






# Holden Youth Soccer -- U10 -- Week Seven

## Topic: Individual Attacking

**Objective: To help players understand the importance of individual attacking when their team is in possession of the ball**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Free Dribbling:</u></b> Everyone with a ball, use inside, outside, and laces and sole of the foot to turn away from pressure. Have players dribble with speed, change direction, and perform moves.</p> <p><b>Version 2:</b> Have players work on moves to beat pressure, such as step over, double step over, etc.</p> <p><b>Version 3:</b> Moves can be combined so that players are doing 3-4 moves in sequence. Then the sequence can be done with the non-dominant foot.</p>	<ul style="list-style-type: none"> <li>• Keep the ball close</li> <li>• Use all surfaces of the foot</li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and burst of speed</li> <li>• Be creative – try something new</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b><u>1v1 to Two Small Goals:</u></b> In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to his opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of his/her score.</p> <p><b>Coach:</b> The goals are 4 yards wide.</p>	<ul style="list-style-type: none"> <li>• Take a “peek” and know what your options are</li> <li>• Execute a feint to unbalance the defender and dribble past them with a burst of speed</li> <li>• Encourage player to be creative with the ball at their feet</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b><u>3v3 to End Zones:</u></b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the End-Zone.</p> <p><b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<ul style="list-style-type: none"> <li>• Work together to score</li> <li>• Verbal &amp; visual communication</li> <li>• Use support players to make attacking decisions</li> <li>• Encourage players to be creative and take risks near the end zone.</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	