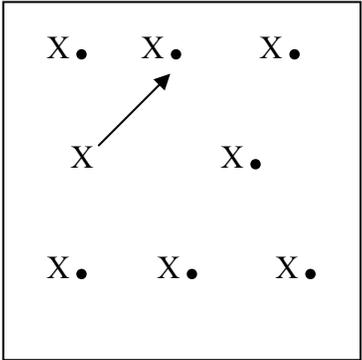
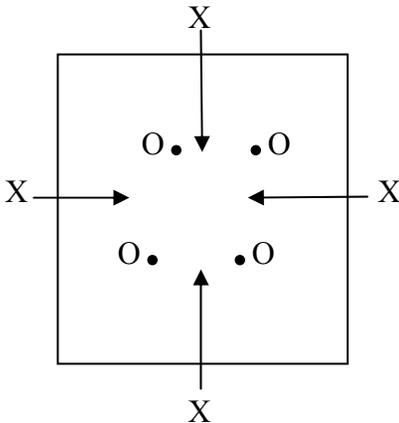
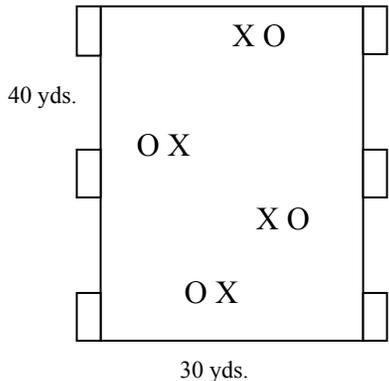
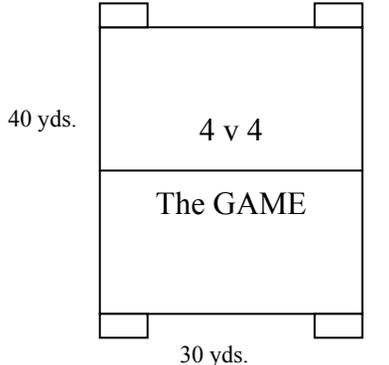


Topic: **U8-U10 Keeping the Ball**

Organization	Variations	Diagram	Coaching Points
Fundamental			
<p>Pirates. All players, except one (Pirate), with a ball (20 x 30 area or as needed). Technical dribbling exercise with Pirate(s) attempting to steal the ball from another. Stretch.</p>	<ul style="list-style-type: none"> ▪ All players, except one (Pirate), dribble to avoid losing the ball to a Pirate. ▪ If a Pirate steals a ball, the player losing possession then becomes the Pirate. Continuous. ▪ Add pressure by adding 2, 3, and then 4 Pirates to the exercise. Continuous. ▪ Add conditions, such as: left/right foot only, inside or foot, outside of foot, etc., to increase the dribbling demands of the exercise. 		<ul style="list-style-type: none"> ✓ Ball control and manipulating the ball to avoid other players ✓ Develop change of speed and direction ✓ Keep your head up while maintaining vision of the ball, the players and field ✓ Intrinsic competition (self motivation)
Match Related 1			
<p>Team knock-out! (20 x 30 area or as needed). Form two teams, one team is in the grid [each with a ball], the other team without a ball anywhere outside the grid.</p>	<ul style="list-style-type: none"> ▪ On the coaches' command, the players on the outside enter the grid and attempt to kick the player's balls out of the grid as quickly as possible. ▪ If a player's ball is kicked out, they support their teammates by receiving and passing to keep possession. ▪ Which team can keep the ball the longest? ▪ Rotate players on each team accordingly. 		<ul style="list-style-type: none"> ✓ Shield the ball. Keep the body between the ball and the challenging players ✓ Keep control of the ball, turn with it and accelerate to avoid challenging players ✓ Keep your head up to avoid opposition – vision ✓ Verbal and visual communication
Match Related 2			

Topic: **U8-U10 Keeping the Ball**

<p>1 v 1, 2 v 2 and 4 v 4 exercise with six small goals (30 x 40 area or as needed). To begin, divide into pairs and designate one as the attacker and one as the defender. Players can score on any of the six goals.</p>	<ul style="list-style-type: none"> ▪ To score, the attacking player must dribble through any of the six goals. ▪ Once a goal has been scored, the partners rotate roles. ▪ Partners compete to an established number of goals (3-5) or time (1-2 minutes); and change of possession occurs during run of play. ▪ Rotate partners accordingly and repeat. ▪ Progress to 2 v 2 and then 4 v 4. 		<ul style="list-style-type: none"> ✓ Maintain control under pressure and shield the ball as necessary ✓ Turn away from pressure and into attacking space ✓ Angles of support, receiving and passing ✓ Encourage creative and instinctive play
<p>Match Condition</p>			
<p>4 v 4 directional game to four small goals (30 x 40 area or as needed).</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ To score, the attacking team must score through one of the two goals. Award 2 points to dribble through and 1 point to pass it through. ▪ No restrictions and play to a determined number of goals or time. 		<ul style="list-style-type: none"> ✓ Confidence to dribble and/or shoot at the earliest convenience ✓ Team transition when in possession (support for the player on the ball); or not in possession (numbers behind the ball to defend) ✓ All of the above
<p>Cool Down</p>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session