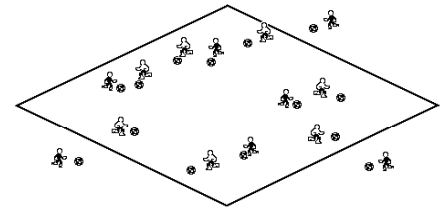


# Walpole Youth Soccer Association U-10 Week Two

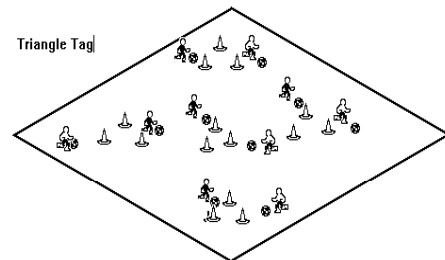
Week two of the five week program for Walpole YSA will continue to focus on the development of dribbling skills. Several FUN games will promote comfort on the ball, and loco motor movement. The main teaching component will be the second exercise, Free Dribble, which allows for several new stopovers, and side-steps to be added to the moves taught in week one. The players will put these movements into a sequence of moves. 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 add new moves which will emphasize how to beat/go past opponents. Players will also be able to recognize where the space is to dribble with the ball.

1) **Ball Tag**---In a space about 40yd X 30yd give every player a ball. Each player can pass their ball onto anyone else's ball for one point, and can hit the coach's ball for 3-5 points. *Version 2:* beat your score from last time by two points. *Version 3:* use your weaker foot only to dribble. *Version 4:* Put people in pairs. One person is being chased while other does the chasing. Once the chaser hits the ball of the chase with their ball, the roles reverse. *Version 5:* make two teams to make more dynamic and see which team has the least chasers at the end. (10 minutes)

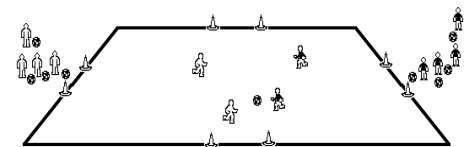


2) **Free Dribble**---Everyone with a ball, will review last weeks moves. New moves for today are to beat people and are called Matthews (Christine Lilly), Rivaldo (Marin Meinert), Double Lollipop (Jenna Klugel). Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. *Version 2:* players are asked to put 4 moves together in a sequence, then asked to do the sequence forwards and then in reverse order (move 4 is now first move) and then all moves are done with weaker foot, then with both feet for a total of 16 back to back moves. Coach selects players to demonstrate after each progression. If the group is doing particularly well, another move or two can be added to the sequence by players. (15 minutes)

3) **Triangle Tag**---Set up cones in a triangle formation with each side of the triangle being roughly 1 yard long. Every triangle has a pair of players, each with a ball. Similar to the game tag, one player is being chased and one is "it". However the player who is "it" tags the player by kicking her ball and hitting the other player's ball or hitting the player below the knee. Players can dribble in either direction around the triangle and must stay close to their own triangle. Neither player can go through the triangle. *Version 2:* Allow the player being chased to go through the triangle. When in the triangle she is safe. However, after going through triangle, player must go completely around triangle before she can go through triangle again. She cannot stop inside the triangle. *Version 3:* Allow pairs to move from triangle to triangle (incorporates speed dribbling and traffic). Two pairs can be at the same triangle at the same time, but players only compete with their partner still. Note: To increase difficulty, do not count hitting a player below the knee as a tag. (10 minutes)



4) **2v2 to Four Cross Goals**---Teams defend one goal and have the opportunity to score on the other three, you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 15yd x 15yd. Have teams of 2 on deck, one pair at each end. They come on when the team defending their "end" gets scored on twice. The team that won that game stays on. Game is continuous, and the new team must run on immediately with a ball. Stress finding open space and attacking it with speed. *Version 2:* force players to be comfortable on the ball by taking a minimum of 4 touches every time they get the ball. (15 minutes)



FINAL ACTIVITY = 3v3/4v4 to 6 goals. Play to two 5 yard goals, and have four extra 4 yard goals, one in each corner of the field. If a player **dribbles** through any of the opponent's corner goals, they get one point, and if they score in the central goal it is two points. This may make the game less "vertical" and encourage the players to dribble, rather than kick the ball straight forward.