

Week 3 Instructions (U9-U10)



PREPARATION

10 x 10 area

PLAYERS

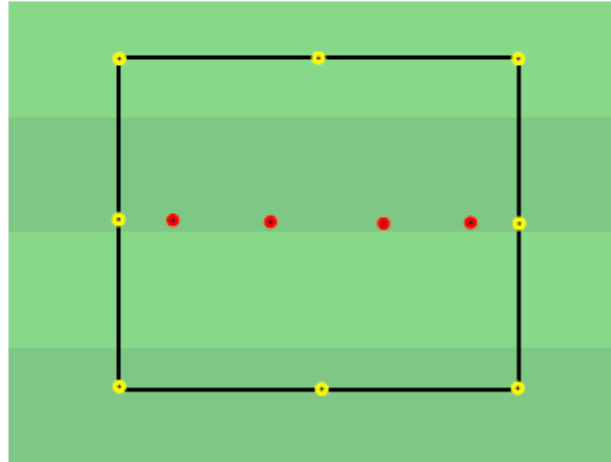
1 players

INSTRUCTIONS

Setup: Use 8 cones to create a 10yd x 10yd box as shown in the attached images (yellow cones).

For the "Partner Passing" drill, you may choose to add a gate for the partners to pass the ball through (red cones). This is not required, but does give them more of a focus/target to aim for when making their pass. If too difficult for your group, go without the gates.

If used, remove the gates before proceeding to the second drill, but leave the perimeter of the box.



Dummy Step (Body Feint)



PREPARATION

Ball

PLAYERS

1 players

(1 ball per player)

INSTRUCTIONS

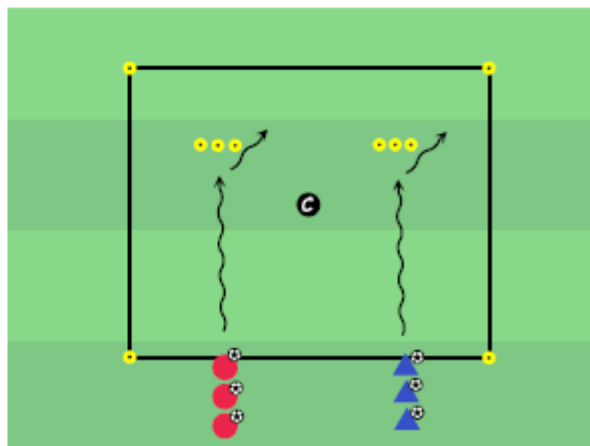
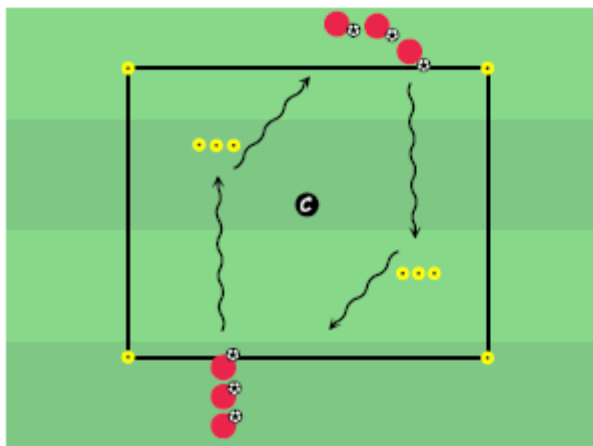
Each player has a ball. Create two lines near opposite corners of the box. At the coach's direction, the first player in each line dribbles toward the "defender" (three cones side-by-side) and performs a body feint or "dummy step" move before dribbling to the back of the line at the opposite corner of the box. The next player in line should wait for the player in front of them to perform the dummy step before taking their turn. (Image 1)

An alternate setup is simply having the players all line up on the same side of the box, one or two lines depending on the number of players available. After performing the dummy step, the player should dribble to the back of the line they came from.

Players should dribble toward the defender (cones) and then, before reaching the defender, perform a step to their right or left without the ball to pretend to be running in that direction. Then, lunge back the opposite direction using the outside of their opposite foot to kick the ball forward in the direction that are actually running. See attached video for an example.

COACHING POINTS

- Fake by dropping shoulder and knee when pacing plant foot
- Use the outside of the opposite foot to push the ball forward after performing the move
- Accelerate out as soon as your foot hits the ground



Partner Passing



PREPARATION

Balls, Cones
1 x 10 area

PLAYERS

2 players

INSTRUCTIONS

Simple passing drill between partners (cones not required, but can be used to create gates to pass the ball through to improve accuracy). Partners will pass the ball back-and-forth at a distance of 5-10 yards. When receiving, the player should have a soft touch to keep the ball close and under their control. Players can use the inside of their foot or laces to perform the pass, not the tip of their toe. Ball should be received with the inside or bottom of the foot.

COACHING POINTS

- Eyes up to find your partner
- Use a firm kick to pass to your partner
- Be on your toes before receiving
- Soft touch when receiving to keep the ball under control
- Pull the foot back at the point of contact when receiving hard passes from a teammate

Step 1



Box Dribbling & Combinations



PREPARATION

Balls, Cones

PLAYERS

1 players
(Twice as many
players on the outside
of the box than inside
the box.)

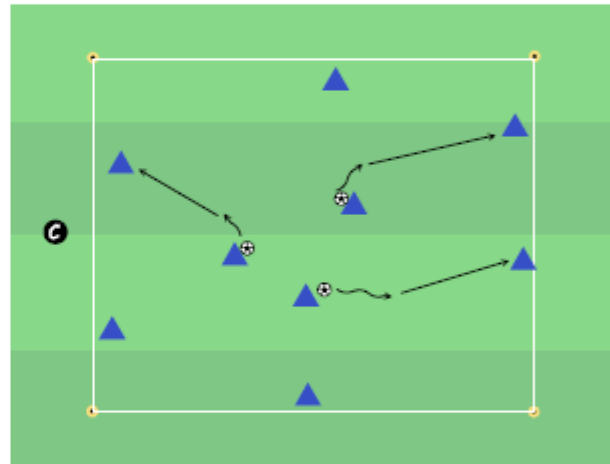
 **4** min

4 reps
1 min +

INSTRUCTIONS

Players on the outside of the box should be spread out around the box. Players on the inside of the box should dribble the ball and find an outside player to pass to. Outside player should receive the pass and immediately return the pass back to the inside player who had kicked the ball to them. Inside player should then dribble to find another passing lane to a different outside player.

Four reps of 90 seconds each with a 20 second rest to allow for players to switch positions (inside players move to outside, outside players move to inside).



COACHING POINTS

- What are you doing with your eyes while dribbling?
- What part of the foot are you using while dribbling at speed?
- What part of the foot are you using to pass the ball?
- Can you perform the drill using only your right foot? Your left foot?