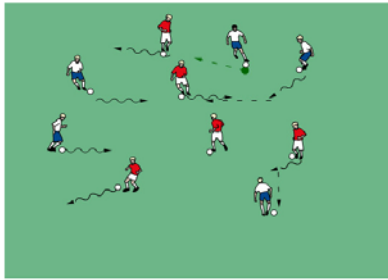
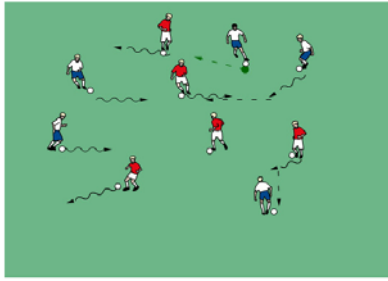
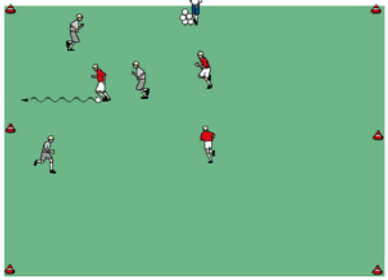



Sample U10-U12 Training

Topic: Finding Space (Dribbling with the head up)

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
<p>Warm-Up (10 minutes)</p> <p>Grid Dribbling</p>	<p>All players have a ball inside a grid. If they don't all have a ball then to share with someone.</p> <p><i>After a bit, stop and stretch.</i></p> <p>Instruct the players to dribble and stay away from each other. After a short bit stop players and see if the group is equally spread out around the grid.</p>		<ul style="list-style-type: none"> • Dribbling w/Head up • Find the space.
2			
<p>First Activity (10 minutes)</p> <p>Hospital Tag</p>	<p>All players have a ball inside a grid. Players try and tag players in the arm. If a player gets tagged on arm, they have to hold that arm. If get tagged on the other arm they hold it. Finally if they get tagged in the knee, they dribble to a place outside the grid, do 10 touch-ups (toe taps on ball) and then can go back in and tagging people. Play 2-3 rounds.</p>		<ul style="list-style-type: none"> • Finding space to be safe • Changing Direction • Changing Speed • Head up!
3			
<p>Second Activity (10 minutes)</p> <p>3v3/4v4 Endzones</p>	<p>Divide players into groups of 3. Play 3v3 inside a grid of about 25x20. A team gets a point if they can dribble to the endline and stop the ball.</p> <p>Variation: Add a second ball.</p>		<ul style="list-style-type: none"> • Finding Space with ball • Changing direction
4			
<p>Game (20-25 minutes)</p> <p>3v3-4v4 fewer players to get maximum touches.</p>	<p>Play to small goals. Just use the previous game and make two small goals on each end.</p>		<ul style="list-style-type: none"> • Finding Space with ball • Changing direction
<p>Cool Down</p>	<p>Juggling challenge</p> <p>Who can keep the ball up in the air with only using their feet the most?</p>		<p>The goal will be to improve their juggling score each week.</p> <p>Wk 2 goal is 5 juggles.</p>

