



## ACTIVITY PLAN

Age Group: U10

<p><b>Week 2</b> Receiving.</p> <p><b>Warm up</b></p> <p><b>Objective:</b> To improve general coordination.</p>	<p><b>Organization:</b></p> <p>20 x 20 Yard Area. One ball per player.</p>	<p><b>Procedure:</b></p> <p>Players dribble around the grid. On the coach's command the players pick up and toss the ball in the air and then receive the ball with different parts of their body.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>- Keep your eye on the ball</li> <li>- Maintain body balance</li> <li>- Head check</li> <li>- First touch into space</li> </ul>	
<p><b>Week 2</b> Receiving.</p> <p><b>Individual Activity</b></p> <p><b>Objective:</b> To improve individual receiving skills.</p>	<p><b>Organization:</b></p> <p>Six players needed. Four of the players take a spot on the corners of a 15 x 15 yard grid. Two players go inside the grid and will be playing 1v1. Two of the corner players have a ball. One player in the middle is designated the attacking player to start.</p>	<p><b>Procedure:</b></p> <p>Attacking player makes a run to a corner player to receive a ball that has been tossed by the corner player. The first touch is FREE. A point is scored when an inside player receives a ball and passes the ball to a corner player who doesn't have a ball. Then the attacking player runs to the corner player who has the second ball and repeats. If the defending player wins the ball, then that player becomes the attacker. Rotate the players after 1 minute.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>- Get in line with flight of the ball</li> <li>- Early selection of controlling surface</li> <li>- Head check to see the ball and check where the pressure is</li> <li>- Maintain body balance</li> </ul>	



## ACTIVITY PLAN

Age Group: U10

<p><b>Week 2</b> Receiving.</p> <p><b>Small Group Activity</b></p> <p><b>Objective:</b> To improve individual receiving skills under pressure.</p>	<p><b>Organization:</b> 30 x 20 grid. Form three teams of three. Divide the grid into thirds.</p>	<p><b>Procedure:</b> The two teams in the final thirds of the grid try to score against the team in the middle third. A point is scored against the team in the middle third when a ball is played over or through their third in the air to one of the players in the opposite final third. If the ball goes out-of-bounds or the team in the middle third wins the ball, the team responsible for the error goes into the middle third. The team with the most points wins.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>- Good first touch</li> <li>- Get in line with flight of the ball</li> <li>- Early selection of controlling surface</li> <li>- Head on a swivel to see the ball and check where the pressure is</li> <li>-Maintain body balance</li> </ul>	
<p><b>Week 2</b> 6 v 6</p> <p><b>Small Sided Game</b></p> <p><b>Objective:</b> To improve individual &amp; small group game understanding.</p>	<p><b>Organization:</b> 30 x 50 yard area Play a 6 v 6 match</p> <p>2 Goals</p> <p>Size 4 ball</p>	<p><b>Procedure:</b> Free Play!</p>	<p><b>Key Coaching Points:</b></p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	