



## ADP U9-U10 week 14

**Category:** Technical: Dribbling and RWB

**Difficulty:** Moderate | **Start Time:** 29-Jan-2017 18:00h

Am-Club: Oakville Soccer Club  
Carl Horton, Oakville, Canada

### Physical Literacy

**Organization:**

Players start by being placed into groups of 3 at each Letter as shown above.

**Procedure:**

One player starts at each activity, once he or she completes the activity the next player goes. Once the player completes the activity they move to the back of the line of the next activity as the red arrows show.

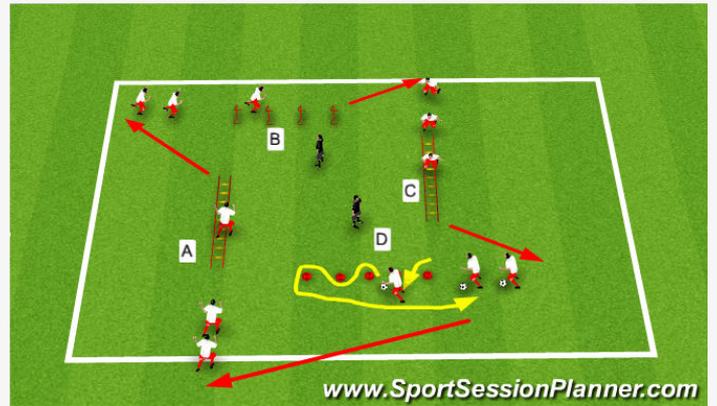
For station A and C players are to focus on getting correct running Technique (Knees up, arms working opposite to arms etc)

For Station B coaches should be creative, i.e. 2 footed hops, right foot only, left foot only etc.

When at station D players dribble through the cones and then dribble straight down the side back to the start.

**Emphasis:**

Correct technique over speed



### Freeze Tag (10 mins)

**Physical Literacy/ Dribbling**

**Organization:**

Players are placed inside a 20 x20 area. 2 players are chosen as the "taggers" to start the game.

**Procedure:**

The basic concept of 'tag.' Start with two players being "it" (one from each team). Go over what gentle tagging looks like (light tap on the shoulder). Two players attempt to tag as many other players as possible from whichever team. If a player is tagged they must freeze and stand with their legs apart and wait for another player to come crawl under their legs. **IMPORTANT:** Go over that every child must crawl through a players legs from behind. Give them a demo so that they understand.

Progression: Give all players who are not "it" a soccer ball.

Ensure that all players have the opportunity to become taggers.

Emphasis: Heads up, running, and FUN!



### 1v1 (10 mins)

**Organization:**

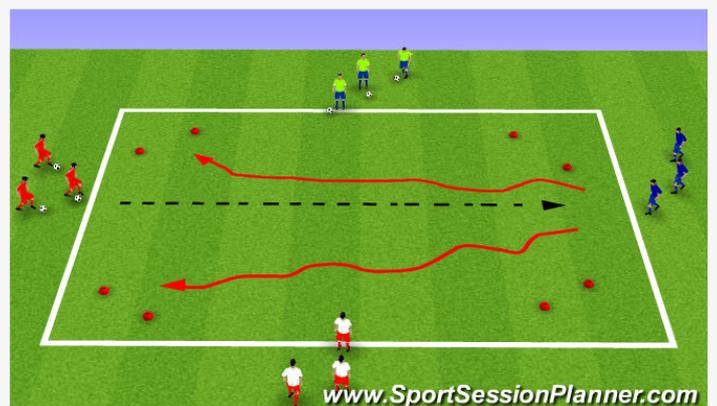
Players are set up in groups of 3 as shown above.

**Procedure:**

Player A plays the pass to Player B on the opposite side of the grid. Players in possession of the ball attempt to dribble and beat the defender and dribble through one of the goals. If the defending player wins possession they then try to dribble the ball through one of the goals. Keeping rotating the service so that all players are attackers.

**Coaching Points**

Attack ball



## 2 Way SSG (25 mins)

### Organization:

10-12 players are set up as shown inside a 30 x30 yds area  
Divide group into 4 teams (2-3 per team depending on numbers).  
Play 2 games going across from each other. Change the opposition every few minutes. If ball goes out of play, ball can be passed or dribbled in.

### Coaching Points:

Awareness of ball, space and defender  
Close control of the ball  
Play with head up  
Lots of touches  
Changes of direction/speed

