


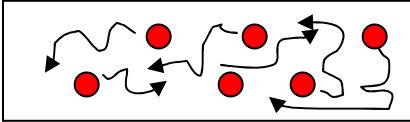
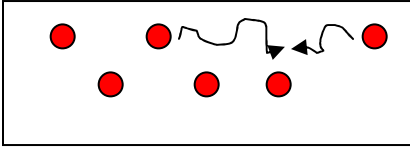
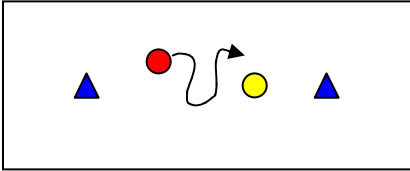
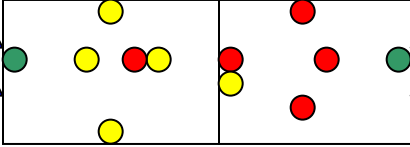




STMA U9/U10 PRACTICE PLANNER
TOPIC - Dribbling and Turning

Legend	
	Running without the ball
	Running with the ball
	Pass

<p align="center"><u>Technical warm up</u></p> 	<p align="center"><u>Organization</u></p> <p>Players dribble around (half field) listening to coaches commands (go, freeze, switch, body breaks, numbers, tick tacks, toe taps, triangle etc) whilst practicing their moves. (10 mins) Use "lives" as a motivational tool.</p>	<p align="center"><u>Key coaching points</u></p> <ul style="list-style-type: none"> • Head up • Ball close • Use different parts of the foot • Both feet
<p align="center"><u>Activity one</u></p> 	<p>Players dribble around the area (half field) practicing the move of the day. Players communicate (visually or verbally) and dribble towards each other. Once they get close they perform the move and "explode" away from each other. (10 mins)</p>	<ul style="list-style-type: none"> • Quality execution of the move • Explode into space
<p align="center"><u>Activity two</u></p> 	<p><u>1v1 to two cones</u></p> <p>Players score by stopping the ball on any of the two cones (15 steps). No "outs", the game is continuous. Play begins with the kids placing their heels on the ball and 1-2-3, go...(10 mins)</p>	<ul style="list-style-type: none"> • When to execute the move
<p align="center"><u>Small sided game</u></p> 	<p><u>4v4 or 3v3 - (25 mins)</u></p> <ul style="list-style-type: none"> • No off sides. • No goalkeepers • No scores recorded • If a player does the move of the day "successfully" they are awarded 10 extra lives and the team gets 3 goals. 	<ul style="list-style-type: none"> • When to execute the move
<p align="center"><u>Cool Down</u></p>	<p align="center">Light stretching and light jog</p>	