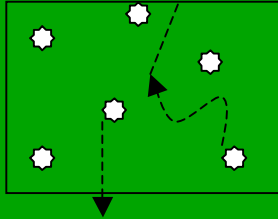
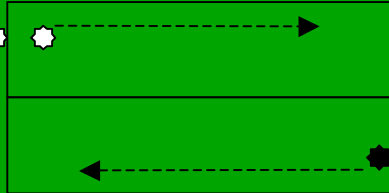
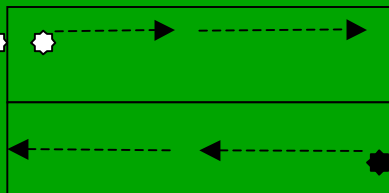
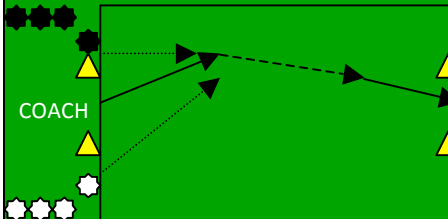
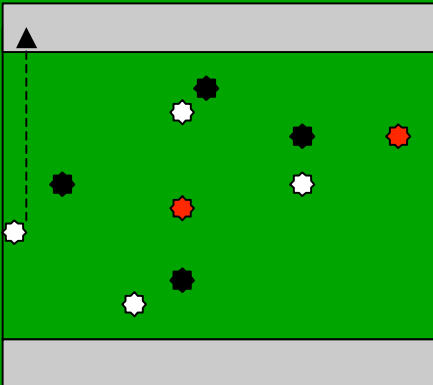


<b>Age</b>	U9 & U10
<b>Season &amp; Session</b>	Fall – Week 1 - Session 1
<b>Topic</b>	Attacking Play – Running with the Ball

Activity Description	Diagram	Coaching Points
<p><b>Activity: Dribbling and Running with the Ball</b></p> <ul style="list-style-type: none"> <li>Area: 15 x 15.</li> <li>Activity: Each player has a ball and begins the activity by dribbling around the area. On the coaches command players explode outside the area and then re-enter.</li> <li>Progression: Add cones outside the area. Players must now dribble around the cones before reentering the grid.</li> </ul>		<ul style="list-style-type: none"> <li>Keep the ball close when in tight spaces; every time you take a step you should be able to take a touch.</li> <li>Head up: try to find the space within grid.</li> <li>Running with the ball: Push the ball away from your body (2 – 3 yards) with your laces and cover ground as quickly as possible.</li> </ul>
<p><b>Activity: Relay Racing</b></p> <ul style="list-style-type: none"> <li>Area: 5 x 20 yards per group.</li> <li>Activity: Split players into groups of three. Place a group in each grid with 2 players on one end line and 1 on the other. Player 1 starts the race, tags player 2 who starts. Race is finished when each player has gone three times.</li> </ul>		<ul style="list-style-type: none"> <li>Running with the ball technique: strike ball with laces, knee over the ball as you strike, athletic stance / balanced, head up in between touches.</li> </ul>
<p><b>Activity: Hesitate Moves</b></p> <ul style="list-style-type: none"> <li>Area: Same as above.</li> <li>Activity: This time place all players on one end line. Players dribble into the grid, do a hesitation move and then explode to the other side. As soon as the first player has done their move the next player goes.</li> </ul>		<p><b>WAVE:</b> As you approach the ball wave you're kicking foot over it, as if you are going to stop the ball with the sole of the foot. In the same action bring your kicking foot back behind the ball and pass it front yourself with the inside of the foot. Finally, explode after it. Best used with a defender at your side.</p>
<p><b>Activity: 1 v 1</b></p> <ul style="list-style-type: none"> <li>Area: 20 x 15 with two goals.</li> <li>Activity: Split the team into two groups. Coach stands behind one goal with a team either side. Coach plays the ball into the grid and the first players in each line go into the area and compete 1 v 1. Players can score in either goal.</li> <li>Points: Award 5 extra points for using a wave.</li> </ul>		<ul style="list-style-type: none"> <li>All above.</li> <li>When to turn? Turn when a defender is about to get in front of you.</li> <li>When to use WAVE? When a defender is slightly behind you / at the side of you.</li> </ul>
<p><b>Activity: 4 v 4 + 2 n-zone game</b></p> <ul style="list-style-type: none"> <li>Area: 35 x 50 with two 5 yard n-zones.</li> <li>Activity: Split players into two teams with 2 neutral players (permanent attackers, who always help the team in possession). Each team defends an n-zone and score by dribbling inside the opposition's n-zone and stopping the ball.</li> <li>Progression: Add goals to the end lines. Teams now go to goal. Remove the neutrals and place one on each team.</li> </ul>		<ul style="list-style-type: none"> <li>All above.</li> <li>When to dribble vs. run with the ball. Dribble in tight spaces and run with the ball when you have space.</li> <li>When to take players on? When there is space behind the defender to explode into.</li> <li>When to pass? When you are out numbered by defenders.</li> </ul>