

TRAINING PLAN U-10 DRIBBLING

TECHNICAL WARM-UP



To see this activity in action visit <http://bit.ly/11FIHYy>

ORGANIZATION/RULES

- 25x25 grid. 1 ball per player.
- Players dribble through grid performing progression of moves & turns.
- Drag back turn, toe taps, tick tock, step over, Cruyff turn, rolling ball with soles, fakes.
- Upon command of "switch" players leave their ball for another player & collect someone else's.
- Tempo dribbling.
- > Create passive pressure by simply walking through grid.

Player leads stretching (light at this age but teach proper form).



COACHING POINTS

- Quality dribbling technique.
- Movement, touch on ball.
- Freedom.
- Preparation.

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

ACTIVITY I

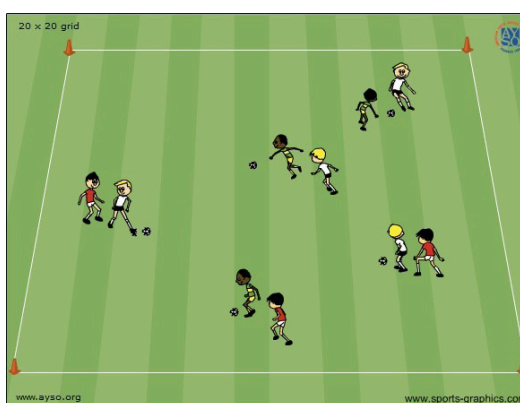
Individual & Pair Work
Competition & Teamwork
2v2 & 3v3



To see this activity in action visit <http://bit.ly/SXKnsE>

ORGANIZATION/RULES

- 20x20 grid. Players in pairs w/ 1 ball.
- 1 player starts dribbling and at coach's command, his partner tries to steal the ball. Introduce shielding.
- Player who ends up with ball gets a point. Keep score.
- If ball goes out, have pair collect quickly to keep flow.
- > Change size of grid as needed.
- > Set time before defender can challenge for ball.



COACHING POINTS

- Quality dribbling technique.
- Quality shielding technique (knees bent, sideways stance, arms for protection, feel, balance. Rotate/turn as defender attacks.
- Use sole of foot to control ball.

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

ACTIVITY II

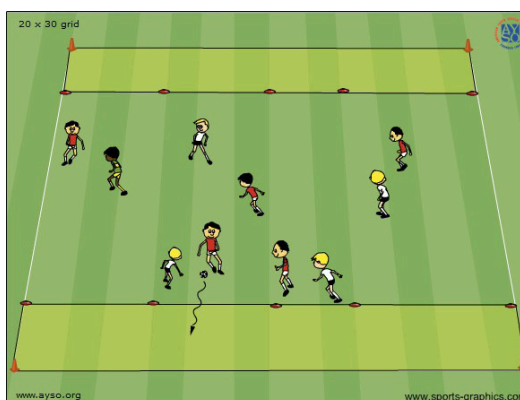
Opposition (attack & defense)
Directional Play (w/goals or targets)
Expanded Num. (3v3 to 6v6)
Most Game Aspects



To see this activity in action visit <http://bit.ly/VPyPHp>

ORGANIZATION/RULES

- 20x30 grid w/ 2 end zones 5 yards deep.
- Teams score when a player dribbles the ball into opponents end zone and stops ball with sole of foot.
- Opponents defend their own end zone.
- Use team names, keep score.
- > Players must pass, fake or perform turn before penetrating end zone.



COACHING POINTS

- Quality dribbling technique.
- Quality passing technique.
- First touch efficiency.
- Confidence to penetrate.
- Change of pace and direction to explode past opponent. Creativity.
- Individual effort and competitiveness.

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

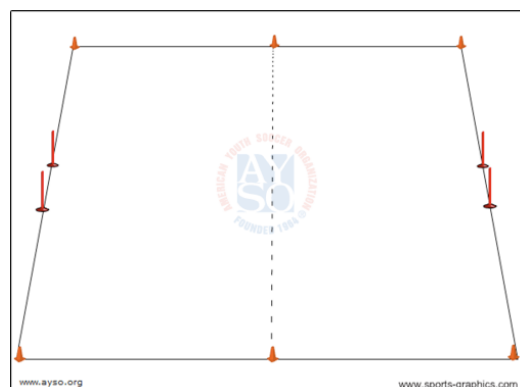
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Small sided match with general rules.
- To score, players must dribble the ball through goal and stop ball with foot.
- > Add goalkeepers.
- > Add sideline goals.

Player leads stretching (light at this age but teach proper form), *brief* review on lesson and any announcements.



COACHING POINTS

- Emphasize quality dribbling technique but let them play.

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL