

INSTRUCTOR: Ian Bradley

COURSE:

DATE:



TOPIC: Support and Mobility U10

STAGE	ORGANIZATION (DIAGRAM)	RULES +OBJECTIVES	COACHING POINTS
<p>TECHNICAL WARM-UP</p>		<ul style="list-style-type: none"> •Players in middle check to a ball and pass directly back to server •After pass - player must check back to cone and receive from another server •Progression – wall pass, overlap <p>OBJECTIVE - Improve quality and speed of passing on the ground</p>	<ul style="list-style-type: none"> •Weight/Accuracy of pass •Check at angle to receive ball •Communication/Eye contact between passer and receiver
<p>SMALL-SIDED ACTIVITY 2 v 2 to Targets</p>		<ul style="list-style-type: none"> •25 x 20 yards training area •End players play to own colors •Play into end players (targets) for a goal •Once they play into one target they must attack the other end <p>OBJECTIVE - Improve support play and decision making in playing forward to targets</p>	<ul style="list-style-type: none"> •Movement to receive the ball •Movement without the ball •Body shape so can always see the ball •Supporting angles when in possession •Distance of support •When to pass or dribble? •Can I score? •Can they involve 3 players? •Combination play
<p>EXPANDED SMALL-SIDED ACTIVITY 4 v 4 + GKs</p>		<ul style="list-style-type: none"> •32 x 40 yards training area •Players restricted to own half - Ball may be transferred across and back over half line •Teammates may join from back half after ball is played into striker <p>OBJECTIVE - Develop mobility and support of back three in order to keep possession</p>	<ul style="list-style-type: none"> •Strikers movement to lose defender •Strikers decision to hold or lay off the ball •Rhythm and quality of possession in areas where numbers up •Decision to move forward once ball is played into attacking half
<p>MATCH</p>		<ul style="list-style-type: none"> •50 x 40 yards training area •4v4 or 5v5 + GKs 	<ul style="list-style-type: none"> •Depth/Width “get big” when in possession •Compact when not in possession