



Week 20 U8-U10 ADP Program

Category: Technical: Dribbling and RWB

Difficulty: Moderate | Start Time: 06-Apr-2017 17:00h

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

Description

Individual ball work (10 mins)

Organisation:

-All players

-Area: quarter of the field

Players dribble through throughout the area to and from different pylons. Practicing ball mastery skills, 1v1 moves, and keep-ups.

Coaching Points:

-Agility, balance, changing speeds/directions

-Close control, lots of touches, use of moves, changes of speed/directions

-Awareness of space/players around them



1v1 Game (10 mins)

Organization:

-10-12 players

-area approx. 10x10

Set the above set up twice.

Player A passes the ball into Player B, who controls and dribbles to try and score through either side gate (must dribble and stop the ball). Switch starting roles frequently.

Coaching Points:

-Firm/accurate pass

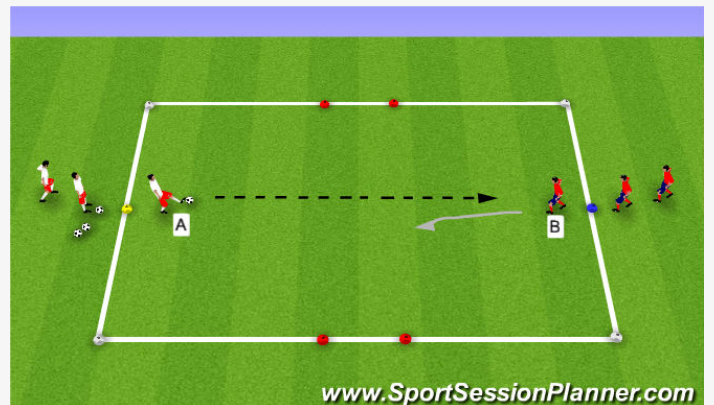
-Good first touch

-Dribble at defender with speed

-Quick changes of direction/speed

-Acceleration away from defender

-Ball control through gate



SSG (10 mins)

Organization:

-10-12 players

-see diagram for set-up and equipment

-area of approx. 25x20m

-5v5/ 6v6 small-sided game.

Coaching Points:

-When to pass/dribble/shoot?

-Get head up to scan for space, balls, players

-Decision-making with/without the ball



2v2 SSG (10 mins)

Organization:

- 10-12 players
- see diagram for set-up and equipment
- area approx. 16x16
- on coaches call ("red" "yellow") 2 players for each team must react, touch that colour cone, then run around their net, with coach passing ball in, to play 2v2, can score in either goal, if win the ball attack opponents net

Coaching Points:

- good decision-making
- read the defenders movement and positioning
- should I dribble into the space or pass to open team mate ("suck" defender in and "pass to pass" the defender)
- attack with good speed
- finish with accuracy

