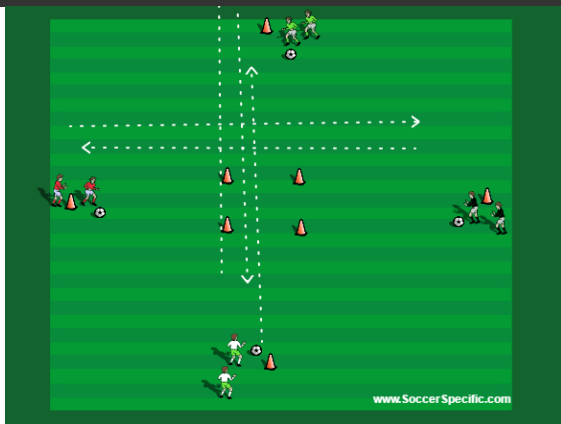


# U10 Week 1 - Running With The Ball To Penetrate

Date: Jan 27, 2017

Intensity: ● (1/10)

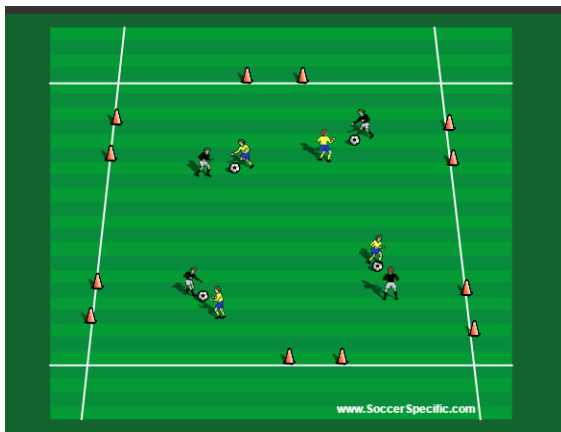


**Setup:** "Dribble For Penetration - 4 Lines" - Square in the Middle of 4 lines, each facing the square. All at once, players dribble for speed through the square, making sure to not crash.

**Instructions:** Dribble through the square as fast as possible, keeping your head up, no crashing.

**Coaching Points:** Head up, and see the space, Attack the space Toe down, use laces, knee over the ball during touches, and stride out between touches.

1

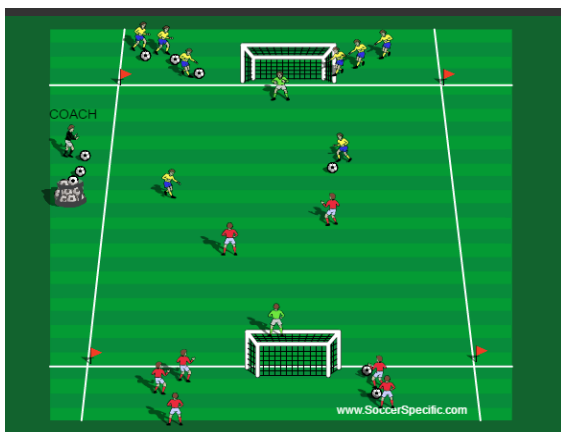


**Setup:** "1v1's Galore" - 30 x 20 yard grid, with six 2-3 yard goals marked around the perimeter of the field. Players grouped into pairs of 1v1 opponents, with a ball between each pair.

**Instructions:** One player starts out with the ball, and the object is to dribble through as many gates as possible. The defender tries to win the ball and then he can attempt to dribble through a goal. If a goal is scored, the defender would get the ball to restart. Players cannot go to the same goal twice in a row. You can play for a set time, and then switch opponents, or play to a set number of goals.

**Coaching Points:** Fun Ball control and dribbling, especially 1v1 moves to beat an opponent, and change of direction moves Shielding

2



**Setup:** "Flying 2's" - Grid: 30 x 20 yds (maybe a bit smaller if playing 1v1 or a bit bigger if playing 3v3), with goals on each endline. Add Goalies if applicable. Organize players into 2 teams to line up in 2 lines each team, one on either side of their goal.

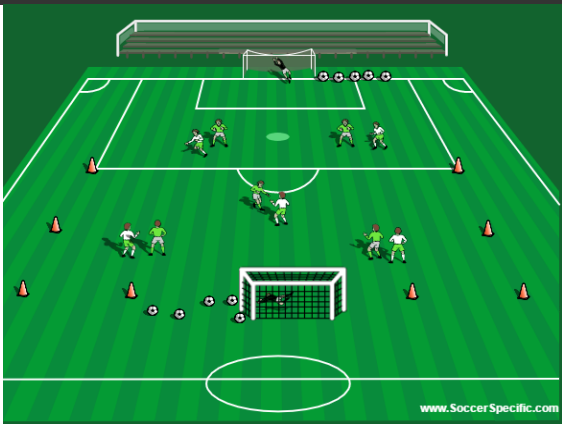
**Instructions:** Play 1v1, 2v2, or 3v3. When the ball crosses an endline, team defending that endline is immediately replaced by a new group from their team with a new ball (or coach plays a new ball to this group). At this point the next players in line must be ready as this game moves fast. If the first 2 players in line are not ready when it is their turn, their entire team does 5 pushups, and the coach plays a new ball in. (This keeps players focused when not on field) This will work greatly to improve transition play. Sideline restarts can be kick/throw-ins, or play hustle outs.

**Coaching Points:** Attacking—Running at players; taking shooting chances; combination play ideas. Defending—Transition; Immediate pressure to the ball & cover (2v2) Endless- this game can teach nearly every topic in soccer

3

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Date: Jan 27, 2017 |  
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**Setup:** 5v5 + keepers  
**Instructions:** Play  
**Coaching Points:** Depends on your topic

4