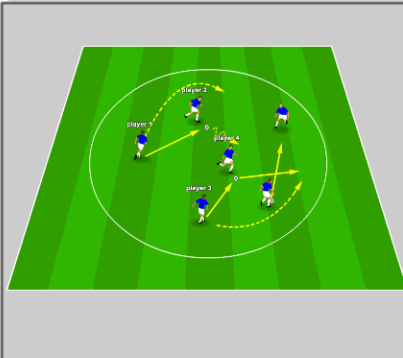


U10 Joint Training 3-31-14

Date : 31/Mar/2014 **Duration :** 1:30 hour
Time : N/A **Age/Level :** U8 - U10, U15 - U18

Session Objective:

Passing and Moving (Combination Play)



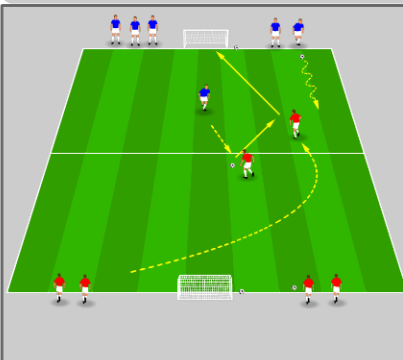
Description :

Each player has a partner and starts passing and moving with their partner in the circle. On the coaches command they will perform either an overlap or a give and go. On the overlap Player 1 plays the ball to Player 2 then proceeds to run around the player on the overlap. At the same time Player 2 receives the ball and makes a penetrating dribble. On the give and go Player 3 attacks another player on a penetrating dribble and then plays the ball to Player 4 who shows at an angle. Player 3 runs around the defender and receives the ball back.

Coaching Points :

- Attack the defender at pace.
- Make the defender commit.
- Explosive movement after the pass.
- Show at an angle to receive the ball

2v2 Quick Transition to Goal



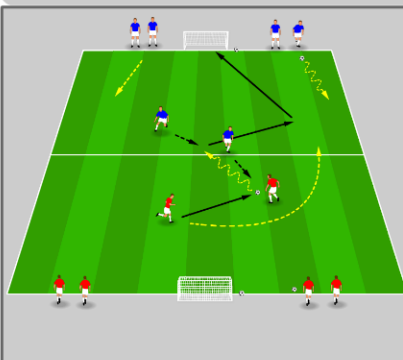
Description :

Play 2v1 inside the grid to the small goals. The Red team attacks the blue team 2v1 to goal. If the red team scores the farthest defender from the goal stays to defend while the other steps off the field. Two new blue attackers step on the field and then attack 2v1 to goal. If the defending player wins the ball he is joined by another teammate and the attacker that gave the ball away now becomes the defender. Creating a 2v1 situation.

Coaching Points :

- Quick transition after scoring a goal.
- Quick attack trying to off balance the defense.
- Pick the right time when to beat a defender on the dribble and when to pass around defenders.
- PLAY WITH SPEED. Make sure the game is quick, fast paced and a lot of goals are scored

2v2 Quick Transition to Goal



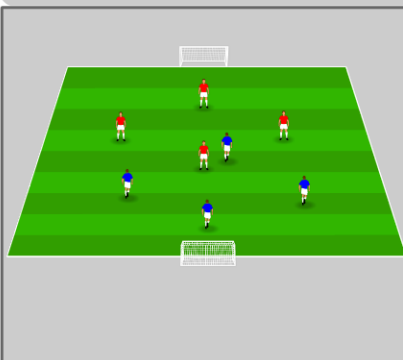
Description :

Play 2v2 inside the grid to the small goals. If a team gets scored on they step off and two new team members step on with the ball. They look to get a quick attack on the team that just scored. As a team scores they must quickly transition to stop the quick attack. The scoring team stays on the field and plays 2v2 until they get scored on. If the ball goes out of bounds, the ball restarts from a teammate on their end line. Players only switch after their group gets scored on.

Coaching Points :

- Quick transition after scoring a goal.
- Quick attack trying to off balance the defense.
- Pick the right time when to beat a defender on the dribble and when to pass around defenders.
- PLAY WITH SPEED. Make sure the game is quick, fast paced and a lot of goals are scored

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.