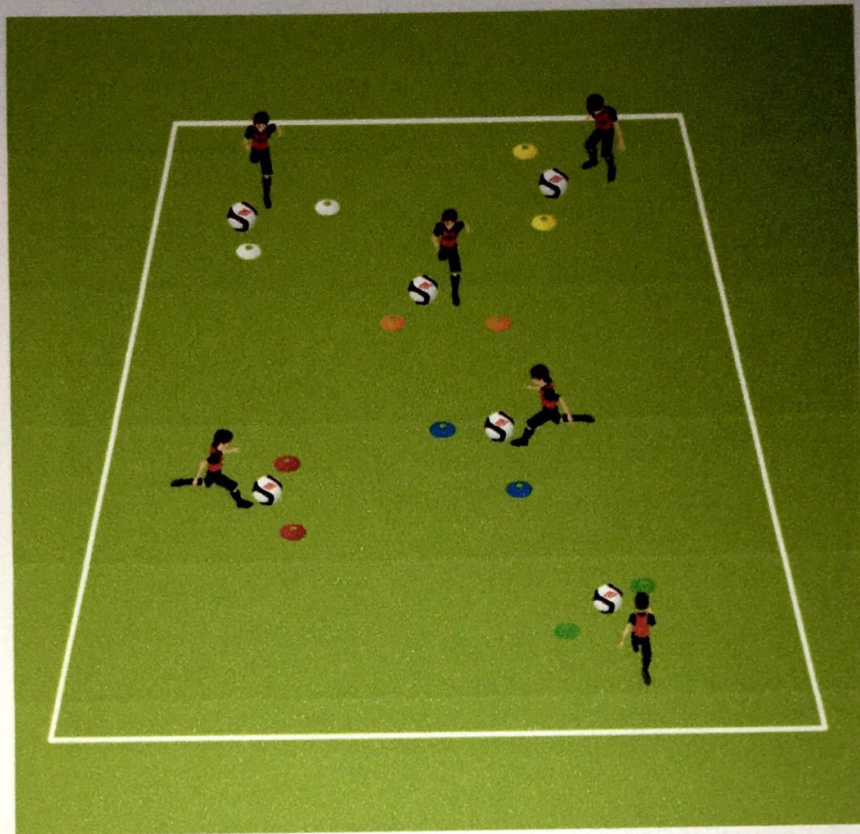


## Week Five – Warm Up

### Dribbling Gates



<b>OBJECTIVE:</b>	Learning to dribble in tight spaces
<b>TIME:</b>	15 minutes
<b>GRID SIZE:</b>	Gates spread around field, min. distance between 8-10 yds.
<b>EQUIPMENT:</b>	10 cones, 2 cones per gate
<b>ORGANIZATION:</b>	Every player with a ball
<b>RULES:</b>	Dribbling ball inside grid, maintain control of ball, do not run into other players (pretend they are the enemy). How many gates can players dribble through in time limit?
<b>ACTIONS</b>	U9-U10 Ball Coordination Review 1 - 7, 11, 12 and introduce #13 (fake kick and spin away) U11 Ball Coordination Review 1 - 7, 11-13
<b>COACHING POINTS:</b>	Teach <b>BALL MASTERY</b>
<b>VARIATIONS</b>	Players must use right foot only, left foot only, must perform specific moves or combination of moves

## Week Five - Tech Game

### 1 v 1 Dribbling Gates



<b>OBJECTIVE:</b>	Improving beating a defender, improving winning the ball
<b>TIME:</b>	15 minutes
<b>GRID SIZE:</b>	Gates spread around field, min. distance between 8-10 yds.
<b>EQUIPMENT:</b>	10 cones, 2 cones per gate; 1/2 team with pinnies; 1 ball per 2 players
<b>ORGANIZATION:</b>	Players paired up.
<b>RULES:</b>	Players play 1 v 1. How many gates can each player dribble or pass through in allotted time? Players cannot dribble through same gate twice in a row, must go to another gate. Length of game 30-60 seconds. Rotate opponent.
<b>COACHING POINTS:</b>	Take on defender with speed Change direction and change speed When defender wins ball, make quick transition from attack/defense.
<b>VARIATIONS</b>	Player must use a move on defender before scoring goal.

