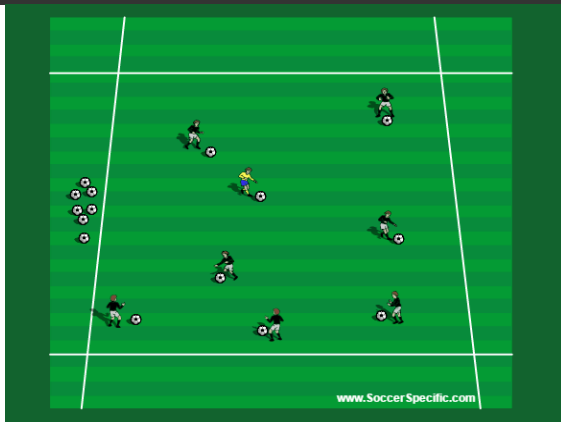


U10 Week 5 Dribbling & Passing - 2v1s

Date: **Feb 08, 2017**

Intensity: ● (1/10)

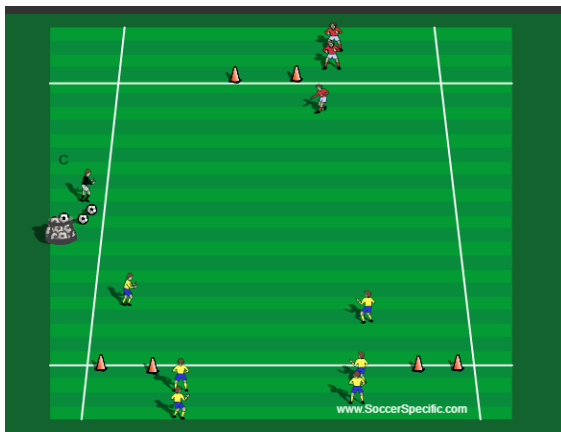


Setup: "PAC-MAN" - 20 x 20 yd grid. A pile of balls or pinneys located just outside the grid.

Instructions: One player (the Pac Man) starts out with the ball. His objective is to dribble and try to hit the other players BELOW KNEE HEIGHT with the ball. Once a player gets hit, she gets a ball and becomes another Pac Man. The winner is the last player remaining who has not been hit. He becomes the first Pac Man to start the next game. To encourage more dribbling and less random kicking the ball at others, enforce the rule that if a Pac Man kicks his ball out of the grid, he has to go get it and do 2 push ups, she cannot just go over to the pile and grab another ball. A variation is everyone plays with a ball, and the Pac-Man wears a pinney.

Coaching Points: FunBody Movement Education Ball control & Dribbling Introduction to passing

1



Setup: "2v1 to goal" - 2 attacking lines 1 defending line
Balls with the coach who begins play by passing the ball into an attacker
1 goal for attackers, 2 wide counter goals for the one defender

Instructions: Coach plays the ball out to 1 of the 2 attacking lines
Receiving player takes an aggressive touch forward to try and dribble past the defender

Coaching Points: Good first touch Accelerate at the defender to draw them out If they take away the pass, dribble for speed to the space in front If they take away the dribble, find the open pass. Good technique of the pass, played in front of the 2nd player to allow them to progress

2



Setup: Two Goals, 30-40 yards apart Two Teams

Instructions: Play begins with a 2v2 until a shot is taken. After a shot, the player who shot the ball is off leaving the non-shooting player to defend a 2v1 as the other team brings a ball onto the field.

Coaching Points: 1st touch toward the goal Shoot with the appropriate foot Recognizing the moment to shoot - don't wait too long, don't shoot too soon and don't dribble all the way to the net.

3

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4

Setup: 20 field players, 2 GKs, 3V2's to goal, two teams of 10 field players, 45X36. 12 minutes, 6 minutes each direction.

Instructions: As shown in the diagram the green player plays the ball to his teammate between the two flags and then follows his pass and overlaps him in order to enter the field. The second player penetrates on the dribble as the third player joins as well. Simultaneously two yellow defenders have joined from the other side to make it a 3V2. If a goal is scored, saved, or goes out of bounds 5 new players are on, this time with three yellow attackers and 2 green defenders. If the defenders win it cleanly they can counter and go straight to goal. Regardless of how the play finishes, 5 new players enter the field. Coach on each sideline to monitor off side line. Switch the direction halfway through the allotted 15 minutes for the activity.

Coaching Points: Close range finishing tech, timing of runs, taking players on, deciding when to penetrate or pass. 1V1 defending, closing people down, cutting off angles, communication.

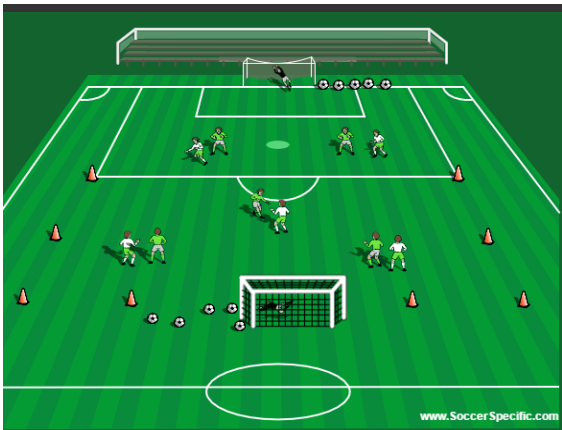


5

Setup: "4v4 + 4 wide N" 50x30 grid playing 4v4 inside while 3rd team serves as neutrals who can move up and down sideline to support team in possession.

Instructions: Play for set time (4 min) and then rotate teams so each group gets to be neutrals. Variations: Play with GKs, small goals, multiple goals, end zones, etc. Neutrals can have limited touches. Another variation is to have the neutrals half in each color of teams on field, and they join in when receiving swithcing with passing player.

Coaching Points: 8v4 in possession so be patientPass vs DribblePassing & receiving techniqueAngle of support



6

Setup: 5v5 + keepers

Instructions: Play

Coaching Points: Depends on your topic