



Lesson Plan



Topic: Dribbling, Possession

Age: U10

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>Passing “Ping Pong”</p> <p>Activity time: 5 – 10 min</p>	<p>Coach places gates throughout a space One partner on each side, the players try to pass the ball to each other, through the gate, as many time as possible in a minute. Players should attempt to keep ball moving. As they improve, gate may become smaller or they may move further apart. Final – partners move around and attempt to pass to each other through gates.</p>		<p>Passing technique and working with a partner.</p> <p>Passing accuracy.</p> <p>Concept of continuous ball</p> <p>Players’ choice to move further apart or closer gates promotes involvement in decisions</p>
<p>Water Break (2 min)</p>			
<p>Passing “Moving Gate Passing”</p> <p>Activity time: 5 – 10 min</p>	<p>Gates are placed at different angles and throughout a larger space ... SHOULD be one more set than pairs of players.</p> <p>Pairs attempt to see how many gates they can get though by passing in 1 minute.</p> <p>Advanced – pairs must try to get through all the gates without repeating.</p>		<p>Passing technique and working with a partner.</p> <p>Passing accuracy.</p> <p>Concept of continuous ball</p> <p>Continuous player movement as they go around the area passing.</p>

Remember: NO LAPS, NO LINES, NO LECTURES



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<p>2v2 “Get Outta There”</p> <p>X & O = players</p> <p>C = coach</p> <p>• = ball</p> <p>Activity time: 10 - 15 min</p>	<ol style="list-style-type: none"> a. coach as boss of the balls b. coach passes ball onto field to start play c. two players from each team play until a goal is scored or the ball goes out of bounds d. out of bounds, coach yells “get outta there,” and two new players from each team go on with the next ball e. goal is scored, 2 who scored stay on, and two new players from the other team play against them 		<ol style="list-style-type: none"> a. keep ball rolling b. first try to solve game by dribbling c. player w/o ball find big, easy spot to receive a pass
<p>Water Break (2 min)</p>			
<p>Scrimmage: No limitation scrimmage</p> <p>15 min with some instruction</p> <p>15 min without any instruction</p>	<p>Play from sideline to sideline. 5v5 or 4v4 plus GK's.</p>		<p>Game related exercise. Coach can point out (few) rules of game.</p> <p>Coach should let players play at this point without much/any instruction.</p>

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