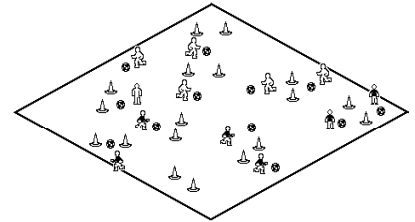


# Walpole Youth Soccer Association U-10 Week One

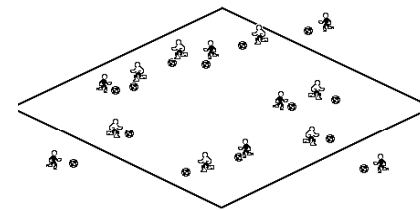
The first week of the eight week program for Walpole YSA will focus on the development of dribbling skills. Most of the teaching will be “hidden” within several FUN games that promote comfort on the ball, and loco motor movement. The main teaching component will be the second exercise, Free Dribble, which allows for several moves to be taught, and for the players to put those movements into a sequence of moves. There is a 5th activity that can be used if the group of players is not ready to spend as much time as expected in the Free Dribble activity. In this practice, players will be able to dribble at speed using the laces, turn using the bottom, inside, and outside of both feet, and will have a basic comprehension of what shielding is.

**1) Gates---**Randomly place many pair of cones making small goals (1 yard) in a large space (30 x 20 yards) and have players dribble their balls through the goals for a point. Players try to accumulate as many points as possible. Have players count up their total points in the time you provide them. After doing once, ask them to improve their score by 2 and play the game again. Challenge each child individually. *Version 2:* Players can only dribble through goals with their right foot or their left foot. Note: You may need to make a rule disallowing players from dribbling back and forth in one goal or just two goals. (10 minutes)

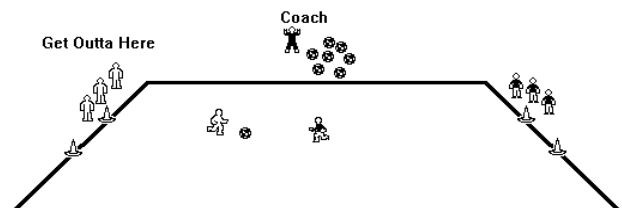


**2) Free Dribble---**Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (15 minutes)

**3) Knock Out---**In same space as previous activity have players dribble balls while trying to knock other player's balls out of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 toe touches or juggling 5 times). (10 minutes)



**4) Get Outta Here---**Place two small (2 yard) goals at the end of a field 15 x 10 yards. Place half of team behind each goal and coach stands at halfway line with all balls. When coach plays out a ball the first two players (one from each team) run out and try to score on each other's goal by dribbling through it. If the ball goes in the goal or out of bounds, the coach yells “get outta here” and plays in a new ball immediately for the next two players. *Version 2:* Coach can stop yelling “get outta here” after a while and see if players recognize when balls go out and are attentive. *Version 3:* Coach can vary service of ball. Sometimes play it to one player, sometimes toss the ball up in the air. *Version 4:* Have the first two players from each group come out each time a new ball is played they play 2 vs. 2. *Version 5:* Numbers---Same set up as Get Outta Here, but teams assign numbers (1-6) to each player and when coach calls out a number, the players from each team with that number come out to play 1 vs.1. Coach can set up particular match-ups and can call out more than one number at a time for 2 vs. 2 or 3 vs. 3 etc. (10 minutes)



**5) 4v4 To Goals---**In a 35x30 field, place two 4 yard goals along the two 35 yard lines. Let the players play a regular game without keepers of 4v4, perhaps stopping the game 1-2 times to highlight good dribbling and opportunities that are there to take people on in the right part of the field. (25-30 minutes)