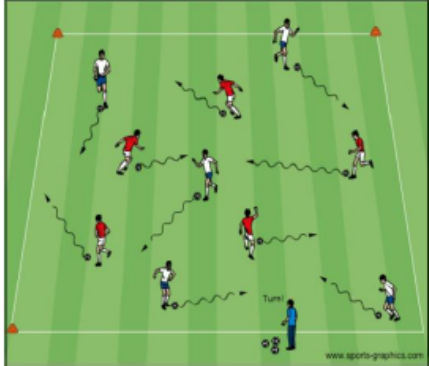
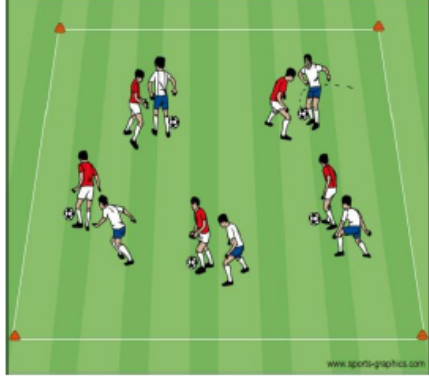
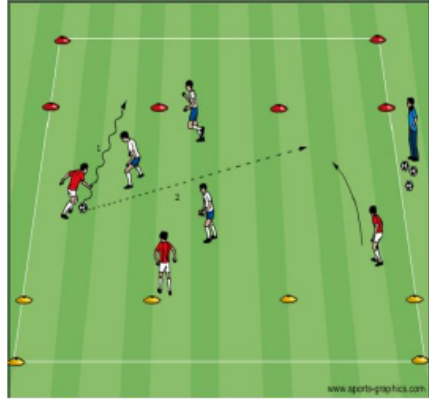


# SOCCER LESSON PLANS- WEEK 1 thur 6 U10

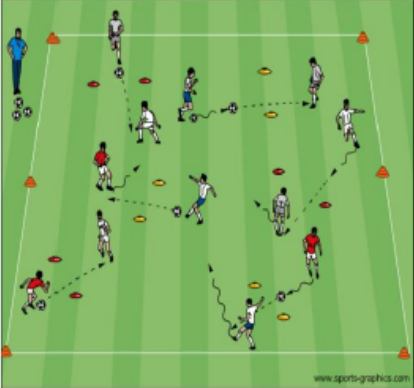
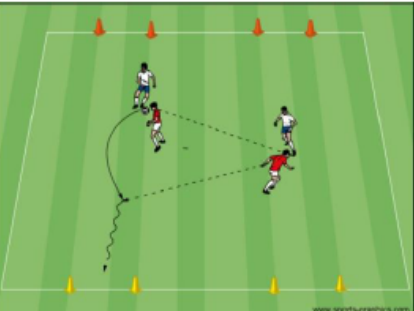
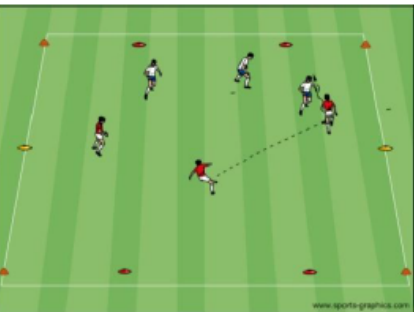
## Topic: Dribbling for Possession

**Objective: To improve dribbling and shielding technique**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Technical Box:</b> All players dribbling in a defined space. Players should use all surfaces of their feet. <b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc. <b>Version 2:</b> Walk around and put pressure on the players. <b>Version 3:</b> Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot               <ul style="list-style-type: none"> <li>○ Inside/outside</li> <li>○ Sole</li> <li>○ Laces</li> </ul> </li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>Steal-Shield:</b> Pair up the players with one ball. One player starts with the ball and at coach’s command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. <b>Coach:</b> Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<ul style="list-style-type: none"> <li>• Body sideways on to opponent</li> <li>• Use arm to protect and know where defender is going</li> <li>• Knees bent</li> <li>• Turn as defender attacks or reaches for the ball</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>3v3 End-zone Game:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control. <b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Identification of visual cues               <ul style="list-style-type: none"> <li>○ 1v1 no defender behind</li> <li>○ Free space in front of dribbler</li> <li>○ Near the attacking area</li> </ul> </li> <li>• Identification of verbal cues               <ul style="list-style-type: none"> <li>○ “take space”, “time”, “take him on”</li> </ul> </li> <li>• Correct shape and balance of team</li> <li>• Deception and disguise</li> <li>• Attack at pace and set up the defender</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – Time 10 min.</p>	

