

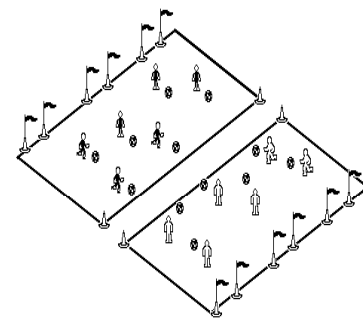
Walpole Youth Soccer Association U-10 Week Five

In the last week of the five week program in Walpole, the U-10 group will concentrate on dribbling and shooting. Players will specifically be able to do the following: strike the ball, with the correct part of the instep (laces), with their toe pointed down, and the kicking knee over the ball; non-kicking foot will be pointing at the target; follow through in the direction of the shot; players will land on kicking foot. Players will also be expected to take a set-up touch, look to see where the keeper is, and then shoot where she isn't. Shooters should also be encouraged to shoot far post, as that is the percentage shot, unless the keeper has her angles wrong.

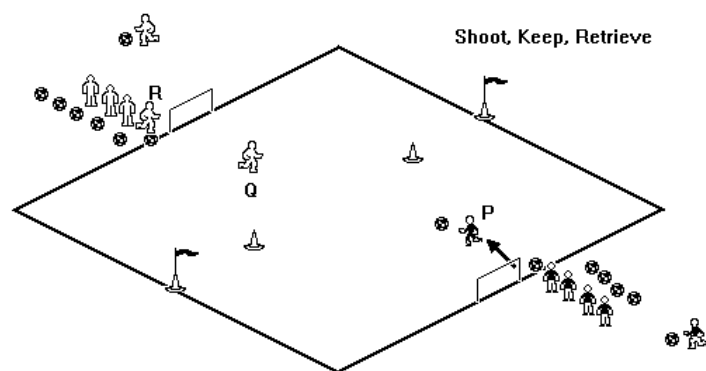
1) **Free Dribble**---Everyone with a ball. Review dribbling with speed (laces/instep dribble). Coach reviews moves to beat players. Matthews (Christine Lilly), Rivaldo (Marin Meinert), Double Lollipop (Jenna Klugel) Make sure that each move has a name. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session. *Version 2:* 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. Again, the coach can challenge the players by saying "I'm going to pick out two of you to demonstrate for the group." Then ask the other players to watch the player closest to them. Each week, one or two more moves can be added in. (15 minutes)

2) **Soccer Shootout**---In this game, players are paired up 5-10 yards from a ball that is placed midway between the two of them. Each takes turns at dropping another ball from their own hands, and then shooting the ball (with their instep/laces) onto the ball in the middle. If they hit the ball "on the fly" they get two points. If they hit it on or after the ball has bounced, they get one point. The first player to 10 points wins. If this game is too difficult for them, play the same game but kicking the ball from the ground. Have the winners play the winners etc. (10 minutes)

3) **Clean Your Backyard**--- Break group into two teams and have each team stay only on their half of the field. Place a 6 yard buffer zone between halves that no one can enter or cross. Each player needs a ball. Place three small (2-3yd) goals at the far end of each side of the field. Have both teams shoot balls at other team's goals in an attempt to score through anyone of the small goals (below knee height). Players cannot cross the buffer zone or go into the other half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense though no hands. Only shots with laces count as goals. (10 minutes)



4) **Shoot Keep Retrieve**--- On a field that is only 20 yards in length, with full size goals, divide your group into two teams. Player P takes her turn to dribble at least one touch, OR all the way to the half way line (10 yards). Player P takes her turn to dribble at least one touch, OR all the way to the half way line. Player P then shoots. Once player P shoots, she becomes the goalie at her end. Player Q tries to save player P's shot, then retrieves the ball, and goes to the back of her team's line. As soon as player P has shot, player R must take at least one touch, and then can shoot OR dribble to the half way line and shoot at player P, who has now become the keeper in her goal. P retrieves, and joins the end of her line, and Q becomes keeper for the next shooter from P's line. First team to ten goals wins. (20 minutes)



5) **FINAL ACTIVITY**---5v5 game with goalkeepers who rotate every 3-4 minutes. To score players must use their laces/instep, and shoot from 6 yards or more for the goal to count. (25 minutes)