

ALSO: "GATES" Dribbling
Short-short-long-switch

Activity: Cones turning (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid and a few cones around the field.

Organization: Every player should have a ball.

How the game is played: Players will dribble the ball inside the grid. When the coach says "GO", players will dribble the ball toward a cone, turn and dribble around again. The players should use with a different part of their foot. Players should use inside, outside, the bottom of their foot by using their left and/or right foot.

Variations/Progression: Request the players to do double turning (turning the ball twice)



Activity: Many Goals (10 mins)

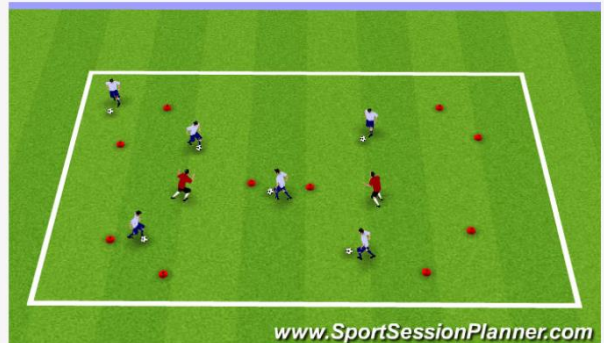
Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid and a few cones around the field to create the goals.

Organization: Every offense player should have a ball.

How the game is played: The offense players will try to score by dribbling the ball between the goals. The defenders will try to win the ball or kick the ball out of bounce. After a few minutes, the coach should stop the game and the offense player that has more goals wins. Switch the defenders every play.

Variations/Progression: Add more defenders.



Activity: Moves away from Pressure (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid

Organization: Every offense player should have a ball.

How the game is played: The coach should start the activity with 2 defenders and the rest should be offense players. The 2 defenders will try to win the ball or kick the ball out of bounce from the offense players. The offense players will try to keep the ball away from the defenders by maintaining possession of the ball. They should switch offense with the defense every time the defender wins the ball from the offense player. No double pressure is allowed! When the coach says "STOP", the players with the ball are winners.

Variations/Progression: Add more defenders.



Activity: Turning I (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid. At least 1 ball per line. 4 cones in the middle of the grid.

Organization: Put the players in 4 even lines.

How the game is played: Players will dribble the ball towards the cone in front of them, turn and pass the ball to the next player in line. When the players get closer to the cone, they should do a different type of turning. All players will do the same move until the coach request the players to switch.

Turning - Pull Back

- Pull the ball back with the bottom of the foot.
- The Ball should be in front of the player.
- Hold the ball with the bottom of the foot close to the toe's line.
- Knees should be bend to give a good balance.
- Pull the ball back in on the same side and always facing the ball. Example: pull with the right foot, the player should turn towards his/her right side

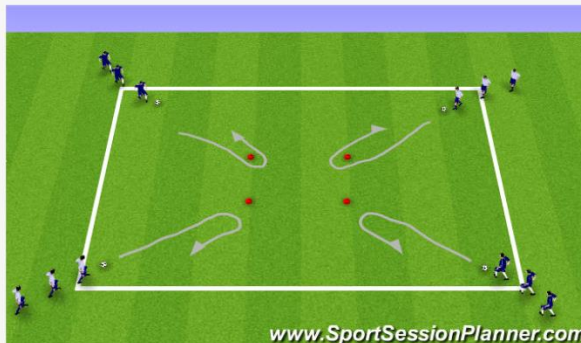
Turning - Inside foot turning

- Turn the ball with the inside of the foot.
- The ball should be on the side of the player
- Hold the ball with the inside of the foot.
- Knees should be bend to give a good balance.
- Turn the body on the opposite side and always facing the ball. Example: turning with the inside of the right foot, the player should turn towards his/her left side

Turning - outside foot turning

- Turn the ball with the outside of the foot.
- The Ball should be behind the player. So if the ball is in front ... go in front of the ball before turning.
- Turn the ball by touching with the outside of the foot.
- Knees should be bend to give a good balance.
- Turn the body on the same side and always facing the ball. Example: turning with the inside of the right foot, the player should turn towards his/her right side

Variations/Progression: Request the players to turn more than 1 time.



