



## ACTIVITY PLAN

Age Group: U10

<p><b>Week 8</b> Attacking Duels Warm up <b>Objective:</b> To improve general coordination.</p>	<p><b>Organization:</b> 20 yard x 20 yard area. 1 ball per player.</p>	<p><b>Procedure:</b> Players move around the area with the ball. The coach calls out the move the players must perform. Backwards – Left Foot – Right Foot – Turn – Stop Throw the ball in the air and control – Express yourselves with any move. The coach can show different attacking moves for the players to copy.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>- Change of direction</li> <li>- Change of speed</li> <li>- Use various surfaces of the feet.</li> <li>- Confidence</li> <li>- Agility</li> <li>- Fun</li> </ul>	
<p><b>Week 8</b> Attacking Duels  Individual Activity <b>Objective:</b> To improve Individual Attacking Skills.</p>	<p><b>Organization:</b> 20 yard x 20 yard area. 1 small sided goal. 1 Goalkeeper (keep switching) and two teams.</p>	<p><b>Procedure:</b> The coach splits the group into 2 teams and selects 1 Goal Keeper. The teams are split into defenders and attackers. The Defenders play the ball into the attackers and then defends the goal. If the defenders win the ball they can score in the counter goal. 1 point per goal keep rotating the roles of the teams (attacking &amp; defending)</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>- Good first touch</li> <li>- Close control</li> <li>- Quality of moves to beat the defender</li> <li>- Accuracy of shot</li> <li>- Confidence</li> </ul>	



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Age Group: U10

<p><b>Week 8</b></p> <p>Attacking Duels Small Group Activity</p> <p><b>Objective:</b> To improve individual attacking skills under pressure.</p>	<p><b>Organization:</b></p> <p>20 yard x 20 yard area. 2 small sided goals. 2 Goalkeepers (keep switching) and two teams.</p>	<p><b>Procedure:</b></p> <p>The coach splits the group into 2 teams and selects 2 Goal Keepers. The teams are split into defenders and attackers. The Defenders play the ball into the attackers and then defends the goal. If the defenders win the ball they can score in opposition's goal. 1 point per goal keep rotating the roles of the teams (attacking &amp; defending)</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>- Good first touch</li> <li>- Close control</li> <li>- Quality of moves to beat the defender</li> <li>- Good supporting positions</li> <li>- Accuracy of shot</li> <li>- Confidence</li> </ul>	
<p><b>Week 8</b></p> <p>6 v 6 Small Sided Game</p> <p><b>Objective:</b> To improve game understanding.</p>	<p><b>Organization:</b></p> <p>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></p> <p>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>	