

U-10 Week 5 Individual Attacking Practice

Warm Up: 5min.

Juggling – Everyone should begin to juggle upon arrival. Hand – thigh – catch, a couple of times. Hand – foot – catch a couple of times. Hand – bounce – foot – bounce -... Hand – feet – (no bounce) - ... “The ultimate goal is to start with the ball on the ground and juggle.”

Skill Work: 20 to 25min.

Windows Drill or Chaos in the Circle:

The following game is used as a warm-up by the U.S. Women’s National Team as a way to work trapping skills in a match related type of environment.

The drills usually start with each of the players on the exterior with a ball. For example one would be a large circle (25 to 30 yards in diameter) with players on the outside of the circle with a ball and an equal number of players on the interior.

Players outside would toss a ball to a player inside the circle who would head it back. The interior player would then move and look for another player outside of the circle to toss them a ball.

These are continuous movement exercises. Most similar where the player inside the circle has to perform a task (trap, pass, move, etc.) and then look for another outside person to serve them a ball.

POSSIBLE TASKS:

- Defensive Headers - clearing headers - up and away
- Attacking Headers - down at servers' feet
- Pass on ground from server - one touch back to server and then look for a different server. Do right foot only for one minute and left foot only for one minute. (Use outsides of feet only to receive the ball)
- Pass on ground from server - receiver makes first touch away from pressure and then finds another open player (one without a ball" on the outside of the circle.
- Chest traps
- Inside of foot volley back to server - often used on throw-ins to drop ball back to thrower - You can have the server use throw-in technique to serve the ball. That will require a larger circle.
- Volleys on laces back to server - use proper shooting technique

There are many more tasks that can be used.

COACHING POINTS:

- **Keep head up** - the number of bodies inside the circle requires the players keep their heads up to avoid collision and, in some cases, to be sure that they are returning the ball to a player who does not already have a ball.
- **Change of speed** - after performing the task and returning the ball to an outside player have the player move full-speed toward the opposite side of the circle.
- **Constant motion**
- **Good Technique** - sloppy technique means that the balls go in wrong directions and the servers spend too much time chasing balls. Since every player is supposed to bring their own ball there should be twice as many balls as needed. Have servers put the extra ball behind them so that they can use it rather than chase an errant pass.
- **Proper weight on passes** - one problem I often see in these drills is soft "hospital" passes
- **Proper distance** - passes should be at least five yards - preferably more like ten yards as you would want in games.
- **Good serves from servers** - serves for headers should be underhand at proper height and speed, etc.
- **Movement of players to ball** - rather than waiting for ball to come to them get into the line of flight of the ball.

Every Player Needs a Ball (dribbling distance 25 to 30 yards)

V-Cut – You will need to perform this move from a stationary position. Start with the ball in front of your left foot with your right foot on top of it. Pull the ball back so that it is right underneath your right hip. Quickly pivot your hips and push the ball with the inside of your right foot towards 2 o'clock. The ball should follow a V like path.

This move is most effective if your defender lunges or stabs at the ball right before you perform your pull back.

Toe Taps – tap top of ball with sole (toe) of right foot, then left foot, alternating feet in a dance, staying on balls of feet, 10 stationary, 10 while traveling in a circle around ball.

Pull/Push Dribble – Tap the ball forward twice then pull it back and push it forward. Do all with one foot then the other using the inside of the foot then the outside of the foot.

Inside - Inside– with ball between feet, pass the ball back and forth between feet rapidly; Try to keep the ball back by your ankle bone. Dribble forward.

Pull Pivot Push – dribble the ball forward 2 or 3 times, pullback with right foot, turning toward ball opening up your hips and pushing it with the inside of the foot changing direction 90 degrees to the right, and repeat by pulling ball back with left foot; repeat ten times with each foot.

Laces Dribbling Every Step – Every time the players one foot comes off the ground they try to touch the ball keeping it close. (Let them use both feet equally, do this 2 times each foot.)

Inside/Outside, Zig Zag – With one foot zig zag dribble the ball forward from the inside of the foot one touch, to the outside of the foot one touch continuously. (Distance 25 to 30 yards.)

Inside/Outside Dribbling With Both Feet – Dribble with the inside of your right foot across your body. The next touch is with the outside of your left foot, then the inside of your left foot across your body. The next touch is with the outside of your right foot. (Repeat sequence, do this 2 or 3 times)

Step Over – dribble with the ball in front of you. With one foot, step over the ball from outside to inside. Touch the ball with the outside of the same foot at 45 degree angle forward.

Scissors - The objective of this move is to simulate a change of direction to the outside. Start by dribbling forward, plant your right foot to the outside of the ball and swing your left leg around the front of the ball in a counterclockwise direction. Your foot will go from the right side of the ball to the outside (left) side of the ball. Plant your left foot and use the outside of your right foot to accelerate away from the defender.

Game Using Skill: 10min.

