



Woods Soccer Club :: U10 Practice Plan :: WEEK 1

Module 1: Dribbling

Topic: Ball Manipulation

Objective: To improve the player's ability to manipulate the Soccer ball with all parts of the foot

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p>4 Squares:</p> <ul style="list-style-type: none"> Area: Divide a 30Lx 25W square into 4 quadrants Place 3-4 players in each quadrant Procedure: Players will perform... <ul style="list-style-type: none"> Square 1: inside, outside, stop and switch foot Square 2: laces, lace, laces and inside of the foot cut Square 3: inside, outside, stop, heel and switch foot Square 4: laces, lace, lace and outside of the foot hook Players must have at least 5 touches on the ball before performing the task again. At the coaches command players will change squares. 		<ul style="list-style-type: none"> What surface of the foot to use? Where is the space to go? How far is the ball from the player? Where should the players eyes be?
Stage II Small Sided Activity	<p>1v1 to End Zones</p> <ul style="list-style-type: none"> Area: 20Lx15W Play 1v1 to dribble into the opponent's End Zone Yellow will defend Red. If yellow gets the ball, then he dribbles into Red's End Zone 		<ul style="list-style-type: none"> What surface of the foot to use to receive and dribble the soccer ball? Where will the player's first touch be? Where is the space to attack? How far is the ball from the player? Where the player's eyes should be looking? How fast should the player dribble after he beats the opponent?
Stage III Expanded Small Sided Activity	<p>3v3 to Scoring End Zones:</p> <ul style="list-style-type: none"> Area: 35Lx 30W yard grid with a 5 yard end zone in each end with a goal placed on each end line. The goals are about 3-4 yards each Teams play to score by dribbling into the scoring zone and either shooting or dribbling through the goal. Score: <ul style="list-style-type: none"> Shooting: 10 pts. Dribbling: 100 pts. 		<ul style="list-style-type: none"> What surface of the foot to use to receive and dribble the soccer ball? Where will the player's first touch be? Where is the space to go? How far is the ball from the player? Where should the player's eyes be looking? How fast should the player dribble after he beats the opponent? When and how to turn? When to dribble when to possess?
Stage IV Conditioned Game	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> Two teams with a specific formation Play the game and encourage the players to recognize the moments to dribble 		