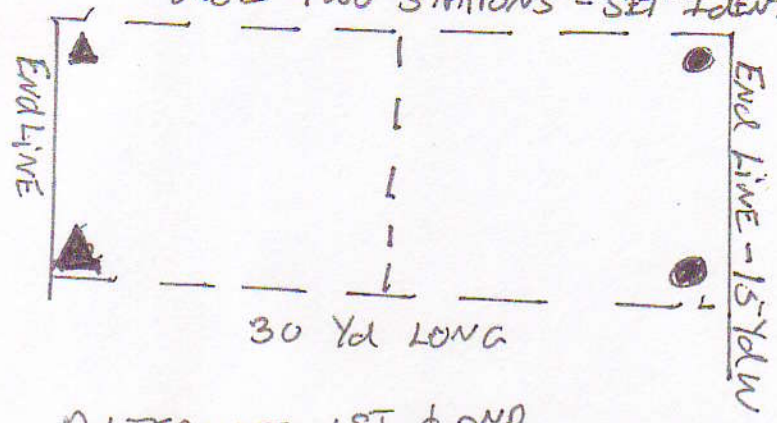


# U-10 PRACTICE #3 - 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> ATTACKER & DEFENDER + FINISHING

1<sup>st</sup> ATTACKER V 1<sup>st</sup> DEFENDER + COVER - SET UP 2 STATIONS

USE TWO STATIONS - SET IDENTICAL

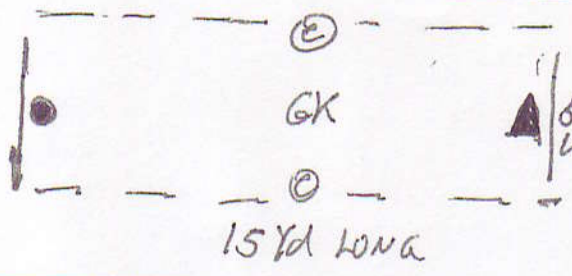


- PASSES TO A  $\blacktriangle$  PLAYER AND THE  $\blacktriangle$  ATTACKER AND  $\bullet$  PASSER MUST GET TO MIDFIELD BEFORE SUPPORT  $\blacktriangle$  ATTACKER OR COVERING  $\bullet$  DEFENDER CAN MOVE.

- ALTERNATE ATTACKING AND DEFENDING TEAMS
- TEACH DEFENDER TO CHALLENGE FIRST ATTACKER AND WIN THE BALL.
- TEACH 2<sup>nd</sup> ATTACKER TO SUPPORT AND POSITION TO "MAKE SPACE".
- TEACH 2<sup>nd</sup> DEFENDER TO COVER.

ALTERNATE 1<sup>st</sup> & 2<sup>nd</sup> ATTACKER AND DEFENDERS UNTIL ALL PLAYERS PLAY ALL POSITIONS. - 20 min.

## OUTLAW SHOOTING - 20 min



- $\blacktriangle$  SHOOTS TO  $\bullet$  ON THE GROUND AND BETWEEN THE CONES WHILE GK TRIES TO STOP SHOTS. FIRST PLAYER TO SCORE EITHER 5 OR 10 WINS.
- ROTATE ALL PLAYERS TO GK POSITION
- SET UP 2 STATIONS

## GAME CONDITION - SCRIMMAGE - 45 min

COACHING POINTS: IDENTIFY 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> ATTACKER / 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> DEFENDER

- DEMONSTRATE FOR PLAYERS 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> ATTACKER POSITIONS AND ROLES.
- 1<sup>st</sup> ATTACKER - JOB IS PENETRATION
- 2<sup>nd</sup> ATTACKER - JOB IS TO SUPPORT THE ATTACK, PENETRATE & OVERLAP.
- 3<sup>rd</sup> ATTACKER - JOB IS TO PENETRATE AND IMBALANCE THE DEFENSE.
- 1<sup>st</sup> DEFENDER - PRIMARY FUNCTION IS TO STOP THE PENETRATION OF THE ATTACK.
- 2<sup>nd</sup> DEFENDER - PROVIDE COVER AND SUPPORT FIRST DEFENDER, CUT DOWN SHOOTING ANGLE AND STOP THE 2<sup>nd</sup> ATTACKER.
- 3<sup>rd</sup> DEFENDER - MARK ATTACKERS NOT NEAR BALL WHO ARE GETTING OPEN FOR A PASS.

- TEACH TURNING AND SHOOTING
- EMPHASIZE FIRST TOUCH AND ONE TOUCH SHOOTING