

## Week 1: Dribbling

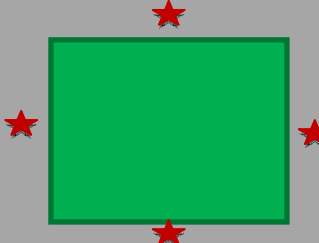
March 28, 2011

Community Soccer U-10 Girls  
Coordinator: Kristen Malmstrom  
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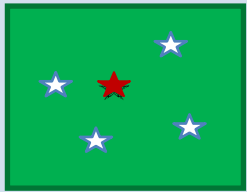
### Coaching Points

- Keep the ball close to your foot
- Keep head up (don't look at the ball)
- Find open space

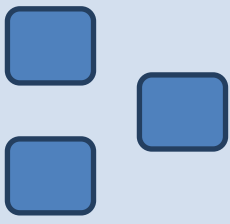
6—6:10 p.m.

<b>1. Warm Up:</b>	Kristen will have all the players dribble in the area. When one of the coaches holds the ball above their head, all the players must dribble towards that coach. Kristen will demonstrate the cut, fake, pull-back and v-pull moves.		<ul style="list-style-type: none"><li>• Keep your head up while dribbling</li><li>• Encourage players to try a move when dribbling in the space</li><li>• Progression: Add in a defender to steal the ball</li></ul>
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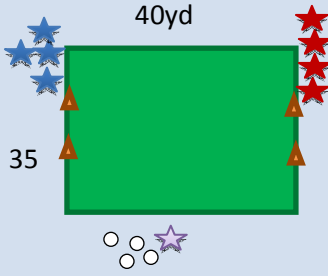
6:15—6:25 p.m.

<b>2. Coach Chase</b>	<ul style="list-style-type: none"><li>• All players have a ball (in hand) and are in a line in front of the coach.</li><li>• The coach tosses each player's ball and the player chases it down and brings it back to the coach.</li><li>• Throw balls quickly one right after another.</li><li>• The coach moves in the space so that players have to keep their heads up to find the coach.</li></ul>		<ul style="list-style-type: none"><li>• Encourage the player to try a move while bringing the ball back.</li><li>• Have players keep their heads up while dribbling the ball back to the coach.</li></ul>
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6:25—6:35 p.m.

<b>3. Island game</b>	<ul style="list-style-type: none"><li>• Use disc cones to set up small islands (small squares) in a large playing area.</li><li>• Have everyone dribble around in the area.</li><li>• On the coach's signal everyone must dribble with speed to an island; however, <b>only two players are allowed per island.</b></li><li>• The player (or two) who does not get to an island earns one point. Play to see who has the least points.</li></ul>		<ul style="list-style-type: none"><li>• Keep the ball close and controlled</li><li>• Where is the open space?</li><li>• Progression: Coach can move the islands so the players have to keep their head up to find out the new island location.</li></ul>
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6:35—6:45 p.m.

<b>4. 2v2, 3v3 dribble for 2 pts.</b>	<ul style="list-style-type: none"><li>• Divide the players into two teams.</li><li>• Have each team stand beside their goal (cones about 6 yards apart).</li><li>• The coach calls out "2" which means that 2 players from each team play against each other.</li><li>• The coach immediately passes a ball into the field (favor one side so they don't run into each other).</li><li>• If a player dribbles through the goal, she scores 2 points, if they score by passing they receive 1 point.</li></ul>		<ul style="list-style-type: none"><li>• Encourage players to dribble with speed and take players on</li><li>• Head up</li><li>• Take a risk and try to beat a player!</li><li>• Progression: Play 3vs3 or 4vs4</li></ul>
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6:45— 7 p.m.

<b>5. 4v4/5v5 Scrimmage</b>	Divide group into 2 even teams (no subs) and play on the <b>width</b> of each field (set up goals on the end lines).		<ul style="list-style-type: none"><li>• Execute what we did in training during the scrimmage</li><li>• Coaches enforce 'game rules' with explanations during the scrimmage so players understand all game-related rules.</li></ul>
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**Homework:** Who can keep the ball in the air longest using only their feet? Want to improve each week. **Week 2's goal = 3 juggles**