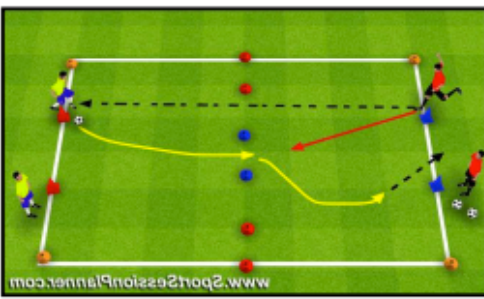# Woods Soccer Club :: U10 Practice Plan :: WEEK 3

Module 1: Dribbling   **Topic: Dribbling to beat an opponent**

Objective: To improve the player's ability to dribble by an opponent

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	**1v1 Tag:** Players are divided into groups of 2. Both players have a soccer ball. Both players start standing still. One player is in charge. He must get away from his opponent. The opponent cannot move until player one puts his first touch on the ball. Once player one touches the ball, the game is live. Player 2 has 5-7 seconds to tag Player 1.		• How can you fake out your opponent without touching the ball? • Why would you want to fake out your opponent? • When would you try this on the field?
Stage II Small Sided Activity	**1v1 To Goal:** Coach set up a field 20Lx15W with a goal at each end and 3 gates across the center line. Player 1 (RED) plays the soccer ball to player 2 (YELLOW). Player 2 must dribble through 1 of the 3 gates then try to score in the goal. Player one will defend his goal, try to win the ball and score in the opposition's goal.		• How can your first touch help you attack faster? • What moves can you use to go by a defender? • When would you do this in a game?
Stage III Expanded Small Sided Activity	**2v2 + GK to Goal:** Coach sets up a field 35Lx25W with a goal at each end 3 gates across the center line. Teams of 2 field players + a goal keeper on each end line. The team in possession of the soccer ball tries to score on their opponent's goal. If they dribble through any gate prior to scoring, increases by 100 points.		• What move will help you beat the defender and get a shot on goal? • When is dribbling a better choice than passing? • What are the benefits of starting your attack from a wide position?
Stage IV Conditioned Game	**5v5 or 6v6:** • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to beat an opponent		