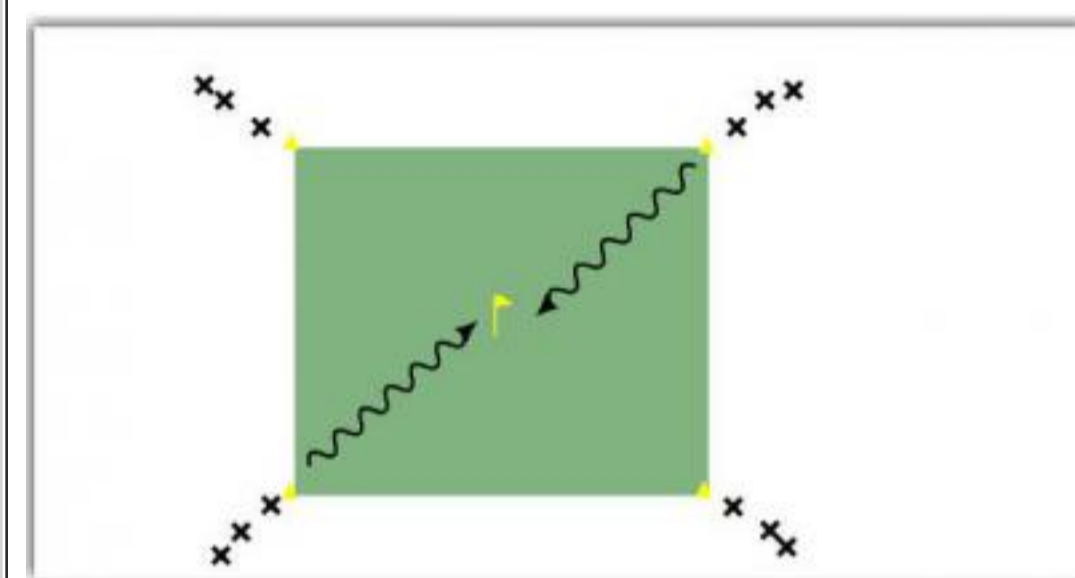


Date: 04/19/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am
Group: Grade 3 & 4
Focus: Dribbling
Level: U10

Length	Start	Drill Name	Category	Notes
10	12:00am	Technical Warm up	Warm Up	
10	12:10am	1v1 Angle Tech	Attacking/Dribbling	players should work at a 1-3 work rest ratio
10	12:20am	1v1 light pressure	Attacking/Dribbling	example of moves: right foot inside cut, scissor move to the right, etc... with the direction provided.
10	12:30am	1V1 race for the ball	Attacking/Dribbling	4 cones Coach with all the balls. Set up a second goal and have 2 groups going at the same time. Don't have the players vs. the same player every time.
18	12:40am	End Practice with a Scrimmage	Game play	

Notes: dribbling and ball management

Drill Title: 1v1 Angle Tech



Players Dribble in at cone two at a time, they pass on the right of the flag, then the next two go.

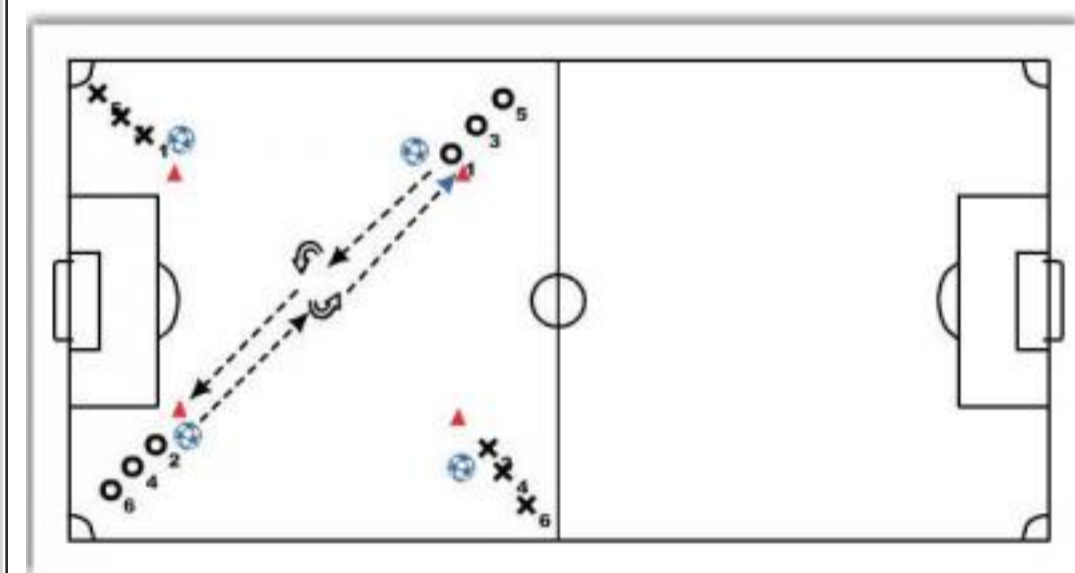
First move fake take

Second scissors

Third Role circle take

Key Points: Positive on the ball Attack Cone Change speed

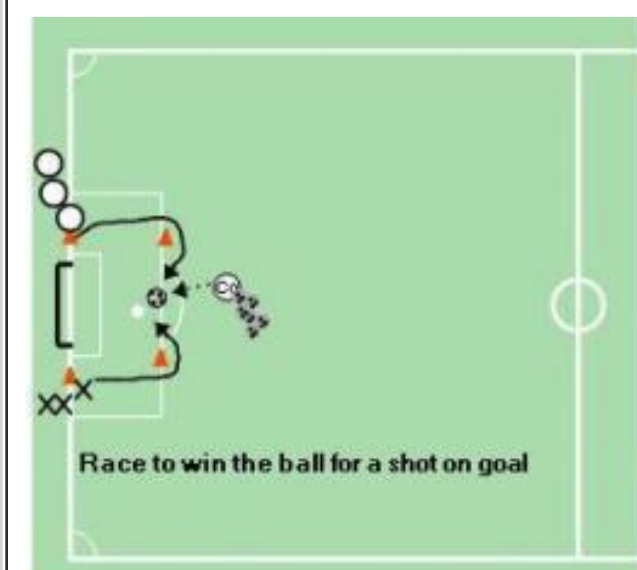
Drill Title: 1v1 light pressure



Square grid 20 x 20 with players at all 4 corners. First player in each line has a ball. Diagonal lines go at the same time. Players dribble at each other. Make various moves in the middle, then pass to the front player in the line so they have a ball. Moves in the middle are commanded by the coach. The moves will be directed so that the players in the middle will not come in contact with each other, but the players are making a move at the right time with the thought of a defender in their way.

Key Points: dribble with head up accelerate after move

Drill Title: 1V1 race for the ball



On the coaches command the first player in each line races around the top cone and tries to win the ball and get a shot on goal. The play stops when a goal is scored, ball goes out of play or the coach stops the play.

Key Points: 1v1 battle for a shot on goal.