

U10 Joint Training Session 1

Date : 10/Mar/2014

Duration : 1:30 hour

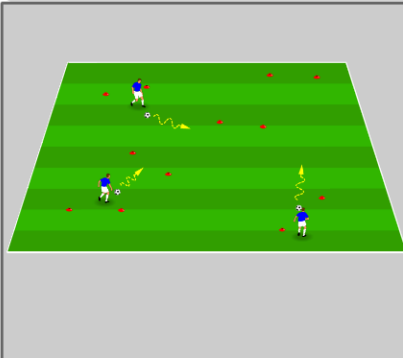
Time : N/A

Age/Level : U11 - U14

Session When to Dribble/When to Pass

Objective:

Warm-up (Gates)



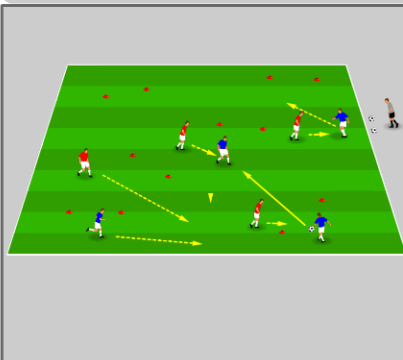
Description :

- Place sets of cones around the field to create "gates" for players to dribble or pass through.
- Each player has a ball and dribbles to each gate.
- At each gate the player is to execute a proper turn move and change directions quickly to go find another gate. Players can not go to a gate that is being occupied by another player.

Coaching Points :

- Change your pace after you execute a move.
- Recognition of open space.
- Proper execution of a turn.
- Proper technique in striking a ball.

Small Sided Game (Gates)



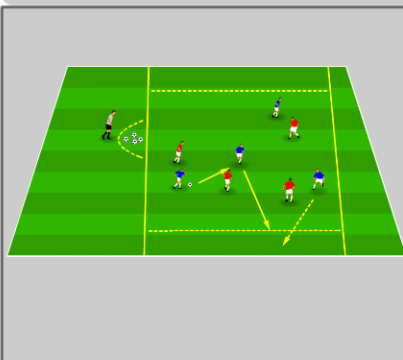
Description :

- Team equal teams of 4.
- Points are scored by playing the ball through the gate to a teammate successfully.
- After scoring a point the team in possession looks to find another gate to go and score through.

Coaching Points :

- Turn away from pressure.
- How to beat an opponent.
- Accuracy and weight of your pass.
- Cues to dribble, turn, and pass.

Small-Sided (Endzone)



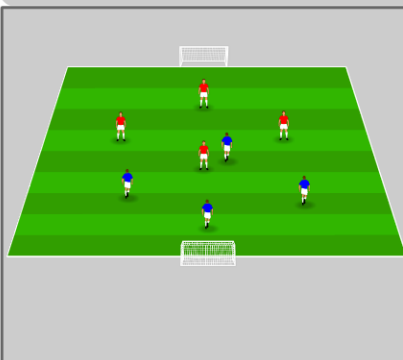
Description :

- Two equal teams of players.
- Points are scored when the team in possession is able to dribble or pass the ball into the endzone successfully.
- If passing into the endzone the player that is to receive the ball can not be in the endzone before the ball arrives.

Coaching Points :

- Technique of striking a ball over distance.
- Cues of when to dribble to score and when to pass.
- Recognition of open space.
- How to beat a defender.

Drill file name/title goes here



Description :

- Normal match to goal.
- Normal game rules apply.

Coaching Points :

- Coaching points should be made through the run of play with only nature stoppages interrupting the flow of the game.