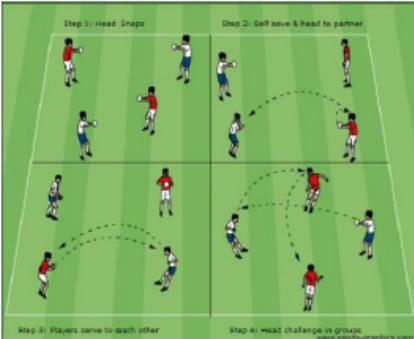
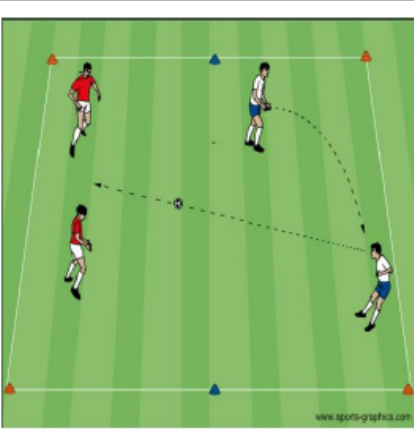

## Topic: Passing and Receiving

**Objective: To improve the teams' passing technique and to recognize the correct timing and opportunity to pass**

<p style="text-align: center;"><b>Technical Warm up</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>Gate Passing:</b> In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point. <b>Coach:</b> Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.</p>	<p style="text-align: center;"><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Technique of passing <ul style="list-style-type: none"> <li>○ locked ankle, toe up</li> <li>○ eyes on ball at instant of contact, follow through to partner</li> <li>○ strike ball solid through the middle, knees bent and balanced</li> <li>○ receiving first touch - directional</li> </ul> </li> <li>• Communication to ask for the ball</li> </ul> <p style="text-align: right;"><b>Time: 10 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>2v2 to 4 Goals:</b> In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals.</p>	<p style="text-align: center;"><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Tech of passing and receiving</li> <li>• Pace of the pass</li> <li>• First Touch – Directional</li> <li>• Clear Communication (demand the ball)</li> <li>• Supporting Shape</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>3v3 to End Zones:</b> In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<p style="text-align: center;"><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Soft 1<sup>st</sup> touch receiving into space, away from pressure</li> <li>• Proper weight, accuracy and timing of passes</li> <li>• Possession vs. Penetration</li> <li>• Proper angle and distance of support off the ball</li> <li>• Communication between players</li> </ul> <p style="text-align: right;"><b>Time: 25 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time: 10 min.</b></p>	

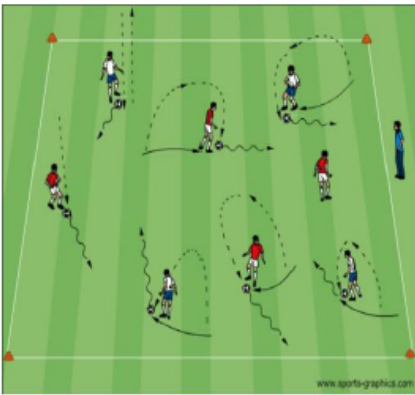
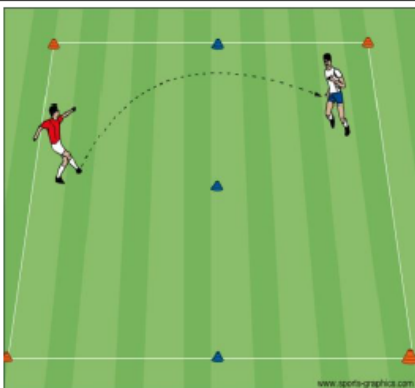
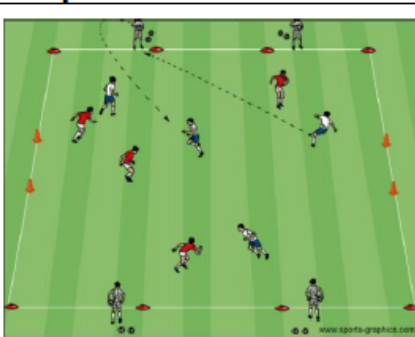
## Topic: Heading

