

COACHING LESSON PLAN

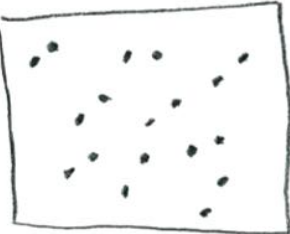
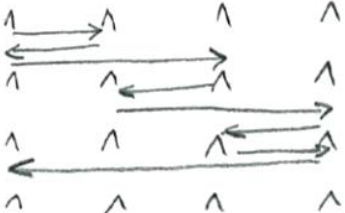
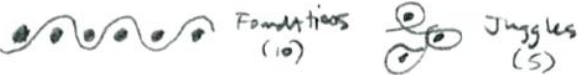
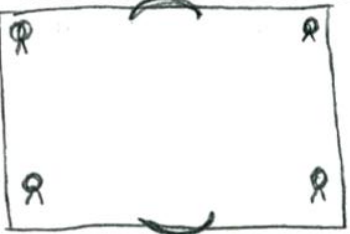


NAME: _____

TOPIC: Dribbling & Turning

AGE: U 10

DATE: _____

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