

# COACHING LESSON PLAN

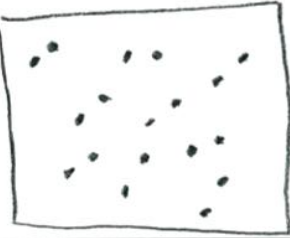
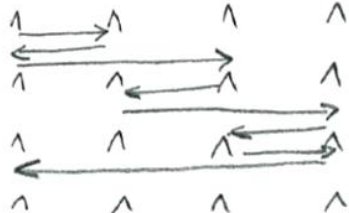
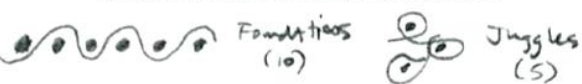
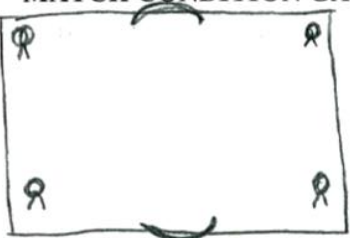


NAME: \_\_\_\_\_

TOPIC: Dribbling & Turning

AGE: U 10

DATE: \_\_\_\_\_

FUNDAMENTAL-WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> <li>• Split into two teams</li> <li>• get with partner of other team</li> <li>• Dribble to cone turn "tightly" around cone then other colored cone (33sec)</li> <li>• Dribble through gates</li> <li>• Figure 8 the gates</li> <li>• Players start on outside</li> </ul>	<ul style="list-style-type: none"> <li>• Tight turn then burst</li> <li>• Use outside of foot</li> <li>• wrap ball with pinky toe</li> <li>• sustained effort</li> <li>• Competition between teams</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>• Dribble to cone &amp; back one</li> <li>• inside of foot (L+R)</li> <li>• outside of foot (L+R)</li> <li>• roll back (L+R)</li> <li>• Kroyt (L+R)</li> <li>• side rolls (L+R)</li> <li>• step over (L+R)</li> </ul>	<ul style="list-style-type: none"> <li>• Make turns sharp &amp; burst</li> <li>• Keep ball close</li> <li>• Competition at end</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>• Relay races 4-5 lines</li> <li>- inside of foot</li> <li>- outside of foot</li> </ul>	<ul style="list-style-type: none"> <li>• Tight turns</li> <li>• Work rate</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>• 4v4</li> <li>Can score a goal - 1pt</li> <li>OR dribble around a cone - 2pts</li> </ul>	<ul style="list-style-type: none"> <li>• Use what we learned in a game</li> </ul>
<p><b>FULL GAME-NO CONDITION</b></p>		