**Objective: To teach players the technical points of heading a soccer ball.**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Heading Introduction(15 min):</u></b>            Team is divided into two players with a single ball.</p> <ul style="list-style-type: none"> <li>➤ Step 1: Player heads ball to teammate from his/her own hands</li> <li>➤ Step 2: Player serves ball to him/herself and heads ball to teammate</li> <li>➤ Step 3: Players serve balls to each other for return head ball</li> <li>➤ Step 4: In small groups, players try to keep ball up with head juggling</li> </ul>	<ul style="list-style-type: none"> <li>• Eye on the ball; read the flight of the ball</li> <li>• Contact the ball with the upper half of the forehead, NOT TOP OF HEAD</li> <li>• Body mechanics, shape and balance</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b><u>Head Wars -2v2:</u></b>            Play 2v2 in an 8x10 yard grid. Players are restricted to their own half (4x10 yard grid). Each team protects the 10 yard line. Play starts with one player tossing ball to his/her partner to score from a header. If the soccer ball crosses the end line below the defenders' shoulders, they scored a goal. The defenders act as goalkeepers, guarding the end-line, using their hands to catch the ball. The process starts again.</p> <ul style="list-style-type: none"> <li>➤ 1 point = Toss, header, goal</li> <li>➤ 3 points = Toss, header, header, goal (same team)</li> <li>➤ 5 points = One team heads the ball and the defending team heads it back and scores</li> </ul>	<ul style="list-style-type: none"> <li>• Read the flight of the ball</li> <li>• Keep eye on the ball</li> <li>• Get in the line of flight of the ball</li> <li>• Lock neck and keep upper body rigid</li> <li>• Thrust forward from waist</li> <li>• Direct ball down and with force</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b><u>3v3 Team Handball:</u></b>            Organize players into teams of 3 or 4 players. Set up a 20 yard x 25 yard rectangular field with goals centrally located at each end. The 2 teams play this game by tossing the ball (with their hands) to their teammates (similar to basketball). Players can only take a maximum of 3 steps with the ball, then they must pass the ball to a teammate. Goals can only be scored by heading the soccer ball after it has been thrown by a teammate. If the ball drops on the ground, possession goes to the other team</p>	<ul style="list-style-type: none"> <li>• Use arms for balance, protection and to create space</li> <li>• Players should bend at the waist for maximum power</li> <li>• Communicate and demand the ball</li> <li>• Area of contact (striking surface)</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-40 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

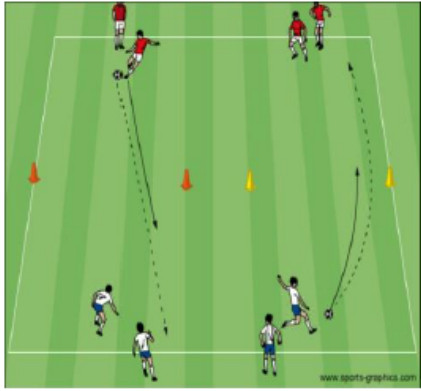

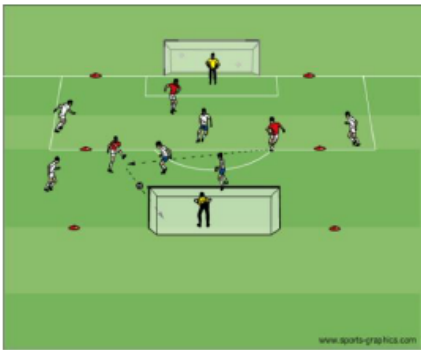
## Topic: Receiving Balls in the Air

**Objective: To improve the technique of using different surfaces (feet, thighs and chest) to receive soccer balls played in the air**

Technical Warm up	Organization	Coaching Pts.
	<p><b>Each Player with a Ball :</b>            Each player dribbles a soccer ball. On coach's command, the player picks up the ball and tosses it above his/her head and...</p> <ul style="list-style-type: none"> <li>➤ controls with the laces</li> <li>➤ controls with inside and outside of the foot</li> <li>➤ controls with sole of foot</li> <li>➤ controls with the thigh, directional</li> <li>➤ controls with the chest, directional</li> </ul> <p>Throughout this exercise, all players shall be constantly testing themselves and their quality of first touch.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>➤ Get in line of the flight of the ball</li> <li>➤ Come to meet the ball</li> <li>➤ Watch the ball</li> <li>➤ Make an early selection of the body surface to use</li> <li>➤ Controlling surface goes out to meet ball</li> <li>➤ Relax the controlling surface and withdraw just before impact</li> <li>➤ 1st touch prepares for next touch</li> </ul> <p><b>Laces:</b></p> <ul style="list-style-type: none"> <li>• Lift foot up to meet the ball</li> <li>• As ball is about to make contact, drop foot down and cushion ball on top of foot</li> </ul> <p><b>Thigh:</b></p> <ul style="list-style-type: none"> <li>• lift thigh up to meet ball</li> <li>• drop leg down to cushion the ball</li> <li>• make sure you push ball slightly in front of you</li> <li>• make sure players use middle of thigh to cushion balls</li> </ul> <p><b>Chest:</b></p> <ul style="list-style-type: none"> <li>• bend knees with feet staggered and slightly arch back while using arms for balance</li> <li>• cushion ball (collapse chest) as it hits chest and guide it to feet</li> <li>• do not push out chest to pop the ball out too far in front of you</li> </ul>
<p style="text-align: center;"><b>Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>1v1 Soccer Tennis:</b>            Play 1v1 in a 5x10 yard grid. A player starts off with a ball and serves it over a line or net in the middle of the area. The ball can bounce once but then must be returned. A point is won on a bad serve or when one team fails to return the ball.</p> <p><b>Coach:</b> Play 5 minute games.            You can specify what surface must be used to control the ball.</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>	<ul style="list-style-type: none"> <li>• lift thigh up to meet ball</li> <li>• drop leg down to cushion the ball</li> <li>• make sure you push ball slightly in front of you</li> <li>• make sure players use middle of thigh to cushion balls</li> </ul> <p><b>Chest:</b></p> <ul style="list-style-type: none"> <li>• bend knees with feet staggered and slightly arch back while using arms for balance</li> <li>• cushion ball (collapse chest) as it hits chest and guide it to feet</li> <li>• do not push out chest to pop the ball out too far in front of you</li> </ul>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p> 	<p style="text-align: center;"><b>Organization</b></p> <p><b>Bumper Game 4v4 to Goals:</b>            Two teams of four in defined playing area with two goals. 4 "bumpers" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>	
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

