




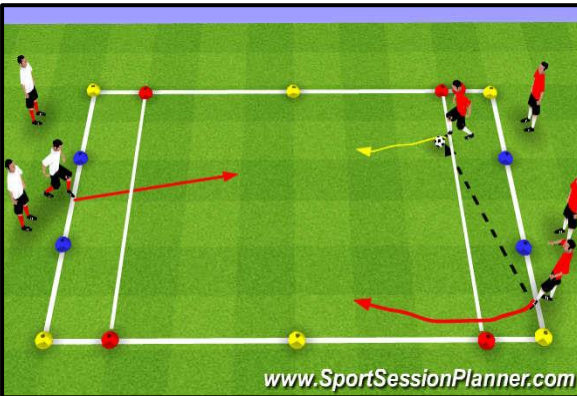
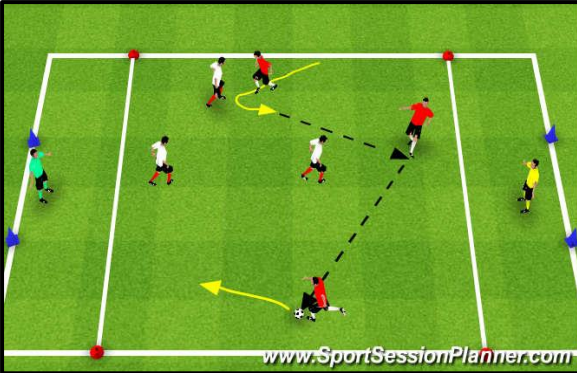
2013 - U10 - Spring Lesson Plan - Week Six



Module 2: Passing and Receiving

Topic: When to Dribble, When to Pass

Objective: To improve the player's ability to recognize when and how to dribble and pass

Stage	Organization	Diagram	Key Coaching Points
<p>Stage I Technical Warm up</p>	<p><u>Passer & Dribbler Square:</u></p> <ul style="list-style-type: none"> • Half of the players on the inside of the square (with soccer balls), half on the outside. • The insiders (Passers) will pass the soccer ball to the outsiders. • The outsiders (Dribblers) will receive with a directional first touch to dribble away from the passer who is pressing him/her. 	 <p>www.SportSessionPlanner.com</p>	<p><u>To Dribble:</u></p> <ul style="list-style-type: none"> • First touch must be directional • Identify the visual cues to dribble <ul style="list-style-type: none"> ○ Space ○ 1v1 • Keep the ball close to your feet • Keep head up • Approach the defender under control • Fake and acceleration • Where to dribble • When confronted with defenders, pass them by changing direction and speed • Use your teammate to create dribbling opportunities
<p>Stage II Small Sided Activity</p>	<p><u>2v1 to End Zones:</u></p> <ul style="list-style-type: none"> • Area: 25Lx15W yard grid with two Finishing Zones of 3 yards each • Place a team behind the end-line behind the end zone and the defenders behind the opposite end zone. • The attackers will score by dribbling or passing the ball into the end zone. • If the defender gets the ball, he/she can also run with the ball into the end zone. • The activity starts when the player with the ball passes to his/her partner. 	 <p>www.SportSessionPlanner.com</p>	<p><u>To Pass - Technical</u></p> <ul style="list-style-type: none"> • Receiving ball/first touch • Implications of first and second touches • Movement after pass with speed • Weight of the pass • Type of pass
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4 (GK+3v3+GK) to Finishing Zones:</u></p> <p>Area 30Wx40L yard grid with two finishing zones of 5 yards each</p> <ul style="list-style-type: none"> • Two teams are trying to score in the opponent's goal by dribbling or passing to a teammate in the end zone. • The attacking player must time his/her run to receive the ball inside the end zone and score. • A player cannot enter the end zone before the soccer ball. <p>Scoring:</p> <ul style="list-style-type: none"> • Receiving a timed pass into the end zone: 10 points. • Dribbling into the end zone: 5 point. 	 <p>www.SportSessionPlanner.com</p>	<p><u>To Pass - Tactical</u></p> <ul style="list-style-type: none"> • Supporting shape • Verbal communication: Turn, drop, wall, square, etc. • Visual cues identification • Awareness of space, teammates, and opponents • Best passing options: Possession pass or penetration pass • Change of rhythm to exploit opportunities to penetrate
<p>Stage IV Game</p>	<p><u>5v5 or 6v6:</u></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 keep possession and when to penetrate 		<p>Look for opportunities to change the point of attack</p>