

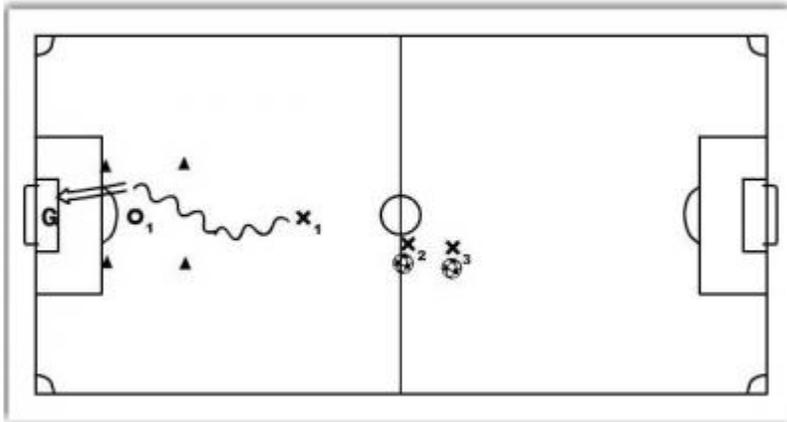


Date: 09/11/18 **Group:** Intramural
Length: 75 mins
Start Time: 9:30am **Focus:** Dribbling
End Time: 10:45am **Level:** U10

Length	Start	Drill Name	Category	Notes
10	9:30am	Technical warm up		
10	9:40am	Dribbling to penetrate	Attacking/Dribbling	If defender wins most battles make the box wider. If attacker wins all and defender never changes make box narrower
10	9:50am	1v1 Choose A Goal	Attacking/Dribbling	15X20 yards 2 small goals 6 cones balls in each line
10	10:00am	1v1 Offensive/Defense	Attacking/Dribbling	
10	10:10am	2v1 to the Cone	Attacking/Dribbling	make sure players pass the ball close to the cone and lead the support player in.
15	10:20am	Scrimmage		

Notes:

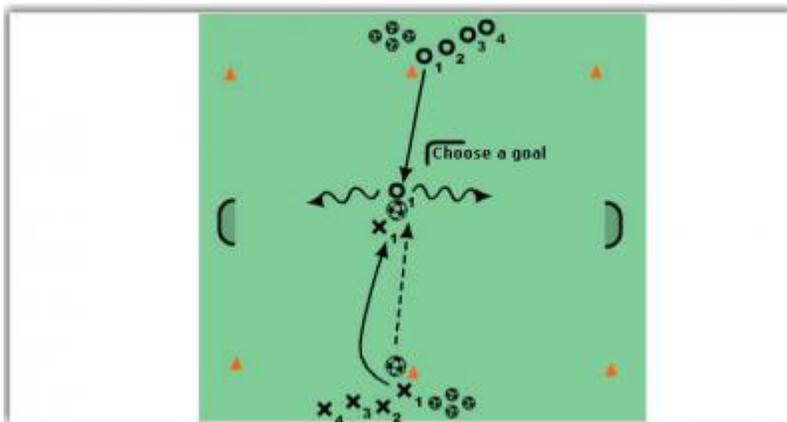
Drill Title: Dribbling to penetrate (1 Diagram)



15 x 15 cone box (can be re sized to player level)
 Defender in box can not play outside of the box tries to win ball. attackers try to dribble around defender and get a shot on goal without going out of the side of the box. If defender wins the ball and dribbles out of box Attacker becomes defender and defender gets into attacker line. play is continuous with next attacker going when 1st attacker shoots or when defender wins

Key Points: beating defender creating a shot on goal exploiting off balance defender

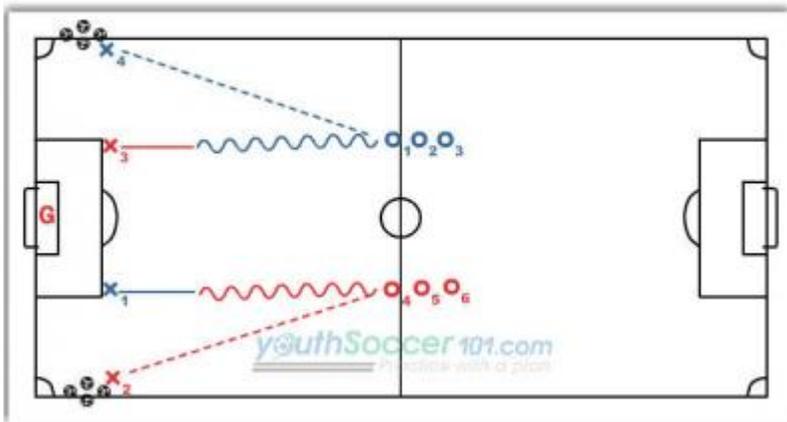
Drill Title: 1V1 Choose A Goal (1 Diagram)



