

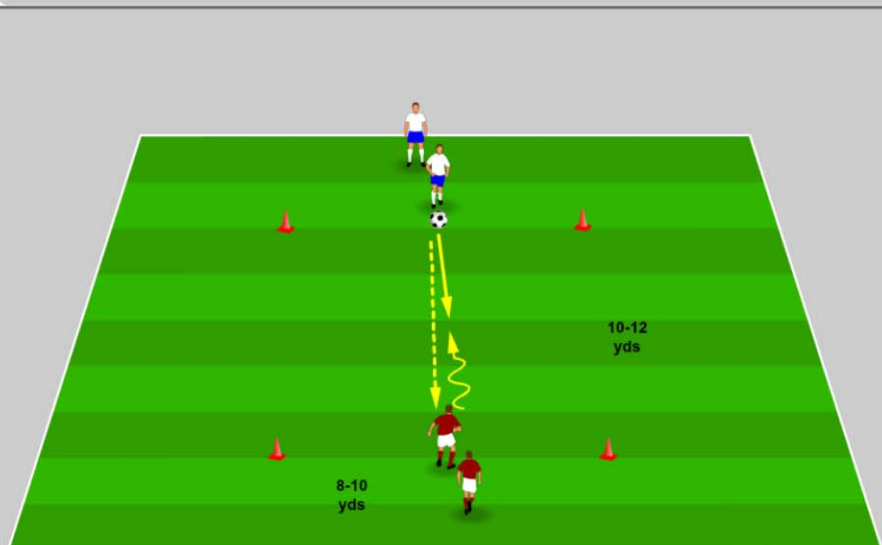
**U9-U10 Weekly Session Plan - 09-29-14**

**Date :** 29/Sep/2014  
**Time :** N/A

**Duration :** N/A  
**Age/Level :** U8 - U10

**Session Objective:** Dribbling to beat players 1v1 (teaching moves)

**1v1 to Line**



**Description :**

1v1 to beat a player across a line - player passes across to opponent and closes down attacker who takes on the defender at speed - if defender steals ball they can attack in opposite direction

\*players switch lines after goal is scored or ball goes out of play

Variations: 1) dribble across line with close control or stop ball on line to score 2) make competitive with individual scores, team scores or by setting up a ladder to crown champion

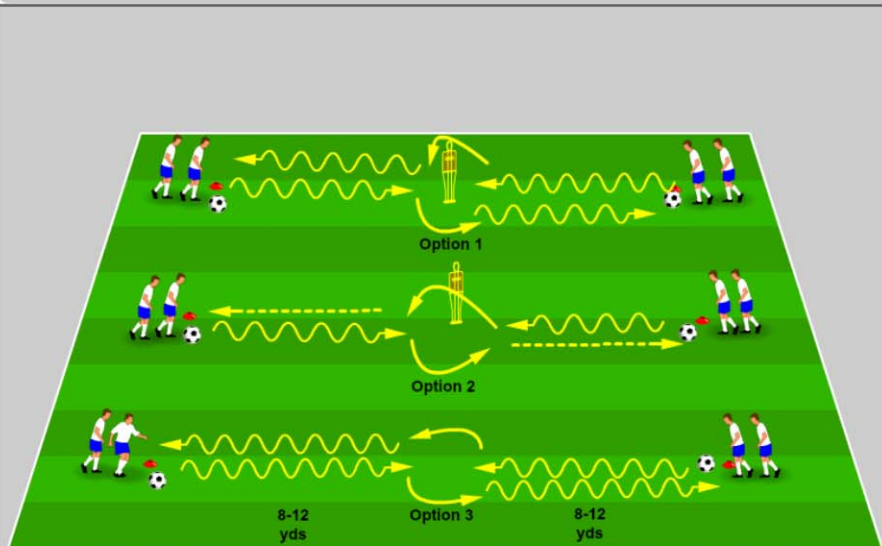
**Coaching Points :**

\*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender

\*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

\*introduce 1v1 moves to beat players: scissors, double scissors, shoulder drop/side step, step over, Matthews, etc.

**1v1 Shadow Dribbling**



**Description :**

1v1 shadow dribbling to beat a defender

\*each player in front of the line has a ball - players opposite each other begin dribbling at the mannequin at the same time and throw a 1v1 move to get past and behind defender

Variations: 1) after beating defender dribble to opposite line for takeover

2) after beating defender pass to opposite line

3) remove Mannequins and players throw moves to beat each other at same time

**Coaching Points :**

\*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender \*cut off defender with dribble when you beat them

\*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

\*introduce 1v1 moves to beat players: scissors, double scissors, shoulder drop/side step, step over, Matthews, etc.