**Week Five – Fitness**

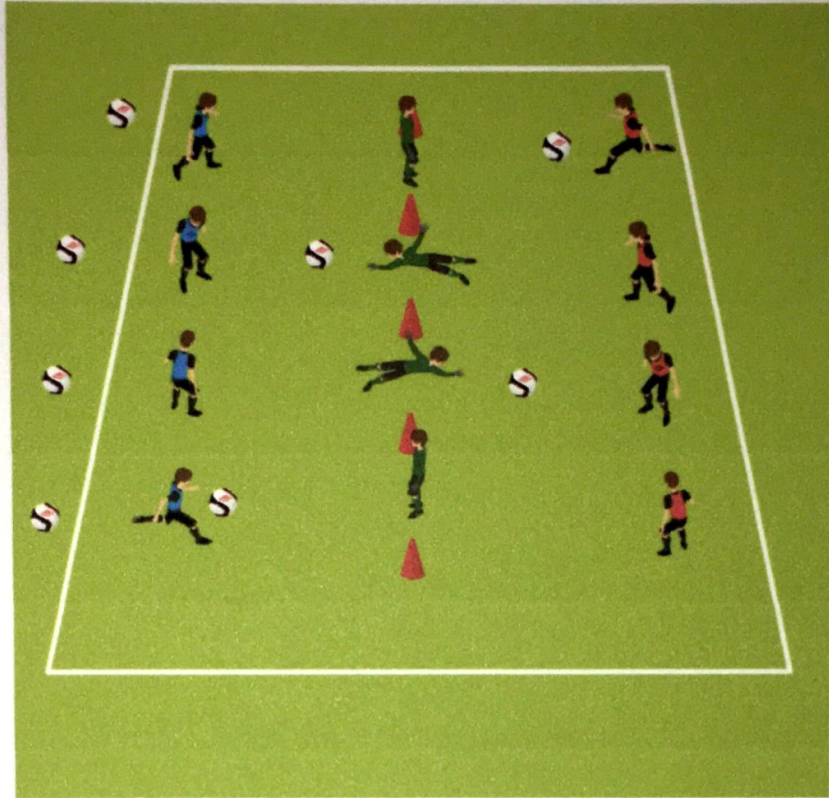
**1 v 1 to a Cone**



- OBJECTIVE:** Learning to beat a defender, learning to win the ball
- TIME:** 15 minutes , 1 minute game 1 minute rest
- GRID SIZE:** Open field
- EQUIPMENT:** One large cone per pair of players, one ball per pair
- ORGANIZATION:** Pair up players. Each pair has a ball and a cone. Pairs move to their own part of the field, at least 10 yards from other pairs. Place cone on ground
- RULES:** 2 players play 1v1 against each other and try to dribble or pass and hit the cone. Defending player cannot guard the cone.
- COACHING POINTS:** Take on defender with speed Change direction and change speed When defender wins ball, make quick transition from attack/ defense.
- VARIATIONS** Pairs can score on any cone.

