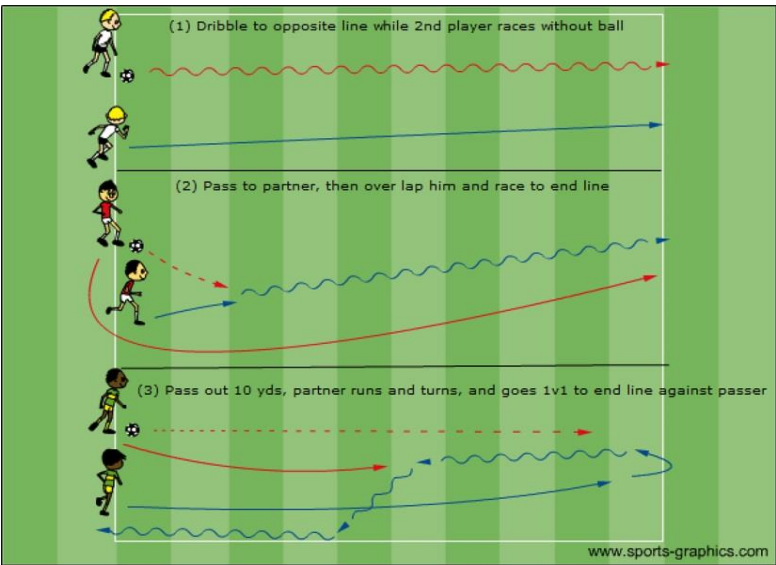


U9/U10: Week Eight

Scoring



**Warm-up-** A) 5 minutes of dynamic ball control, touches, cuts, taps, turns.

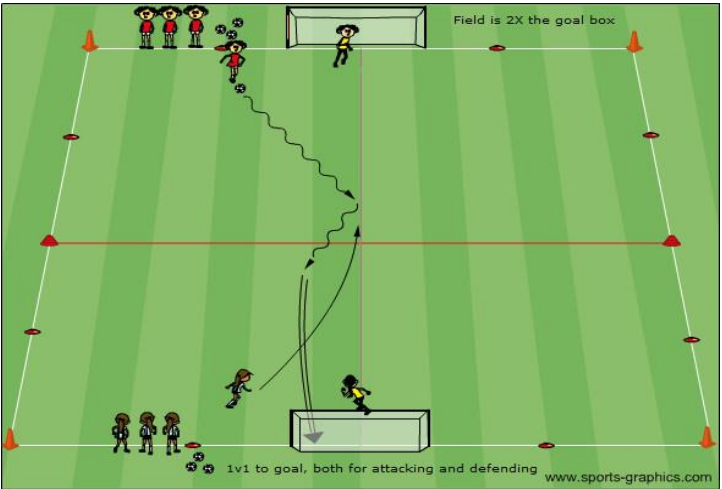
- Partners (12yds)**
- 1) Partner A tries to dribble 15 yds. racing against partner B, who runs without a ball. Partner A should use fakes before dribbling.
  - 2) Partner A passes about 2 yds. out in front of partner B, then must overlap him and race to beat him, while partner B dribbles.
  - 3) Partner A passes ball out about 10 yards for partner B to run after. Partner B performs a turn, at which point partner A comes out to defend him. Partner B tries to beat partner A back to the end line.

**2v1 into 2v2 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.



**Small Sided Games**

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