Activity: Dribbling & Turning middle box (10 mins)

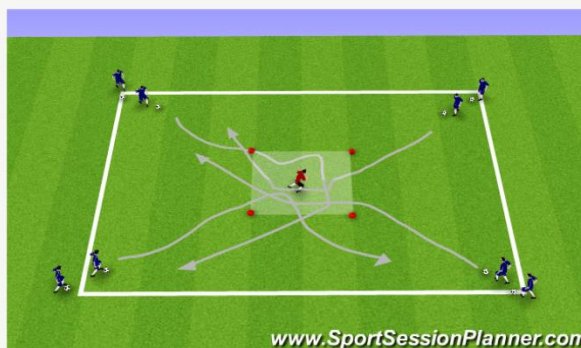
Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid. At least 1 ball per line. 4 cones in the middle of the grid.

Organization: Put the players in 4 lines. 1 The player should be in the middle of the grid as a defender.

How the game is played: The outside players (offense) will have to dribble the ball inside the grid in the middle and try to go to another grid. The player inside the grid is a defender. The defender will try to win and/or kick the ball outside the grid. Switch players after few minutes

Variations/Progression: Add more defenders



Activity: 5 boxes goal (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40 x 40 grid. At least 2/3 of the players should have a ball. Few cones to create the 5 grids inside the field.

How the game is played: 2 Players will be defenders and other players will be offense. The offense players will try to dribble the ball inside of any 5 grids available. The defenders will try to win or kick the ball out of bounce. Switch offense player with the defender when that happens.

Variations/Progression: Add more defenders



Activity: Diagonal Passes (10 mins)

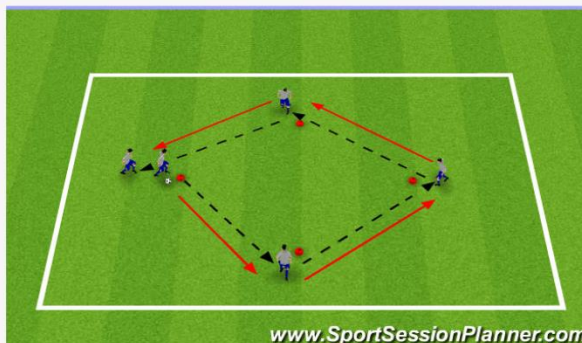
Number of players required: Full U13 or older Teams

Equipment: Every group should have a ball. Organize group of 5 players

Grid requirement: Create make 20 x 10 grids per group of players.

How the game is played: The ball should start where there are 2 players on the line. Pass the ball and follow the pass. Switch side after few minutes

Variations/Progression: Use right foot, going to the right side and left foot, going to the left side.



Activity: 3 Options passes (10 mins)

Number of players required: Full U13 or older Teams

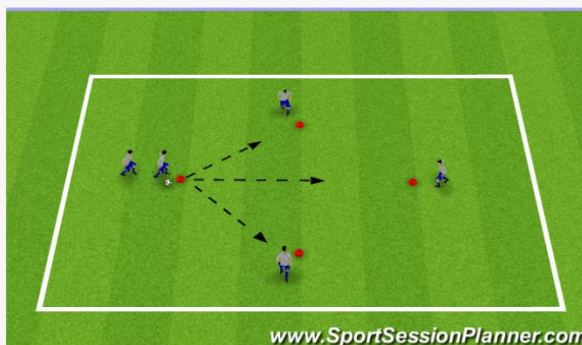
Equipment: Create a diamond with 4 cones with 20 yards apart Every group should have a ball.

Grid requirement: Create many grids with 5 minimum players per grid.

Organization: All players must move the ball inside the grid

How the game is played: Pass the ball to any player in front (left, right or forward). After passing the ball, follow the pass and go behind the line on the side that passes the ball.

Variations/Progression: Decrease the size of the grid.



Activity: Zone game (10 mins)

Number of players required: Full U9 or U10 team

Equipment: Create a 40x40 grid with few cones to create the "zones". All offense players should have a ball.

Organization: 2 defenders without the ball and the rest with the ball.

How the game is played: Offense players will try to move from one side to another (zones). The defenders will try to win the ball or kick out of bounce. The offense players can turn and move back towards their own zone. The defenders can only put pressure when the offense players are out of the zone.

Variations/Progression: Add more defenders.



ALSO:

- FOUR GOAL games
- SIX GOAL games