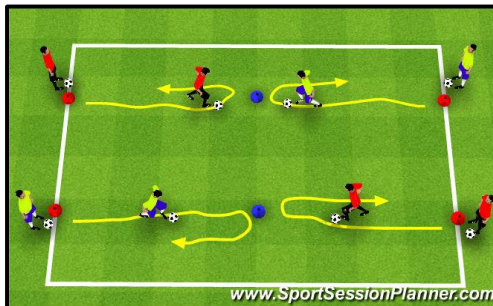
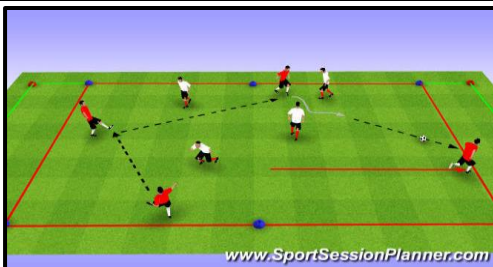
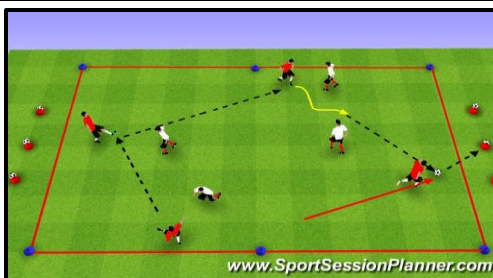
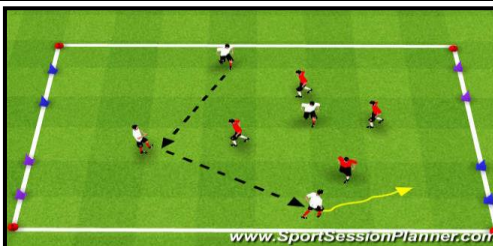




2014 - U10 - Spring Lesson Plan - Week 1



Topic: Conditioned Games

Stage	Activity Description		Diagram	Coach Interventions
Warm Up	Ball Mastery – Inside and Outside of the Foot: Place 3 cones in a line with the middle cone 7-10 yards from the end cones and two players by each end cone with a soccer ball each. At coach's command, they will go from their cone to the middle and back. At coach's command the players will... 1. Dribble with inside & outside of the foot 2. Dribble with laces, laces, inside outside of the foot 3. Inside, inside, outside of the foot 4. Outside and inside with both			• What should the player say while performing the task? • Where should your eyes be looking? • How far should the ball be from you?
Activity 2	4v4 to End Zones: In a 20Wx25L yard grid, place an End Zone of two yards wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can't defend in the End zone.			• What surface of the foot should you use to receive the ball? • What surface of the foot should you use to pass the ball? • When do you pass vs when do you dribble? • What do you do when you do not have the ball?
Activity 3	4v4 Hit the Ball Off the Cone: In a 20Wx25L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Two cones are about 5 yards from the corners and one is central. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. Scoring: Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1point No players are allowed in the end zone.			• What shape do we make when we attack? Why do we do this? • When do we run with the ball vs when do we pass the ball • When do we strike the ball towards goal? • Who slows the ball down when defending? • When do we try and win the ball back when defending?
Activity 4	4v4 to 4 Goals: In a 20Wx25L yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.			
Match	4v4 - Dual Field Scrimmage	Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.		25 minutes