

# TRAINING PLAN U-10 DRIBBLING

CREATED BY  
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## TECHNICAL WARM-UP

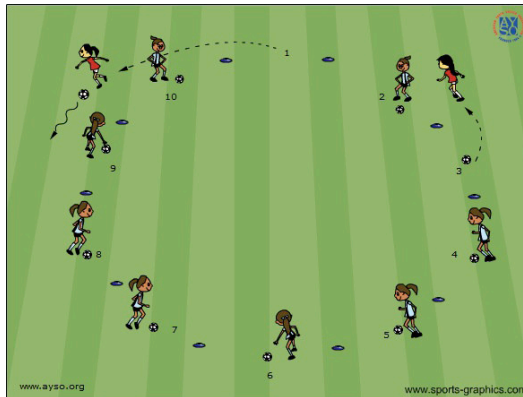


To see this activity in action visit <http://bit.ly/WNkxCL>

### ORGANIZATION/RULES

- Mark a circle (20 to 30 yards in diameter) and one ball per player.
- All players on perimeter of circle numbered 1-10 (pending # of players).
- Coach calls a # who dribbles counter clockwise around the grid.
- 2nd player to left of the called player chases and tries to tag the called player before they reach their starting position.
- > Change chaser to 3 players to left.
- > Have both players dribble their ball.

Player leads stretching (light at this age but teach proper form).



### COACHING POINTS

- Use all major surfaces of both feet.
- Knees slightly bent and body leaning slightly over the ball for balance.
- Players should play with their head up.
- Keep ball close using soft touches.
- Players should attempt to touch the ball every other step (or so).
- Ball should never be more than a step or two away.

- PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY I

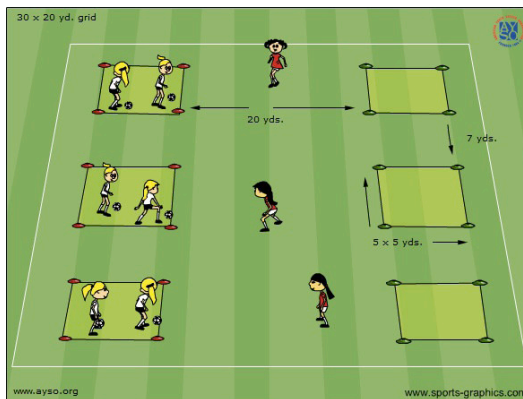
Individual & Pair Work  
Competition & Teamwork  
2v2 & 3v3



To see this activity in action visit <http://bit.ly/Sg6712>

### ORGANIZATION/RULES

- 30x20 grid. 24 cones, 2 colors. 6 5x5 boxes 20 yards apart (per diagram).
- 2 players w/ ball per box. 3 players in between boxes as defenders.
- On command, players switch to box at other end. 1st w/out ball, then w/ ball.
- Defenders in middle try to regain ball and dribble to 1 of the original boxes. If dispossessed, player is out (set juggling grid on side for them to go in & practice). 1st team with no players in the game become defenders.
- > No more than 1 player per team per box. 3 players max. per box. Vary # of defenders.
- > Defenders start as bunnies (hop).
- > Dribblers do feint/fake before reaching other box.



### COACHING POINTS

- Quality dribbling technique.
- Keep game active and at high intensity.

- PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY II

Opposition (attack & defense)  
Directional Play (w/goals or targets)  
Expanded Num. (3v3 to 6v6)  
Most Game Aspects



To see this activity in action visit <http://bit.ly/11FITXN>

### ORGANIZATION/RULES

- 20x15 field with small goals marked A and B. Coach on sideline with all balls. 2 teams, 1 on either side of coach.
- Team on left tries to score in Goal B and team on right tries to score in Goal A.
- When coach serves a ball into play, 1st 3 players on each side enter field and plays 3v3 until a goal is scored or ball goes out of play.
- Game lasts until all balls have gone and all players have played.
- > 4v4, 5v5.
- > Score by dribbling over end-line.
- > Only score with right or left foot, using instep kick or inside of foot push pass.
- > Players can only score, *once* they have tried a fake or feint.



### COACHING POINTS

- Quality dribbling technique.
- To beat opponent, emphasize change of pace and direction.
- Encourage creativity and expression with fakes and feints.

- PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

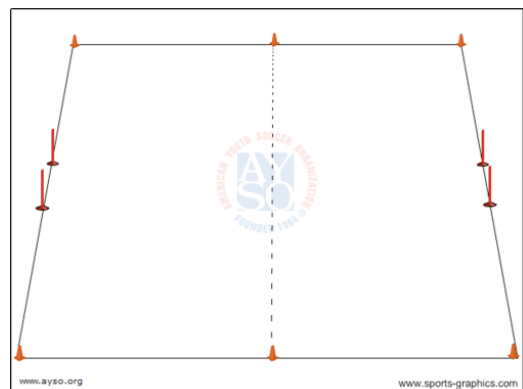
## SMALL-SIDED MATCH

Cool Down/Debrief

### ORGANIZATION/RULES

- Small sided match with general rules.
- To score, players must dribble the ball through goal and stop ball with foot.
- > Add goalkeepers.
- > Add sideline goals.

Player leads stretching (light at this age but teach proper form), *brief* review on lesson and any announcements.



### COACHING POINTS

- Emphasize quality dribbling technique but let them play.

- PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL