensity: Low	Activity Time: 10	Duration: 10	Intervals: 1	Recovery Time: 1	ORGANIZATION (Physical Environment / Equipment / Players)			Each player has a ball and does a number of individual warm ups and dribbling movements.			COACHING POINTS / KEY CONCEPTS			<ol style="list-style-type: none"> 1. Use all surfaces of the foot to do the warm ups. 2. Keep arms up, elbows out while maintained balance. 3. Touch ball on every step during pinky toe and every 2-3 steps on fast dribbling. 		
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<p>Ball Handling Activity</p> 	<table border="1"> <tr> <td>II. SMALL-SIDED ACTIVITY</td> <td>Intensity: Med</td> <td>Activity Time: 2</td> </tr> <tr> <td>Duration: 10</td> <td>Intervals: 4</td> <td>Recovery Time: 30 sec</td> </tr> <tr> <td colspan="3">ORGANIZATION (Physical Environment / Equipment / Players)</td> </tr> <tr> <td colspan="3">Each player has a size 4 ball and use 12 cones per line. Try to reduce the number of players per line to a maximum of 6 players.</td> </tr> <tr> <td colspan="3">COACHING POINTS / KEY CONCEPTS</td> </tr> <tr> <td colspan="3"> <ol style="list-style-type: none"> 1. Dribble with any part of the foot through the cones. 2. Use only the inside part of the foot. 3. Use only the outside part of the foot. 4. Use pullovers to maneuver around the cones. </td> </tr> </table>	II. SMALL-SIDED ACTIVITY	Intensity: Med	Activity Time: 2	Duration: 10	Intervals: 4	Recovery Time: 30 sec	ORGANIZATION (Physical Environment / Equipment / Players)			Each player has a size 4 ball and use 12 cones per line. Try to reduce the number of players per line to a maximum of 6 players.			COACHING POINTS / KEY CONCEPTS			<ol style="list-style-type: none"> 1. Dribble with any part of the foot through the cones. 2. Use only the inside part of the foot. 3. Use only the outside part of the foot. 4. Use pullovers to maneuver around the cones. 		
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