Jurassic Park

Make a grid 30 yards long by 20 yards wide. All the players need a ball and go to the same end line facing length wise. You need one defender in the middle of the grid. Each player who has a ball will be a dinosaur; T-Rex, Triceratops, Velociraptor and Stegosaurus. The person in the middle can call out one of the names of the dinosaurs or Jurassic Park. If they call a name of a dinosaur then only those players try to dribble across the grid to the other side without getting their ball knocked out. If they get their ball knocked out then they join in the middle and try to knock out other dinosaurs. If you call Jurassic Park then all the players go across at once. Once all the players have been called then the ones that made it across get called again and try to go back across until there is only one person left. They win! Play a couple of times the kids really love this game!

Another Game: 10 to 15min.

1V1 Lose The Defender or "Twisted Sister"

SET UP / RULES

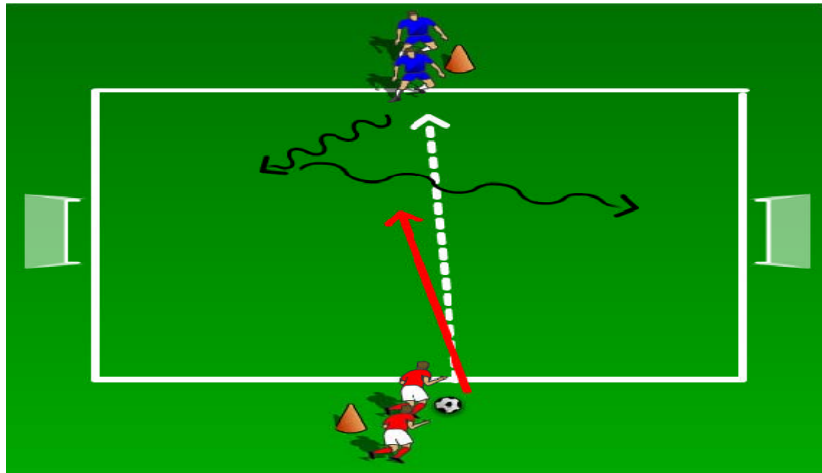
The defender passes to the attacker and runs to defend.

The attacker receives the ball and attempts to score in one of the goals by dribbling through the goal. At first the defender cannot tackle, they instead try to beat the attacker through the goal.

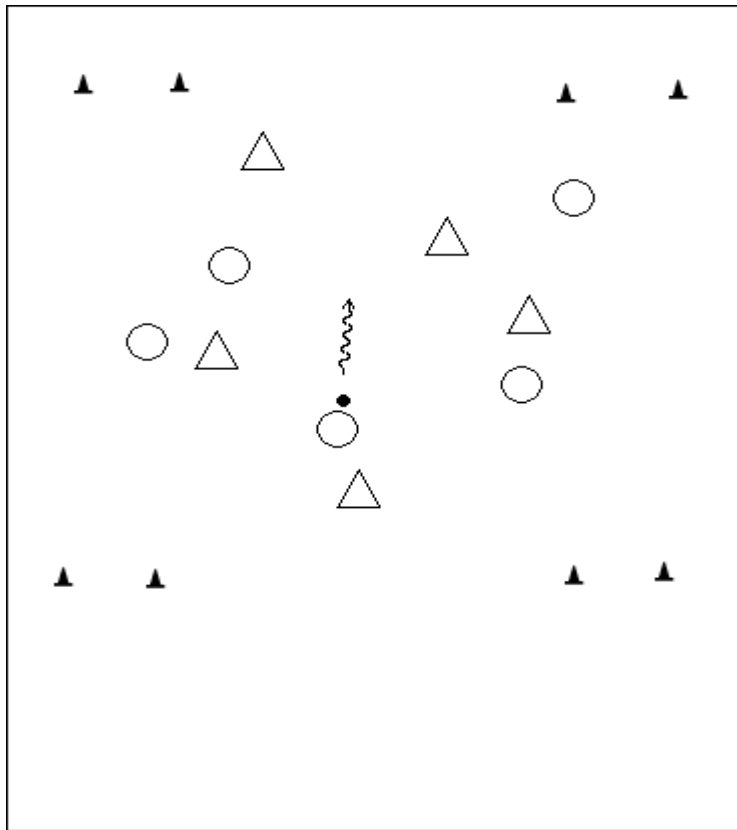
For the next attack, the players rotate positions.

Progression: After they have gotten the hang of the drill, allow them to start tackling. The attackers still do not shoot they continue to try and dribble through one of the goals.

Coaching Points: See if they can perform one of the moves that you have worked on, emphasizing trying to throw in a fake, a change in direction, followed by an accelerating dribble through one of the goals. This is a great drill, one that I use all the time. This is a drill that players can do and improve their 1 v 1 attacking skills for the rest of their soccer careers.



Another Game: 15min.



Four Goal Soccer Game

Setup - Large field with four small goals.

The game- regular soccer game but each team has two goals they can shoot for. You can still have one or two neutral if you want.

Coaching points- Offense- it is up to a player, and the player take advantage of the game by SWITCHING FIELD and the player should promote 1v1 dribbling when the opportunity presents its self. Defense- needs to play smart because the extra goal will make it seem like they are playing down a player.

6v6 or 5v5 Scrimmage: 10 to 20min.