



ACTIVITY PLAN

Age Group U10

<p>Week 1 Dribbling Warm up Objective: To improve general coordination.</p>	<p>Organization: 20 x 20 Yard Area. 1 Ball per player.</p>	<p>Procedure: Players with a ball each, dribble in the confined space. Brief demonstrations of a move or two (pull back, step over, etc.)</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Change of direction - Think ahead - Cooperation - Agility - Fun 	
<p>Week 1 Dribbling Individual Activity Objective: To improve individual dribbling skills.</p>	<p>Organization: 20 x 20 Yard Area. 1 Ball per player.</p>	<p>Procedure: Same as above but players try to tag others (below neck!). When tagged the dribble to boundary, do 10 ball touches & rejoin game.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Dribble with head up - Dribbling moves to escape - Use all surfaces of both feet– Keep the ball at a controllable distance. 	



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<p>Week 1 Dribbling Small Group Activity Objective: To improve individual dribbling skills under pressure.</p>	<p>Organization: 30 yard x 20 yard area. 2 players per ball. Six 5 yard mini goals (as in diagram)</p>	<p>Procedure: 2 players per ball, inter-passing, when coach yells "go", one tries to beat the other & dribble through a mini-goal. Only 1 goal can be scored at each goal.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Confidence in 1 v1 duals - Dribbling moves - Change of speed - Agility - Vision 	
<p>Week 1 6 v 6 Small Sided Game Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 6 v 6 match 2 Goals 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>	