



ACTIVITY PLAN

Age Group: U10

<p>Week 6</p> <p>Possession Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization: 20 x 20 yard area. Select three players to be taggers.</p>	<p>Procedure: These players tag the other players on their arms and backs. Once tagged, the players join one hand with the tagger, forming a caterpillar. This caterpillar works together to try and tag the remaining players. Caterpillars only get as big as three links. Once a fourth player is tagged. The caterpillar breaks into two smaller caterpillars.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Working together with your teammates 	
<p>Week 6</p> <p>Possession Individual Activity</p> <p>Objective: To improve individual shooting.</p>	<p>Organization: Divide the group into two teams of 6. Set up two 15 x 20 yard area fields.</p>	<p>Procedure: Play 4 v 2 on each field. 4 – players have one ball on the ground and score by completing 3 passes in a row. 2 – players have one ball in their hands and score by throwing and hitting their ball against the group of 4's ball. Play for several minutes and then switch player roles.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Pass and move - Create space - Quality passing - Good decisions 	



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<p>Week 6</p> <p>Possession Small Group Activity</p> <p>Objective: To improve possession under pressure.</p>	<p>Organization:</p> <p>Set-up a 30 x 40 yard field , put a small square in each corner.</p> <p>Place one player in each corner. Then divide remaining players into 2 – group of 3 and 1 group of 2.</p>	<p>Procedure:</p> <p>Score by passing the ball to corner players. Defenders score by dribbling out of the area. Players in the corners squares pass the ball back to the same team. Rotate Players.</p> <p>Variations: Don't allow the attacking team to pass to the same square twice in a row.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Movement and support - Quality passing - Width & depth - End product 	
<p>Week 6</p> <p>6 v 6 Small Sided Game</p> <p>Objective: To improve game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 6 v 6 match</p> <p>2 Goals</p> <p>Size 4 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	