



**U10 Session Plan**

**Season** Spring 2016

**Topic**

**DRIBBLING AND TURNING**

**Objectives (5 W's)**

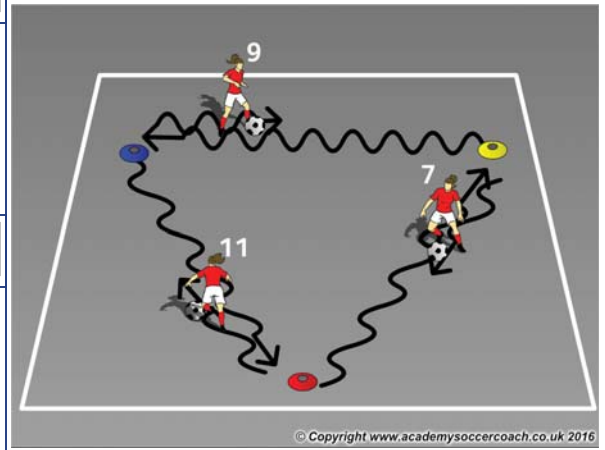
**What:** Dribbling and turning with the ball, Receiving, Penetration, Support, Width and Mobility  
**Where:** Final Third  
**When:** In possession and under pressure **Why:** To keep possession, penetrate the opponents defense and create goal scoring opportunities

**Organization**

Duration  Intensity

- Area: In a 15x15x15 yard triangle
- Players #7, #9, #11 start at a cone with a ball and will use the laces to push the ball forward toward the next cone and perform a turn.
- ~Interval 1: Cut ~ Interval 2: Hook
- ~Interval 3: Drag-back ~ Interval 4: Cruyff

**Stage 1** Dribble Triangle



**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique of Dribbling and Turning
- ~ Push the ball forward with the laces
- ~ Check over the shoulder before performing the turn
- ~ Keep your body between the defender and the ball
- ~ Surface of the foot and surface of the ball to use. Accelerate after the turn

**Stage 2** 4 v 4 Turning to Score



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4, - Play to score in the opponent's goal.
- ~When a player is under pressure turns, dribbles and scores or sets up a teammate who scores, the goal is 100 points. Play to 300 points. All other goals are 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

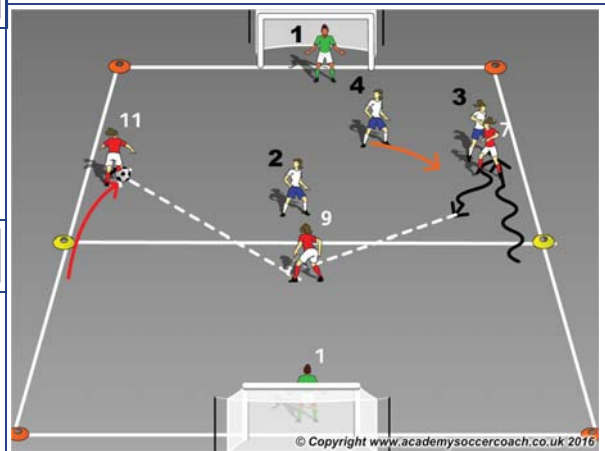
- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement.
- Principles of Attack - Penetration: Who? Where? When? Why?
- ~ Mobility: Who? When? Why?

**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4, - Play to score in the opponent's goal. All rules apply.

**Stage 3** 4 v 4 to Goal



**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where? When? Why? ~ Mobility/Width: Who? When? Why? ~ Improvement: Who? When??

**Stage 4 - 7v7**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 when to turn with the ball

**Coaching Points**

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.