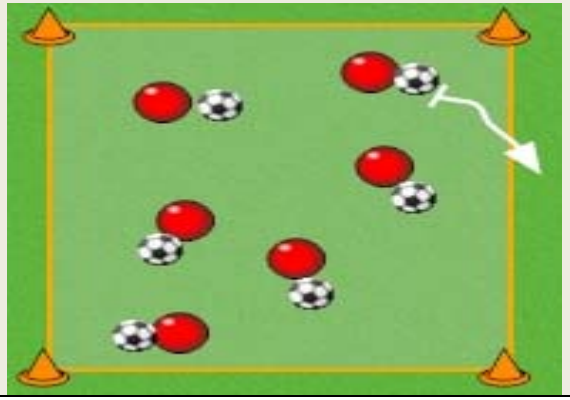
ACTIVITY PLAN

Author: White

Age Group U10

Week 1 **Dribbling** **Warm up** **Objective:** **To improve general coordination.**	**Organization:** **20 x 20 Yard Area. 1 Ball per player.**	**Procedure:** **Players with a ball each, dribble in the confined space.** **Brief demonstrations of a move or two (pull back, step over, etc.)**	**Key Coaching Points**: **- Change of direction** **- Think ahead** **- Cooperation** **- Agility** **- Fun**	
Week 1 **Dribbling** **Individual Activity** **Objective:** **To improve individual dribbling skills.**	**Organization:** **20 x 20 Yard Area. 1 Ball per player.**	**Procedure:** **Same as above but players try to tag others (below neck!). When tagged the dribble to boundary, do 10 ball touches & rejoin game.**	**Key Coaching Points**: **- Dribble with head up** **- Dribbling moves to escape** **- Use all surfaces of both feet– Keep the ball at a controllable distance.**	

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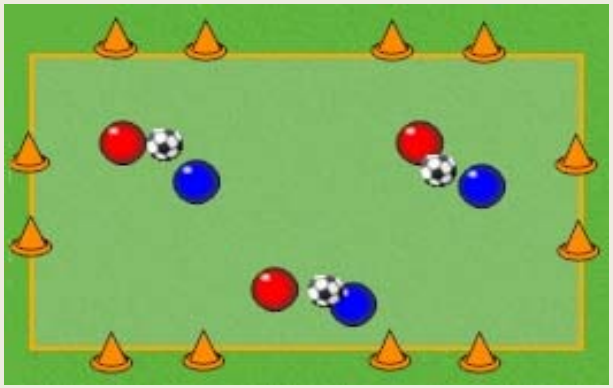
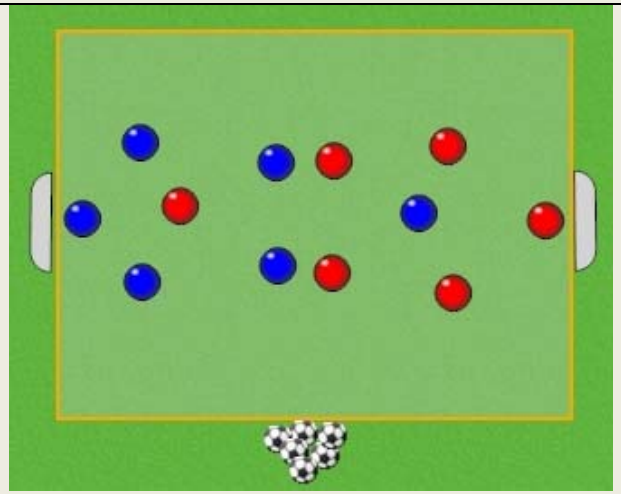
Week 1 **Dribbling Small Group Activity** **Objective:** **To improve individual dribbling skills under pressure.**	**Organization:** **30 yard x 20 yard area. 2 players per ball. Six 5 yard mini goals (as in diagram)**	**Procedure:** **2 players per ball, inter-passing, when coach yells "go", one tries to beat the other & dribble through a mini-goal. Only 1 goal can be scored at each goal.**	**Key Coaching Points:** **- Confidence in 1 v1 duals** **- Dribbling moves** **- Change of speed** **- Agility** **- Vision**	
Week 1 **6 v 6 Small Sided Game** **Objective:** **To improve individual & small group game understanding.**	**Organization:** **30 x 50 yard area Play a 6 v 6 match** **2 Goals** **Size 4 ball**	**Procedure:** **Free Play!**	**Key Coaching Points:** **Summation of all challenges for the players.** **Stay out of their way and let them play.**