## Week Five – Technical/Tactical Game

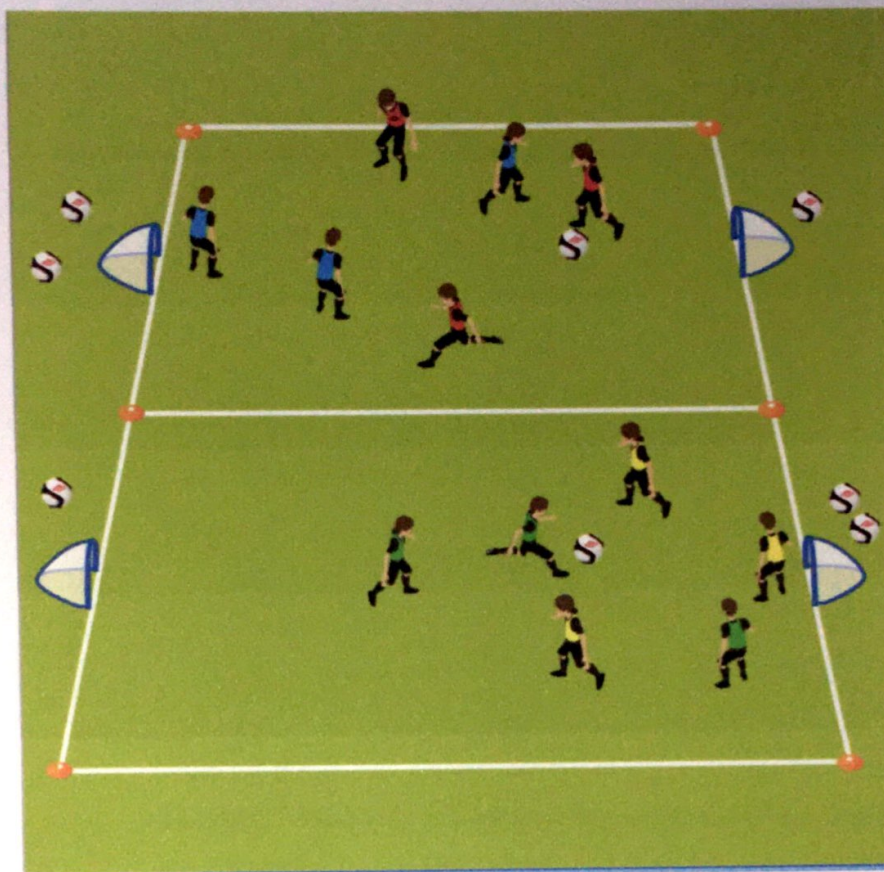
### GK in the Middle



<b>OBJECTIVE:</b>	Learning to shoot with instep and inside of foot
<b>TIME:</b>	15 minutes
<b>GRID SIZE:</b>	Distance between shooters and goals (5-10 yds.) Goals 5 - 7 yards (width) side by side
<b>EQUIPMENT:</b>	5 large cones, supply of balls
<b>ORGANIZATION</b>	2 players with two balls (outside), 1 in the middle (GK)
<b>RULES:</b>	Player on outside shoots (instep), other outside retrieves and shoots from opposite side. If GK makes a save, then roll ball out to other shooter. Rotate GK every 90-120 seconds.
<b>COACHING POINTS:</b>	Instep passing technique Inside of foot passing technique
<b>VARIATIONS</b>	Shoot with right or left foot only Self-pass then shoot Who can score the most goals in time limit?

## Week Five – Final Game

3 v 2 + 1 (GK)



**OBJECTIVE:**

Improving Combination Play, movement with and without the ball

**TIME:**

15 minutes

**GRID SIZE:**

2 grids side-by-side 30 yards (length) x 20 yards (width)  
goals 5 yards (wide)

**EQUIPMENT:**

6 small cones, 8 large cones, 6 pinnies

**ORGANIZATION:**

Divide into three players each (four teams). Teams will rotate after 5 minutes

**RULES:**

Team in possession has three players, team not in possession defends with two, other player becomes GK. As soon as team loses ball one defensive player must become GK. When defending team wins ball, all players become attackers

**COACHING POINTS:**

Combination play (2 v 1 - wall pass, takeover)  
Transition from Attack to Defense and Defense to Attack  
Team shape - Two back-One Forward TRIANGLE (organize when ball is out of play)

**VARIATIONS**

Play 3 v 3 without GK