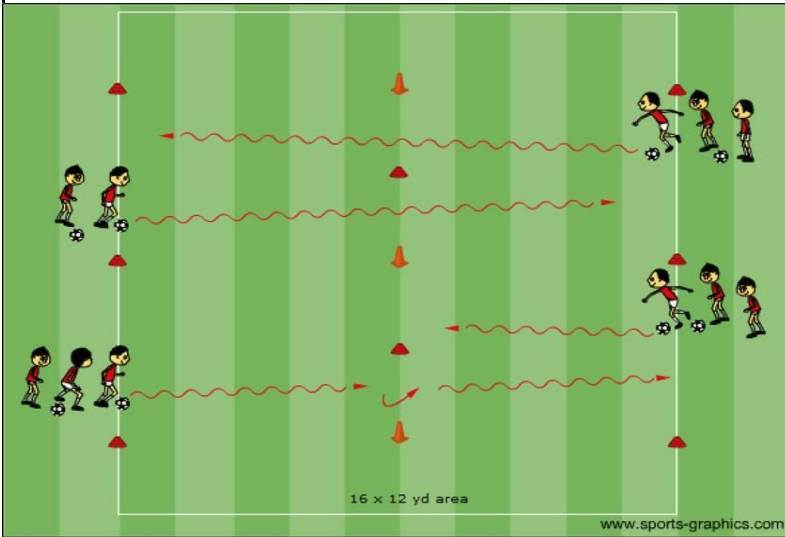


U9/U10: Week 5

Scoring



Warmup-

16x12 yard area Groups of 3-4

Activity 1-

- 1) Inside/outside cuts, turn, dribble out.
- 2) Toe taps, turn, dribble out.
- 3) Drags/step-ups, turn Dribble out

Add the following hesitation moves at the mid way point:

- The wave
- Beardsley Fake

Perform the hesitation fake, then sprint away

- 4) Turn into a contest between groups, using hesitations.

Scoring Activity 1

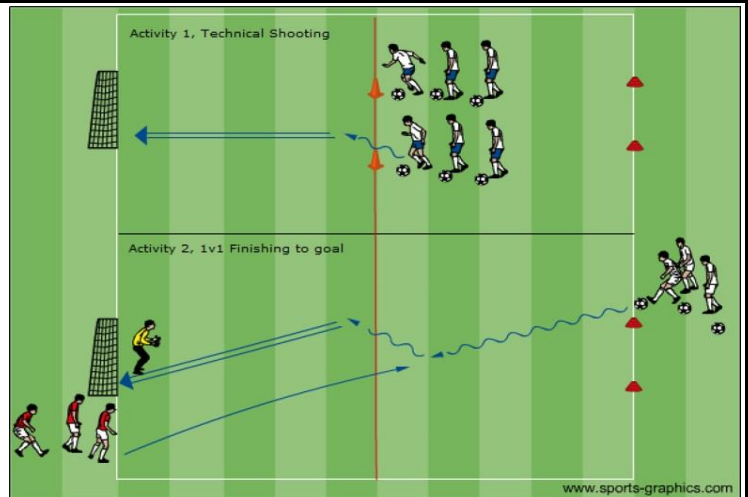
2 lines between 8-14 yds from goal

- 1) On coaches signal, first two players take a touch forward, at an angle, then strike the ball with laces to goal.

***Coaching Points:

- 1) Angle of approach
- 2) Ankle locked, Toe down
- 3) Body shape, stay over the ball, don't lean back or fall to side
- 4) Follow through

Variation •Add a move before striking ball



Activity 2- See Above Diagram. Set up a 12x16 to 12x20 yard area

- 1) Teams play 1v1 to goal.
- 2) Play starts with the attacking team taking a touch on the field, at which point the defensive team can come out to challenge.

Variations: Players must get to offensive half before shooting

***Coach above Coaching Points.

***Coach when to dribble vs when to shoot

Small Sided Games

- 1) Finish with 20 minutes of small sided 3v3 or 4v4 games.
 - Coach the topic from activity1 within the games.