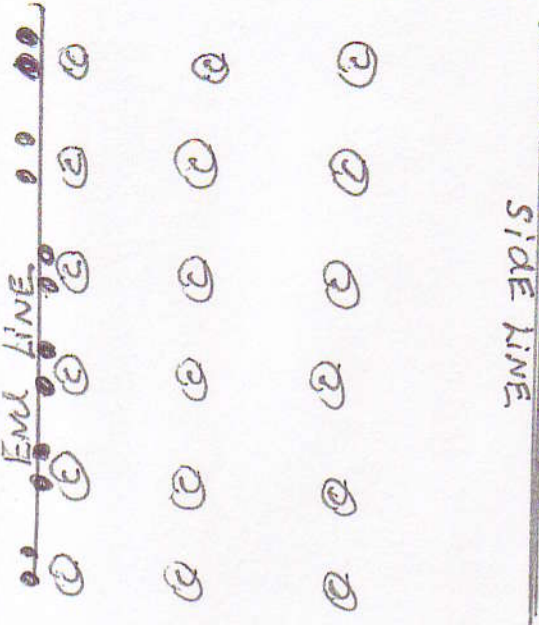


U-10 PRACTICE #8 - DRIBBLING, RUNNING WITH THE BALL, FAKES + FEINTS

15 MIN.

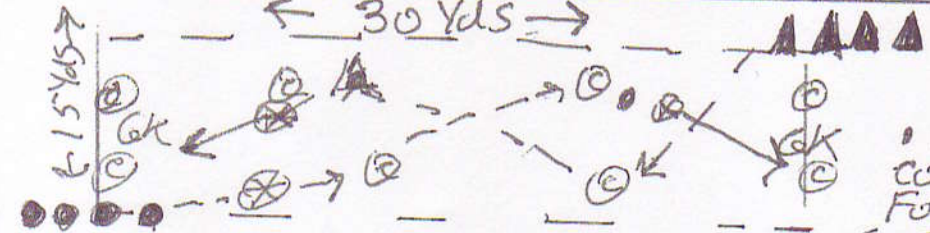
WARM-UP - FULL TEAM - ALL PLAYERS DRIBBLE IN 20 X 30 YD SPACE
 DEMONSTRATE THEN PRACTICE #1 CROSS OVERS #2 CROSS OVER + HEEL PUSH BEHIND
 #3 PULL TURN + CHANGE DIRECTION #4 RONALDINO SIDE MOVE #5 SHOULDER DRIB

EXERCISE #1 - 3 CONE DRILL - PULL, TURN + PASS - 15 MIN.



- SET CONES 8-10 YDS APART
 - TWO PLAYERS PER SET OF 3 CONES
- PROGRESSION #
- #1 - DRIBBLE TO 1ST CONE. GO AROUND (R) SIDE THEN BACK TO START. DRIBBLE TO 2ND CONE + GO AROUND (L) SIDE THEN BACK. DRIBBLE TO 3RD CONE. AROUND (R) + BACK
- #2 - SAME AS #1, EXCEPT PULL, TURN + RETURN TO START AFTER EACH CONE
- #3 - SAME AS #1, EXCEPT CROSS OVER AROUND EACH CONE + RETURN TO START
- #4 - GO TO CONE 1 AND PASS BACK TO PARTNER THEN RETURN AND PARTNER GOES. DO CONE 2, 3 AND BACK
- #5 - BOTH PLAYERS HOLD ON TO EACH OTHER'S WRIST, DRIBBLE AROUND ALL 3 CONES + RETURN AS A RACE W/ OTHERS

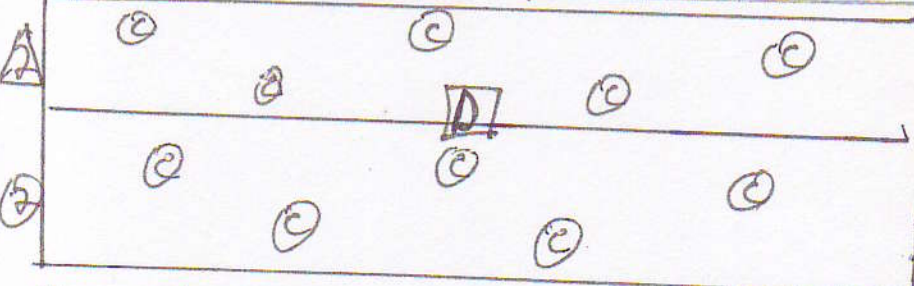
EXERCISE #2 - CHANGE OF DIRECTION, DRIBBLE AND SHOOT - 15 MIN



- TWO LINES OF 4 PLAYERS WITH 2 GK AND 4 CONES
- PLAYERS DRIBBLE TO NEAR CONE ACROSS FIELD CUT I/S OF FOOT THEN O/S OF FOOT. THEN GO TO 2ND CONE SHOOT + RETURN BALL

ALTERNATE I/S FOOT AND O/S FOOT CUTS,
 SHOOT LEFT FOOT THEN RIGHT FOOT. ALTERNATE LINES + SIDES OF FIELD

EXERCISE #3 - DRIBBLING, CUTTING AND CHANGING SPEED IN SPACE - 15 MIN.



- SET 5 CONES IN A 5 YD WIDE X 20 YD LONG SPACE
- PLAYER 1 DRIBBLES TO PLAYER 2 BY GOING AROUND CONES
- 1 DEFENDER IN THE MIDDLE COVERS BOTH LINES
- ROTATE ALL PLAYERS TO DEFENSE

SWITCH PLAYERS FROM EXERCISE 2 TO 3 AND BACK

SCRAMMAGE - GAME CONDITION - 4.5 MIN.

- FOCUS ON COACHING DRIBBLING TECHNIQUE, CUTTING, PULLS + TURNS
- TEACH PLAYERS TO DRIBBLE INTO SPACE
- TEACH PLAYERS TO DECIDE WHEN TO PASS AND WHEN TO SHOOT.