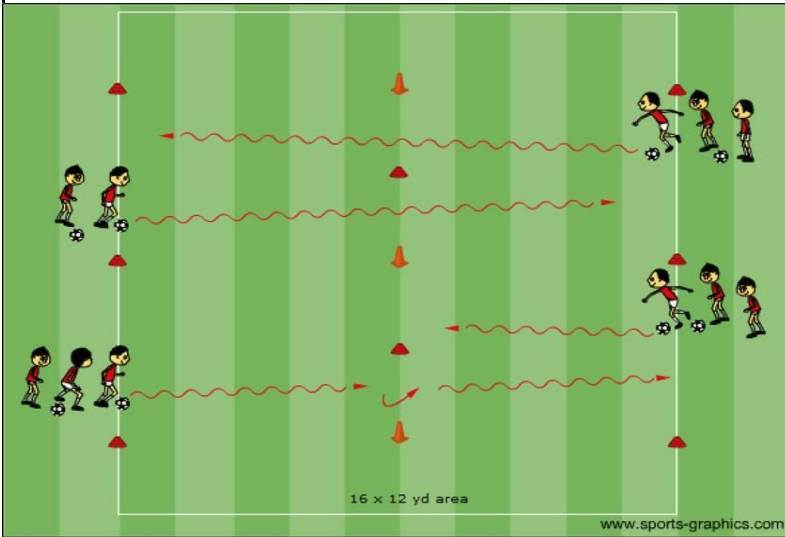


## U9/U10: Week 7

### 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:

- Twist off
- Maradona

Perform the move, then sprint away

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

#### Scoring Activity 1

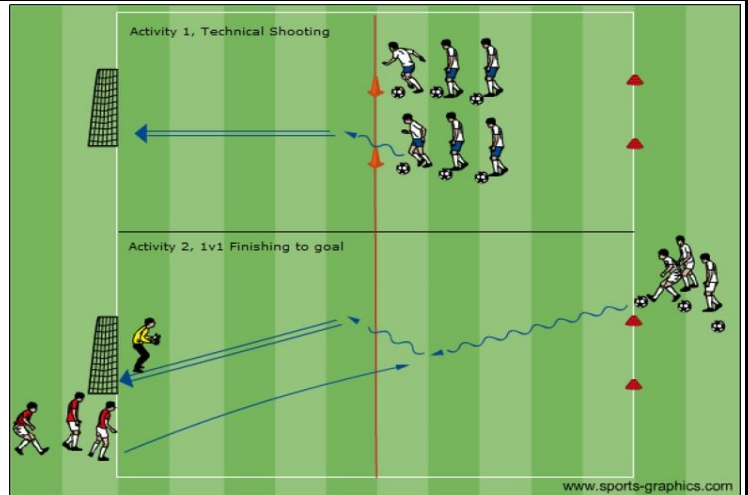
2 lines between 8-14 yds from goal

- 1) Quick review of striking technique from last week.
- (5 minutes max)

\*\*\*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: ••Fast Break Attack.

\*\*\*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.