

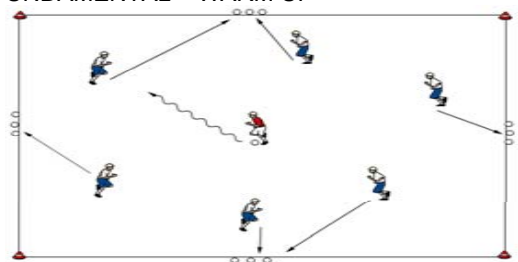
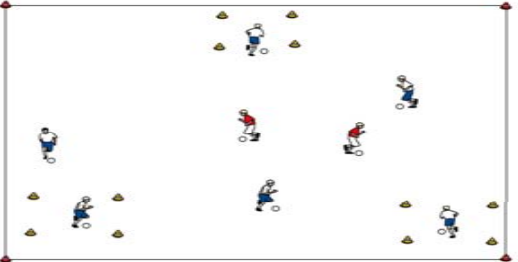
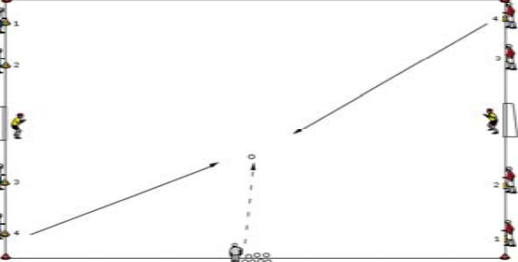
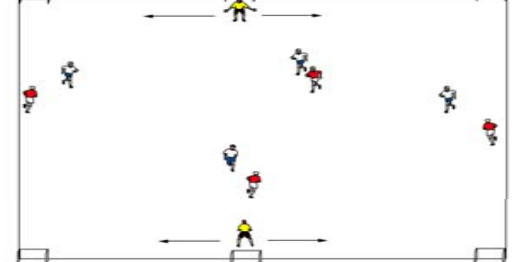


Name: Chris Little

North Carolina Youth Soccer Association

Topic: U10 Dribbling



FUNDAMENTAL – WARM UP 	ORGANIZATION “GET THEM” One player is “IT” – must try and hit other players by passing and hitting them below knee = become “IT” Players must retrieve ball from base and take to open base Variations -Left/right foot only -Different parts of foot – sole, outside/inside -Change direction to different base on command -Deception (step-over etc based on ability level)	KEY COACHING POINTS Comfortable with the ball <u>Change of Speed</u> <u>Change of Direction</u> Head Up <u>Deception</u>
MATCH REINFORCED ACTIVITY 	Running the Bases -Two taggers – tag by hitting players ball! -Cant be tagged in bases -Only 1 player allowed in base, if new player arrives old player must leave Progressions -Coach can close a base by standing in it -Use of both feet: different body parts -Before entering base – use deceptive move	Can they face opponent Center of Gravity – knees bent Head Up - Awareness
MATCH REINFORCED ACTIVITY 	Stealing the Bacon Coach controls the balls and exercise from middle Call number – players play against each other Vary serves – middle & each team Start with individuals – i.e. #2 v #2 Quickly progress to play small groups – 2&3 v 2&3 Rewards If beat an opponent using move practiced – 2 goals! Time limit on each duel (speed of play)	Creativity Confidence Awareness of players (numbers up etc)
MATCH CONDITIONED GAME 	Six Goal Game 3 v3 or 4v4 + GK (depending upon numbers) Can score on any of three goals (GK can move to any goal)	CREATIVITY Spacing in attack – HEIGHT WIDTH DEPTH Problem Solving – if goal is guarded?
COOL DOWN		