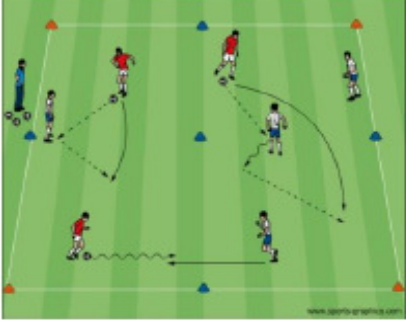
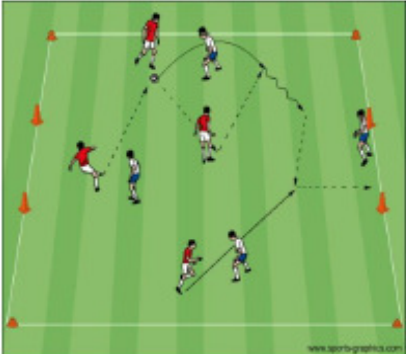





U9, U10 Lesson Plan - Week 3

Technical Warm up	Organization	Coaching Pts.
	<p>Combination Square: In a grid about 25x25 yards, place 4 to 5 players in training vests. These players will roam around grid and give support to players with balls. 4 to 5 players with balls dribble in grid looking to connect with support players to perform wall passes.</p> <p>Version 2: Build to take-overs Version 3: Wall passes and take-overs Time: 15 minutes</p>	<p>General</p> <ul style="list-style-type: none"> Quality technique while passing and receiving Be patient & let opportunities develop Encourage finishing off of combination opportunities Positive environment to encourage creative and instinctive play Communication <p>Wall Pass</p> <ul style="list-style-type: none"> 1st attacker dribbles at 1st defender 2nd attacker is slightly ahead of defender in good supporting angle turned sideways on 1st attacker reads defenders and supporting cues; decide to dribble or play a wall pass Disguise, deception of pass and runs Accuracy and quality of pass Look for opportunities to create numbers up situations (2v1, 3v1 etc.) <p>Takeover</p> <ul style="list-style-type: none"> 2nd attacker runs directly at the 1st attacker from the opposite direction 1st attacker protects the ball from the 1st defender by keeping body between ball and defender 1st attacker leaves the ball and 2nd attacker takes the ball using same foot (right to right or left to left) Simple communication: "take" or "leave"
Small Sided Game	Organization	
	<p>4v4-1(4v3): In a grid about 30X35 yards with two 5 yard goals on each end line. Play 4v4-1, (4v3 +GK). The -1 player is the Goalkeeper on defending team. When the defending team gets the ball they regain their fourth player. Encourage players to try to score after a wall pass or take over.</p> <p>Wall pass goal= 5 pts. Take over goal= 3 pts. Wall pass & take over = 10pts Time: 15 minutes</p>	
Exp. Small Sided Game	Organization	
	<p>4v4 to Two Small Goals: In a grid 30x35 yards with four goals measuring 3 feet across in each corner, two teams attack two goals and defend two goals. To encourage combination play, the attacking team will receive 5 points if they combine with a wall pass or takeover before they score. Otherwise, they receive 1 point for scoring.</p> <p>Variation 2: Add a "plus" player who always plays for the attacking team if they cannot keep possession long enough to create a combination.</p> <p>Time: 20 minutes</p>	
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above <p>Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	