Divide the team in half. X1 passes the ball to O1 and follows their pass to close them down. O1 can dribble the ball and score at either end as X1 tries to tackle them. Once O1 has scored, they have to turn and sprint around the goal opposite to the one they put the ball into, with A1 in pursuit. Once X1 and O1 have sprinted around the goal they rejoin their respective lines. The sequence continues.

Key Points: Quick decision to attack a goal First touch in the direction you intend to go

Drill Title: 1v1 Offensive/Defense (1 Diagram)



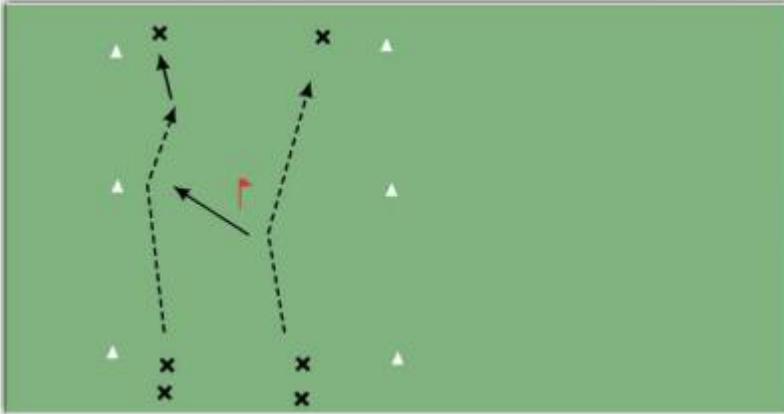
Setup:
 - 2 teams (blue + red)
 - Offensive players lineup on the 50
 - Defensive players lineup on the 18
 - Goalie in net

Drill:
 - Defenders pass ball to teammates on the 50
 - Defender from opposite team cannot move from 18 until offensive player touches the ball
 - Offensive player takes on defensive player 1v1
 - Offensive player can shoot from anywhere
 - If offensive player enters 18 they have 5 seconds to shoot the ball
 - Both teams go at the same time
 - Goalie defends both balls
 - Rotate defenders every few plays

Modifications:
 - Only allow Offensive players to shoot inside the 18

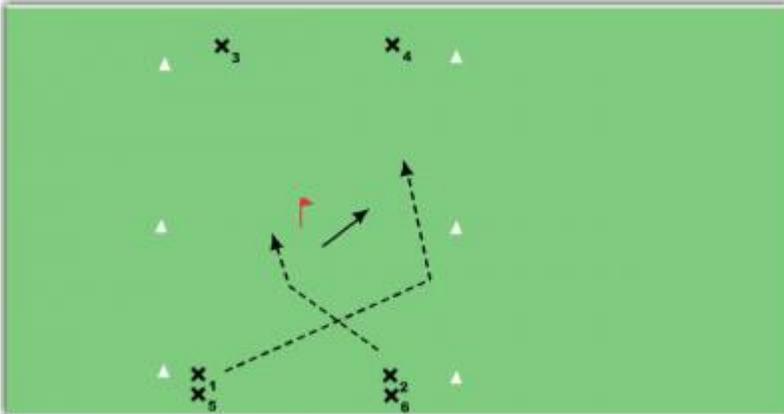
Key Points: 1v1 creating separation shooting early forcing attacker outside quick decisions (G) head on swivel (G) later movement (G)

Drill Title: 2v1 to the Cone (2 Diagram s)



The x on the right starts by dribbling at the Flag (or cone) at speed just before he hits the cone they release the ball to the support player he takes a touch and plays to the x directly in front of the next line, they then repeat the exercise.

+ in the progression have the support player over lap the player on the ball and cross runs.



Key Points: Movement Pass in front of runner Communication