

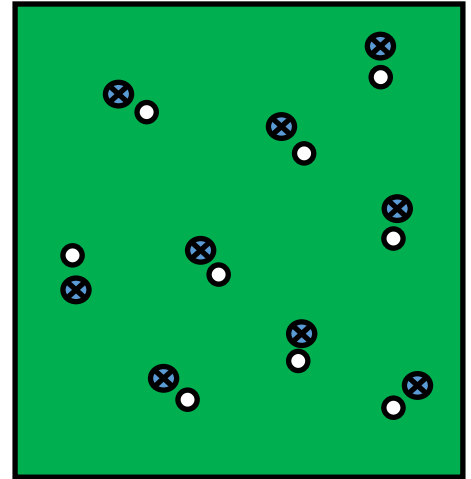
Week 5 U10 –11—Control with Change of Direction

Coaching Points:

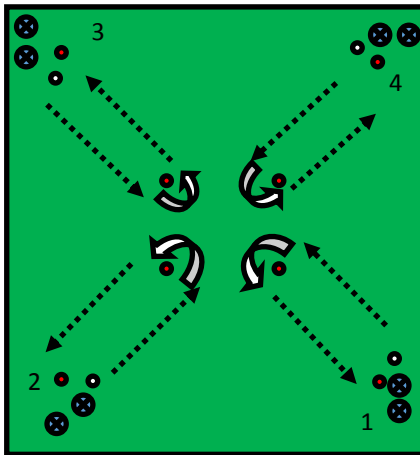
- Feint: slight movement of the hips or shoulders that suggests of move in one direction before moving sharply in the other direction
- Inside Cut: using the inside of the foot to change direction of play
- Outside Cut: using the outside of the foot to change the direction of play

Warm Up—Ball at Feet

- 15 x 15 yard area
- Each player with a ball at their feet
- Have players move around the area and perform the following actions:
- Free Dribble - all players moving around the area with ball at feet. 1 minute
- Toe Taps - on command players perform 10 toe taps then dribble. Repeat 3 times
- Side to Side - players play ball from left to right with inside of foot for 30 seconds then dribble. Repeat 3 times
- Side to Side moving forward for 10 seconds then dribble. Repeat 3 times
- Side to Side moving backward for 10 seconds then dribble. Repeat 3 times

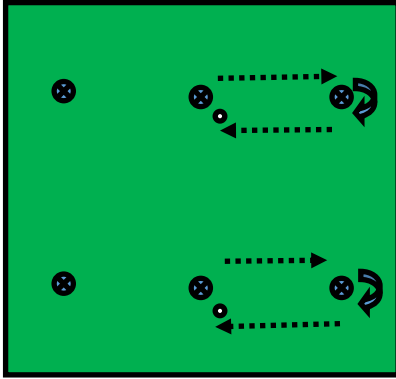


Technical—Double Box Drill



- Create a large 15 yard box with a smaller 5 yard box in the middle
- Have equal number of players at each corner of the larger box with a ball
- First player in each line dribbles from the starting spot to the cone that is in front of them and performs the following skill:
 - ⇒ Dribble up the right side of cone and use inside right cut to go around cone and back to where they started
 - ⇒ Dribble to the left side of the cone and use inside left cut to go around cone and back to where they started
 - ⇒ Dribble up the right side of the cone and use the outside left cut to go around cone and back to where they started
 - ⇒ Dribble up the left side of the cone and use the outside right cut to go around the cone and back to where they started
 - ⇒ Dribble at cone, feint right and go left. All players will dribble at cone, feint right and go to the cone to the left. 1 to 2, 2 to 3, 3 to 4 and 4 to 1
 - ⇒ Dribble at cone, feint left and go right. 1 to 4, 4 to 3, 3 to 2 and 2 to 1

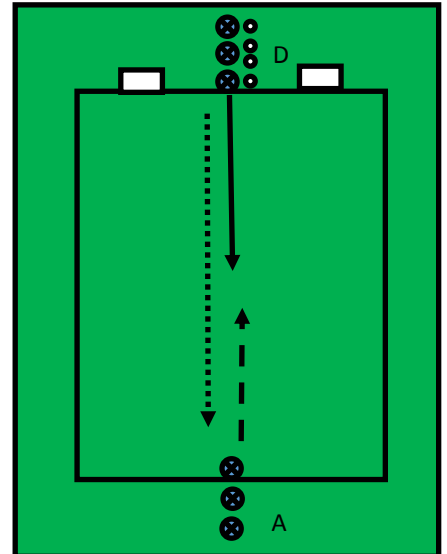
Coordination—Change of Direction



- Groups of three with one ball with the player in the middle
- Each teammate is 5 yards from the player in the middle
- This will be a competition between all the groups of three
- Player in middle starts with the ball and on coach's command dribbles towards one of their outside teammates, who they dribble around and back towards the other teammate.
- Player must dribble around both teammates and end up back in the middle where they put their foot on the ball and yell out the team name. Rotate players after each turn.
- Progress thru the change of directions we are coaching: Inside cut, outside cut, right foot (inside or outside cut), left foot (inside or outside cut)

Two Goal Attack

- Set up field of 20 yards long by 15 yards wide with two goals on one end
- Split team into attackers and defenders with the defenders standing between the two goals with the collections of balls
- 1st defender in line passes the ball to the first attacker in line and the defender engages the attacker
- Attacker controls the ball and attacks one of the two goals
- Encourage the attacker to use a change of direction to beat the defender and make sure to point out good examples of this
- The attack is over once the attacker has scored or the ball has been put out of play
- The players switch lines after each turn



Scrimmage

Split the team into 2 equal teams and scrimmage. Be sure to emphasize instances where the players are exhibiting good change of direction technique.