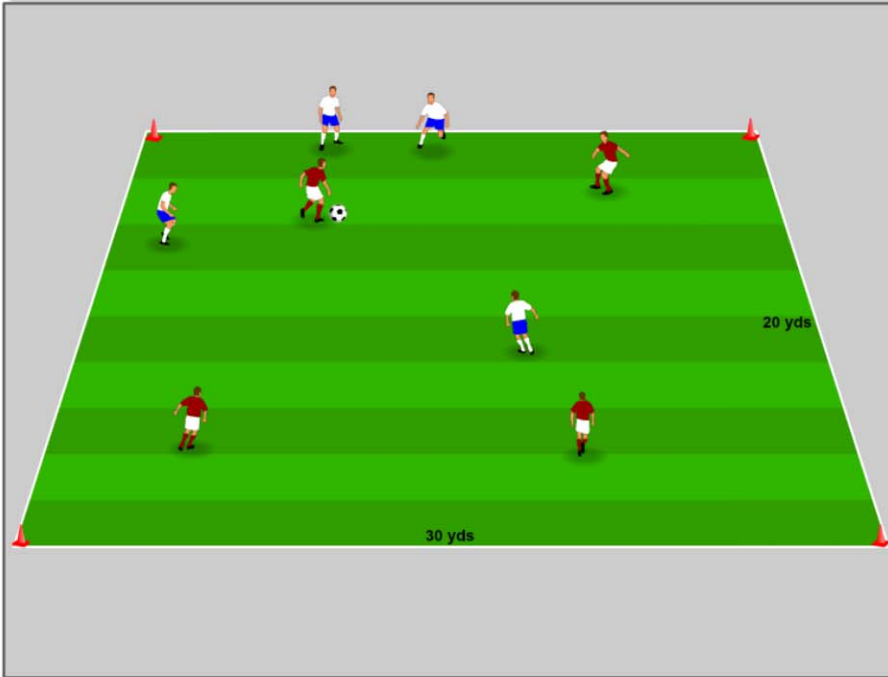
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**4v4 to Lines**



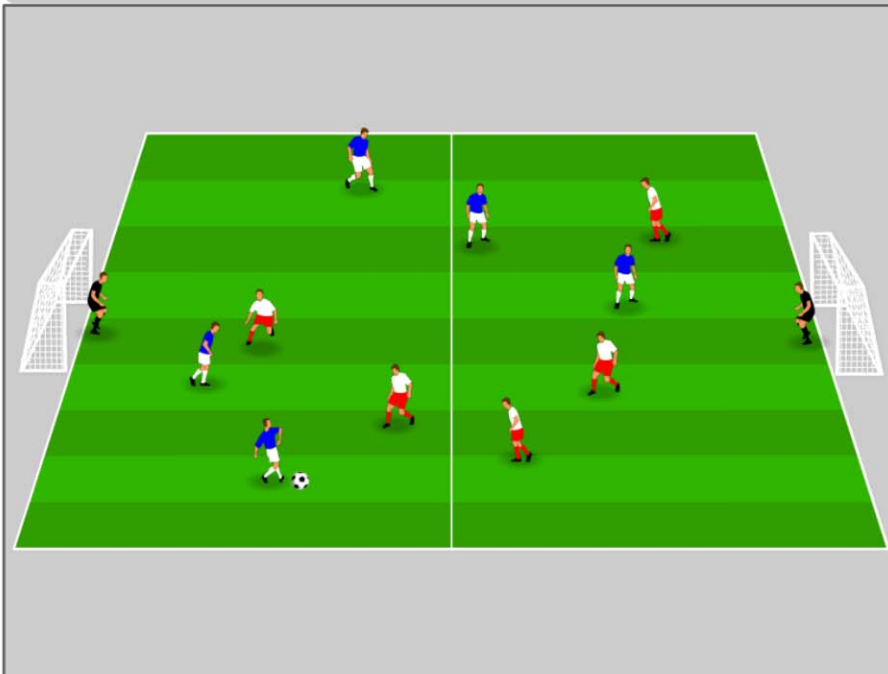
**Description :**

4v4 to lines - players score by dribbling the ball and stopping it on the endlines  
When a goal is scored - opposing team gets ball, can dribble in to start but may not score on the line the ball was just scored on until ball changes possession  
Variations - each team scores to:  
1) any of the 4 lines 2) 2 lines - adjacent sideline/endline, 3) 1 line - opposite endlines  
2) may only pass backwards when playing to one line

**Coaching Points :**

- \*Look for openings to attack a line on the dribble
- \*Big touches when you have space or are far from line, smaller touches near defender/line
- \*Change direction to escape defenders and attack open line (inside and outside of foot cuts)
- \*Take defenders on 1v1 if they don't have help/cover
- \*1v1 mentality to take players on
- \*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception

**Final Game to Full-Size Goals**



**Description :**

Two even sized teams plus goalkeepers to 2 full-size goals  
All regular soccer rules apply - offsides, throw-ins, corner kicks, goal kicks, etc.  
Can manipulate size/shape of field or score of the game to better bring out topic

**Coaching Points :**

All coaching points/ideas introduced in training session