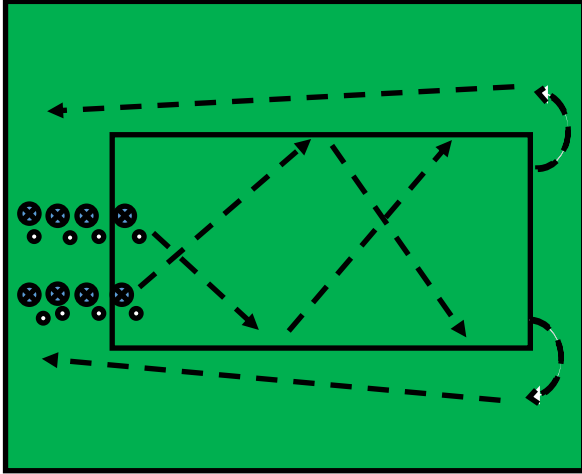


Week 6—U10-11 - Awareness

Coaching Points

- Developing habits to become a heads up player
- Learning the importance of movement off the ball and angle of support

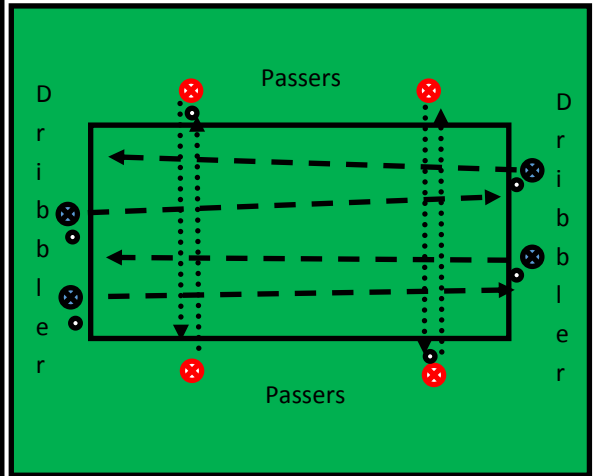
Warm Up—



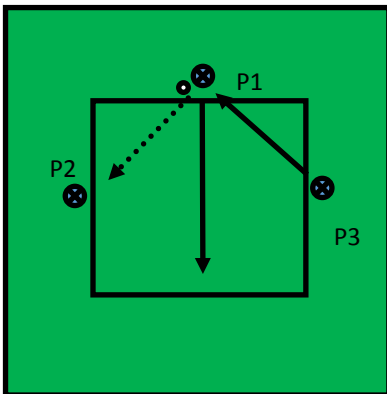
- In an area 10 yards wide and 20 yards long have two lines of players at one end each with a ball
- Players must move across the area in control of a ball and touch each side of the area once before crossing the end of the area
- Once they have got to the end of the area the players run fast with the ball along the outside of the area back to the start
- Have the players progress thru the following skills in dribbling:
⇒ Free Dribble, Right foot only, left foot only, inside of foot, outside of foot, sole of foot rolling the ball forward. Allow the players to run thru a couple of times for each progression
- At the same time encourage the players to use the inside and outside cut change of direction when they are dribbling away from the sides

Passing in Traffic

- In an area 10 yards wide and 20 yards long have two pairs of passers, with one ball for each pair, lined up on the side of the area as shown
- Rest of the players are dribblers and are split up in equal numbers on the end of the area and every dribbler has a ball at their feet
- Dribblers move back and forth across the area
- While the dribblers are moving across the area the pair of passers are trying to pass their ball back and forth to each other
- DO NOT TRY AND HIT THE DRIBBLERS! Passers must be aware of the dribblers and look to pass around. Concentrate on good, crisp passes that are on the ground
- Change the passers every 2 minutes



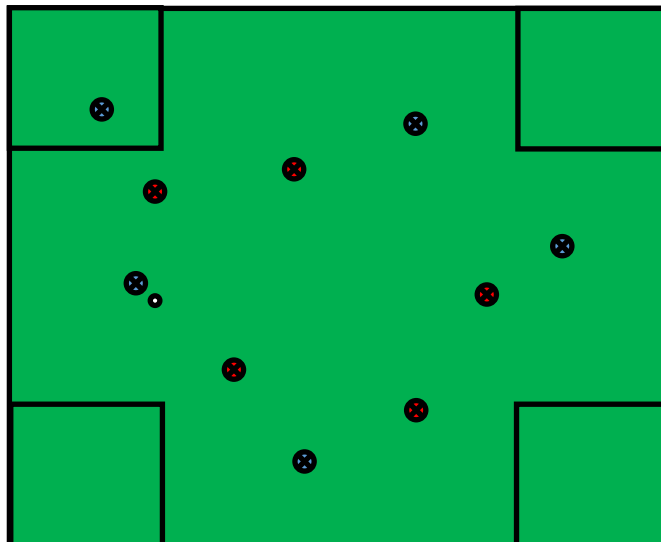
Moving to Support



- Group of 3 in a 10 yard box with 1 ball per group
- Players are positioned in the middle of the sides of the box
- P1 starts with the ball and passes the ball to P2
- P1 runs across the box to the line opposite of their starting position. P2 moves into the position vacated by P1 giving P2 two excellent angles of support. Repeat
- Player passing the ball always move across the area and the 3rd person always moves into space vacated by the passer

Four Corner Goal Game

- In a 30 x 30 area create four small squares in the corners that are the `goals`
- Split the teams into two equal teams
- Object is to score a goal by completing a pass to a teammate in the corner `goals`
- Once a goal is scored in one area the team that scored must attack another goal
- Both teams can score in all the `goals`. There are no set goals to attack or defend
- Encourage the players to play with heads up and to move off the ball



Scrimmage

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