



Lesson Plan



Topic: Dribbling, Possession

Age: U10

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>Dribbling: Mimic the coach</p> <p>Activity time: 5 – 8 min</p>	<p>Create a 10 yd x 10yd Grid (Box) Ask players to dribble in box without leaving the area.</p> <p>Coach demos move, players practice it</p> <ol style="list-style-type: none"> 1. inside of foot “chop” 2. using bottom of foot pullback 3. change of pace moves 	<p>Coach</p> <div style="border: 1px solid black; width: 100px; height: 100px; margin: 10px auto; display: flex; flex-direction: column; align-items: center; justify-content: center;"> <div style="display: flex; justify-content: space-around; width: 80%;"> X.~ X. </div> <div style="display: flex; justify-content: space-around; width: 80%; margin-top: 10px;"> ~.X X.~ </div> </div>	

Remember: NO LAPS, NO LINES, NO LECTURES



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<p>2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>• = ball</p> <p>Activity time: 10 min</p>	<ol style="list-style-type: none"> a. coach as boss of the balls b. coach passes ball onto field to start play c. two players from each team play until a goal is scored or the ball goes out of bounds d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball e. goal is scored, 2 who scored stay on, and two new players from the other team play against them 		<ol style="list-style-type: none"> a. keep ball rolling b. first try to solve game by dribbling c. player w/o ball find big, easy spot to receive a pass
<p>Water Break (2 min)</p>			
<p>Scrimmage: No limitation scrimmage</p> <p>10 min with some instruction</p> <p>10 min without any instruction</p>	<p>Play from sideline to sideline. 5v5 or 4v4 plus GK's.</p>		<p>Game related exercise. Coach can point out (few) rules of game.</p> <p>Coach should let players play at this point without much/any instruction.</p>

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