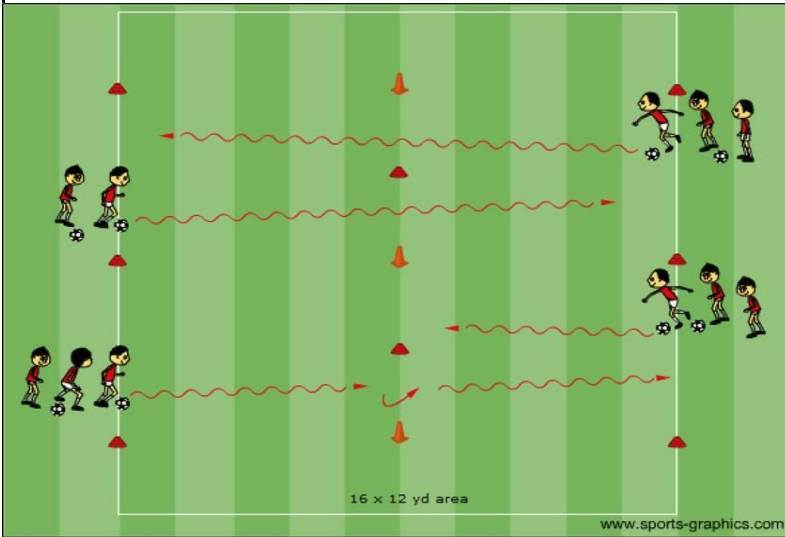


U9/U10: Week Six

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 moves at the mid way point:

••Maradona

Perform the move, then sprint away

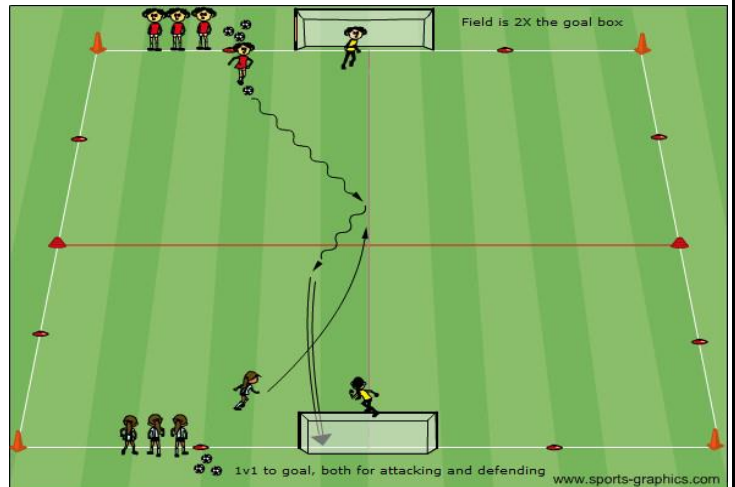
- 4) Turn into a contest between groups, using moves.

1v1 Fast Break Attack

1) Players always start on offense with a ball. They dribble and try to score on the goal. Then they immediately switch and turn to play defense against the next attacking player on opposite team. After defending they go to out to the end of their line.

2) Order of play, (A) Start on offense, (B) Then defend, C) Out.

- Variations-
- Players stay on as long as they keep winning the ball defensively, and getting shots off.
 - 2v2



Small Sided Games

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