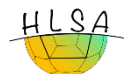


Milton 3rd/4th Grade - Week 1

Category: Technical: Dribbling and RWB

Skill Level: U10



Hermes Lima Soccer Academy,
Quincy, MA, United States of
America

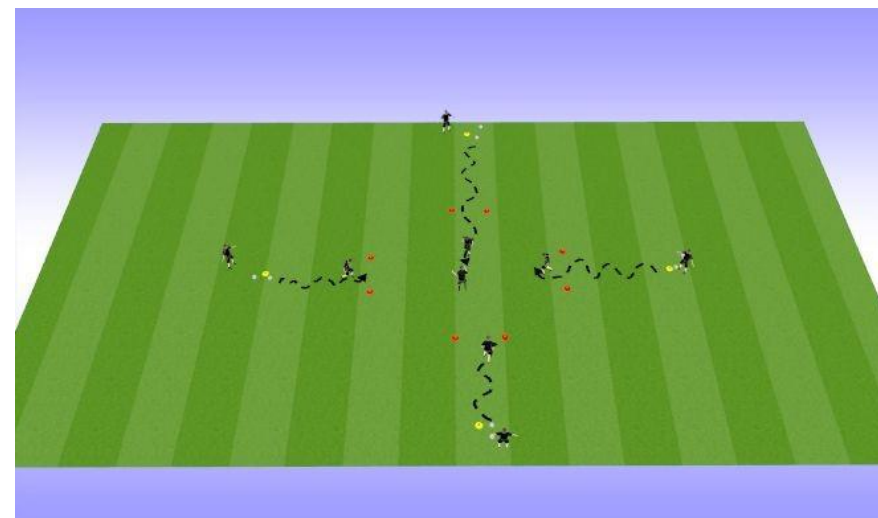


Free Play (10mins) (10 mins)

Set Up: 4v4 small-sided game

Aim: To get the participants moving on arrival

Coaching Points: Ask guided questions and read body language of the players before the session starts



dribbling (15 mins)

Players, w/out balls run through grid, straight across, left or right (coach's instructions)

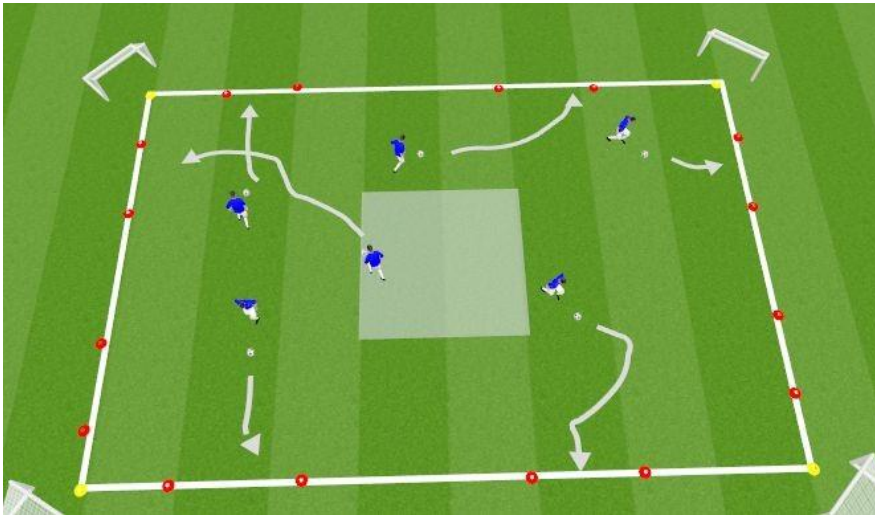
dribble into grid and out.

Straight across, to the left, to the right.

Introduce defender (needs to win five duels)

last to lose to him becomes the next defender.

Encourage players to exploit the undefended space.



Dribbling competition (20 mins)

Organization:

15x15 or 20x20 field
cone gates set up in sides of field
1 ball per player

Instructions:

dribble through the gates for 1 point

Coaching Points/Questions:

WHAT: Dribbling with different surfaces of feet. Taking different types of touches - pinky toe, inside/outside.

HOW: Slow down as you approach the gates, head up to avoid traffic, take small touches to avoid traffic, bigger touches to cover space quickly

WHY: To keep control of ball

WHERE: Where would dribbling like this occur on a field? - central areas with high traffic, wide areas with a lot of space

Regressions/Progressions:

Prog: add center zone that must be entered before going to a new gate
Prog 2: add defender (center zone is now safe zone)



Zone Dribbling- Scissor/Double scissor (20 mins)

Organization:

4 zones setup as shown
3- 4 Teams of 3-4 players

Instructions:

3 teams

-Teams score by dribbling the ball into 1 of the 2 zones in the direction they are going

-Once one team scores, the team that scores come off, and the team that is waiting starts with the ball attacking in the same direction as the team that just came off

-Team cannot stay on for more than 2 games

-Games max at 2 minutes

- Blue zone counts for 2 points and red zone counts as 1 point for each scissor they get an extra point and for every double scissor they get an extra 2 points.

4 Teams

Teams that are not on stay at the end lines when they are not in.

Games go for 2 minutes

Coaching Points:

Player led questioning to lead to:

-Identifying gaps or spaces in defense to penetrate

-Identifying defenders or the other team's position

-Recognize when space is available and use proper touches to take space

"What/Who should you look for?"

"How can you take advantage of the other team?"

"Can you look for gaps or holes in the other team?"

"Can you get away from the other team?" "How should you do that? (Fast? Slow?)

Progressions:



Free Play (15 mins)

Organization:

15x20yd (adjust accordingly)

3v3 or 4v4 (max)

Instructions:

Coaching Points:

Reinforce the day's coaching points from previous activities

Progressions:

