



<b>Name:</b> Fabien Lewis	<b>Team:</b> U10	<b>Day:</b> 1	<b>Duration:</b> 60 Minutes
---------------------------	------------------	---------------	-----------------------------

**Description:** This session focuses on switching the point of attack when in possession. Players will learn the “how” to switch the point of attack and the “why” it may be necessary.

<p>© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Crabs &amp; Minnows (15 minutes)</p> <p><b>Organization:</b> <u>Progression 1</u> – Players are in pairs, passing and moving in 35 x 30 yard grid. The focus is on the accuracy of the pass, 1<sup>st</sup> touch and dribbling into space. The focus is on receiving with different surfaces of the foot (sole, inside, outside), and receiving to escape pressure. <u>Progression 2</u> – Divide the team into half. Half will occupy the grid and take a crab position scattered across the grid. The other half are in pairs with one ball and are trying to pass &amp; move from one side to the next without the crab (aka. defenders) kicking out the ball from the grid. If a group loses their ball, they become crabs. Keep going until last group.</p> <p><b>Coaching Points:</b> (1) Cushion ball close to body upon 1<sup>st</sup> touch. (2) Lift head, recognize space. (3) When do dribble, when to pass. (4) The 2<sup>nd</sup> attacker, find good supporting positions.</p>
<p>© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> 3 v 2 (15 minutes)</p> <p><b>Organization:</b> In 25 x 20 yard grid, the coach pass the ball to the 3 attacking players. They have 2 goals that they can score in. If the defender wins the ball, he scores in the single goal on the other side. Switch defenders and attackers after 7-8 minutes.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Maintain triangular shape with width (3) If we can't score in 1 goal, we can go in the next (4) Transition to win the ball back, if the defender wins it.</p>
<p>© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> 4 v 3 + 1 goalkeeper (12 minutes)</p> <p><b>Organization:</b> In 25 x 20 yard grid, 4 attackers (trying to score in big goals) against 3 defenders who are going to 2 counter goals. All restarts with the 4 attacking players. There is no touch restriction. (Implement any small sided rules as you see necessary).</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Maintain diamond shape (3) Urgency with passes.</p>
<p>© Copyright www.acadmysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Scrimmage (18 minutes)</p> <p><b>Organization:</b> In 40 x 35 yard grid, 6 v 6 + 2 goalkeepers going to big goals. All rules apply.</p> <p><b>Coaching Points:</b> (1) Reinforce previous (2) Enjoy.</p>