

Session #7 U-10 to U-12 Casey Tate kctate021@gmail.com

DIAGRAM	ORGANIZATION	KEY COACHING POINTS				
Players Dribble in Grid www.SportSessionPlanner.com	 Dribble in grid- Coach Calls Out Command Same Beginning moves. Keep Change of direction-Outside cut, inside cut, pull back, cryuff, heel. Adv add step overs and scissors Also add fake step right, left and both, also fake kick and Step on then go. Add Ronaldo Chop and pull scoop. Juggle- Try to have no spin on the ball Brazilian touches (Tosses with a partner) 	Get the kids used to touching the soccer ball w/ all surfaces of the feet.				
Dribble Beat Cone ,Wall Pass, Overlap, Take Over	 First dribble and beat the cone. B) Dribble up and pass to player who gives it back for wall pass C) Pass the ball then overlap the player D) Takeover 	 The key for wall pass is to dribble close to the defender to commit them then pass then that player plays w/high foot right back The key for the overlap is to play it and the player receiving dribble in to create space to overlap then commits defender then plays 				
2v1 Across the Line	Two lines of attackers and one line of defenders. The attacker not in passes in to the two attackers who must combine before going across the line. After a bit take restriction off. Switch off and def after a few min. If def wins it play their line the ball for a point.	Head up, keep the ball close to you, dribble away from pressure or beat them. Vision and awareness of space to go to.				
3v2 Across the Line	3 lines of attackers against two lines of defenders. Attacker out passes to 3 attackers who try and combine around the two defenders before going across the line. Start by making them do a combination before they can cross the line. If def wins it they pass to their line. Switch after a few min off and def	Key the correct time to do combination play and how to create 2v1s so you can do a combination				
4v4 to End Zones	• Play 4v4 to End Zones. The teams are trying to get the ball into their end zone. They always go the same direction. If they get it into the end zone they get another ball from their defensive end zone so make it take it. Most points wins.	Same coaching points above use combination to get through to the end zone.				
SCRIMMAGE: Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!!						