



# Woods Soccer Club :: U10 Practice Plan :: WEEK 9

## Module 4: Attacking

## Topic: Creating Scoring opportunities

Objective: To improve the team's ability to create scoring opportunities

Stage	Organization	Diagram	Guided Questions
<b>Stage I</b> <b>Technical Warm up</b>	<p><b>1v0 Warm Up:</b>            Groups of 3. Each player attacks the individual cone in the middle, connects a pass to the far side, and follows his pass to the far side. Upon receiving a pass, the player again takes on the middle cone.            Attack the middle cone decisively. Have a move in mind prior to starting your dribble.            Change direction and then burst into open space before passing.            The coach can show a move or allow the players to decide on their own.</p>		<ul style="list-style-type: none"> <li>• Which part of the foot can we use to dribble faster?</li> <li>• How quickly can you get past the cone after a move?</li> <li>• Should we get closer or farther away from the cone before our move?</li> <li>• How can our bodies sell the fake?</li> </ul>
<b>Stage II</b> <b>Small Sided Activity</b>	<p><b>1v1/2v1/3v2:</b>            In a 15Lx12W yard grid start playing 1v1 to goal. The coach is the ball master; he/she will serve the ball to any player. Start with 1v1, then 2v1 and end with 3v2. Encourage players to be creative and take risks.  <b>Variation:</b> Goal scored after a combination play is worth 10 points. Every other goal is worth 1.</p>		<ul style="list-style-type: none"> <li>• How should we receive the ball?</li> <li>• Where should our first touch take us?</li> <li>• How do we make the defender commit?</li> <li>• What moves can we use to unsettle or beat the defender?</li> <li>• How quickly can you release the shot</li> <li>• What surface of the foot will you strike the ball?</li> </ul>
<b>Stage III</b> <b>Expanded Small Sided Activity</b>	<p><b>4v4/5v5 +1:</b>            In a 40L x 35W yard grid, play a live 5v5 game +1 neutral player            The + player is on whichever team is in possession of the ball.</p>		<ul style="list-style-type: none"> <li>• How should we move the ball throughout the team?</li> <li>• Can we find a numerical advantage?</li> <li>• When should we look to shoot?</li> <li>• Which part of the foot should we use to play a combination with your teammate?</li> <li>• Can the backs get involved moving forward?</li> <li>• Which combinations to use?</li> </ul>
<b>Stage IV</b> <b>Conditioned Game</b>	<p><b>5v5 or 6v6:</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 create scoring opportunities</li> </ul>		