






# Woods Soccer Club :: U10 Practice Plan :: WEEK 10

Stage	Organization	Diagram	Guided Questions
<p><b>Stage I Technical Warm up</b></p>	<p><b><u>2v1+1 to Small Goals:</u></b>            In a 20L x 15W yard grid with small goals on each end-line. Teams of 2 players each will play to score in their opponents' goal            The 2 attacking players will try to score while one defender will try to stop them and the other becomes a GK. As soon as the attacking team loses the ball, scores or misses the scoring opportunity they will defend and one of the players will become the GK. It is an alternating 2v1.  <b>Scoring:</b></p> <ul style="list-style-type: none"> <li>• A goal: 5 points</li> <li>• Dribbling the GK: 10 points</li> </ul>		<ul style="list-style-type: none"> <li>• How can we attack quickly, score quickly?</li> <li>• How do you dribble fast forward?</li> <li>• What moves with a change of pace can you make?</li> <li>• How and what surface will you use to strike the ball to keep it low, with finesse or with power?</li> </ul>
<p><b>Stage II Small Sided Activity</b></p>	<p><b><u>3v2+Gk to Goal:</u></b>            In a 25Lx35W yard area with a goal, play with 3 attackers and 2 defenders plus a goalkeeper. The attacking team has 5 opportunities to score as many goals as they can. After the 5 opportunities the teams switch.            The Coach is the ball master and will always distribute the soccer ball to the attacking team. When the defending team gets the ball they will give it back to the coach for 1 point.</p>		<ul style="list-style-type: none"> <li>• How would you receive the ball to shoot as soon as possible?</li> <li>• Where and with whom will you connect inside the box to create a shooting opportunity?</li> <li>• How to attack the defenders front foot to engage them?</li> <li>• What space can we exploit?</li> <li>• How can we create space to release a shot?</li> </ul>
<p><b>Stage III Expanded Small Sided Activity</b></p>	<p><b><u>4v3+GK to Goal and Counter Goals:</u></b>            In a 35x35 grid with one goal on the end line with two small goals on the 35 yard line as shown in the diagram.             Play 4 attackers trying to score against 3 defenders and a Gk. The attacking team has 5 opportunities to score as many goals as they can. When the defending team gets the ball, they can score in any of the two small goals on the 35 yard line.</p>		<ul style="list-style-type: none"> <li>• When and how to release the shot?</li> <li>• What type of shot to release?</li> <li>• From where can we shoot and what surface do we use?</li> <li>• What should we do if there is a rebound?</li> </ul>
<p><b>Stage IV Conditioned Game</b></p>	<p><b><u>5v5 or 6v6:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize when and how to finish</li> </ul>		