



2014 - U10 - Spring Lesson Plan - Week 9



Topic: Attacking to Finish Scoring Opportunities

Objective: To improve the player's ability to finish scoring opportunities

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<u>2v1+1 to Small Goals:</u> In a 20L x 15W yard grid with small goals on each end-line. Teams of 2 players each will play to score in their opponents' goal The 2 attacking players will try to score while one defender will try to stop them and the other becomes a GK. As soon as the attacking team loses the ball, scores or misses the scoring opportunity they will defend and one of the players will become the GK. It is an alternating 2v1. Scoring: • A goal: 5 points • Dribbling the GK: 10 points		• What surface will you use to receive, pass or dribble the soccer ball? • When would you dribble fast forward? • What surface of the foot will you use to strike the ball and keep it low?
Stage II Small Sided Activity	<u>3v2+Gk to Goal:</u> In a 25Lx35W yard area with a goals, play with 3 attackers and 2 defenders plus a goalkeeper. The attacking team has 5 opportunities to score as many goals as they can. After the 5 opportunities the teams switch. The Coach is the ball master and will always distribute the soccer ball to the attacking team. When the defending team gets the ball they will give it back to the coach for 1 point.		• Why do you attack the defenders front foot when engaging them? • What does it mean to connect with somebody? Who can show me what that would look like? • How would you receive the ball if you want to shoot as soon as possible? • How can you create space to take a shot? • When do you want to shoot from further away?
Stage III Expanded Small Sided Activity	<u>4v3+GK to Goal and Counter Goals:</u> In a 35x35 grid with one goal on the end line with two small goals on the 35 yard line as shown in the diagram. Play 4 attackers trying to score against 3 defenders and a Gk. The attacking team has 5 opportunities to score as many goals as they can. When the defending team gets the ball, they can score in any of the two small goals on the 35 yard line.		
Stage IV Conditioned Game	<u>5v5 or 6v6:</u> • Two teams with a specific formation: 1-2-1, 2-1-1, 2-2 or 3-2 • Play the game and encourage the players to recognize when and how to finish		