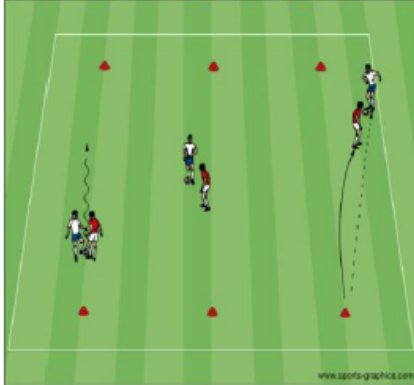
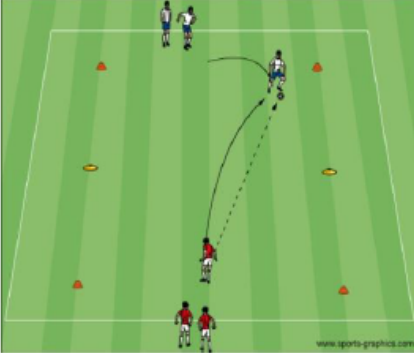
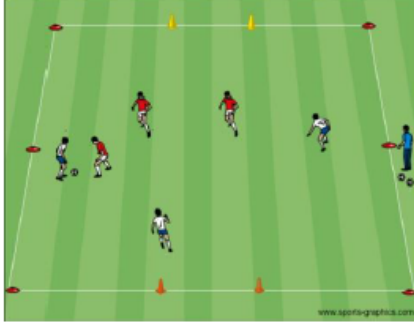
## Topic: Shooting

**Objective: To improve the technique of shooting with the inside and instep of both feet**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Shooting Through the Cones (15 min):</u></b>            Arrange players in 4 lines with a ball between them about 20-30 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Strike the center of the ball and follow through towards target landing on shooting foot</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
	<p><b><u>4 Corner Shooting (15 min):</u></b>            Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> <li>• Combination Play</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
	<p><b><u>3v3 (4v4) Plus Team on Deck (15 min):</u></b>            Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.</p>	<ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	

## Topic: Individual Defending

**Objective: To teach players when and how to pressure the ball**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Defend the Cone Warm-Up:</u></b> Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to his opponent who tries to hit the cone where the ball was served from. The passing player defends his cone.</p> <p><b>Version 2:</b> Player starts at same cone and defender starts by passing through attacker's legs who turns and tries to score on goal (cone)</p>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> defender should bend their run to block direct path to the goal (cone)</li> <li>• 1<sup>st</sup> defender shall force the opponent in the direction they want them to go</li> <li>• Defensive stance-on their toes, knees bent, one foot forward, one foot back</li> <li>• Technique of block and poke tackle</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b><u>1v1 to Line (10 min):</u></b> In a grid 12x12 yards a player passes the ball diagonally across the grid to his opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. The 1<sup>st</sup> defender defends the line and tries to dispossess the attacker. If the 1<sup>st</sup> defender gains possession of the ball he immediately attacks the opposite goal line.</p>	<ul style="list-style-type: none"> <li>• Important to delay progress of the opponent by jockeying the attacker with the ball</li> <li>• Read attacker's 1<sup>st</sup> touch and make decision to tackle or delay</li> <li>• Block Tackle</li> <li>• Poke Tackle</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b><u>3v3 to Two Small Goals (10 min)</u></b> Two teams compete in 3v3 exercise in a defined space. Teams score by dribbling or passing through the small goals.</p> <p><b>Scoring:</b></p> <ul style="list-style-type: none"> <li>• 1 point for passing goal</li> <li>• 3 points for dribbling goal</li> </ul>	<ul style="list-style-type: none"> <li>• Immediate pressure from behind</li> <li>• Patience; do not over commit</li> <li>• Close down quickly and under control</li> <li>• Block Tackle</li> <li>• Poke Tackle</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	