

Week 4 Instructions (U9-U10)



PREPARATION

10 x 10 area

PLAYERS

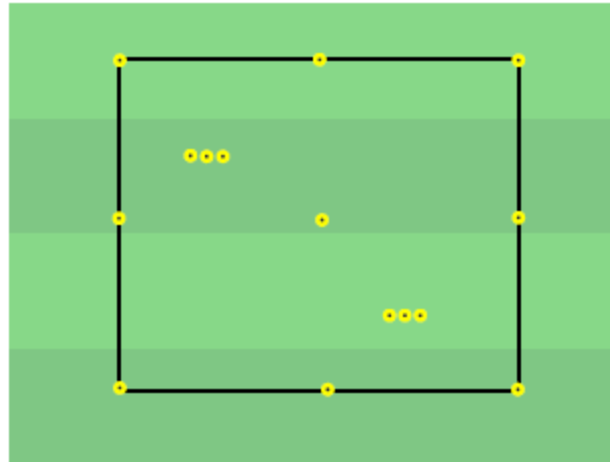
1 players

INSTRUCTIONS

Setup: Use 8 cones to create a 10yd x 10yd box as shown in the attached images (yellow cones). You'll need to create two "defenders" by placing three cones side-by-side as shown in the first image.

For the "Pass and Move" drill, place a cone in the center of the box to create up to four smaller 5x5 boxes (second image).

Remove the center cone for the "2v2 Pass & Dribble" drill.



Dummy Step (Body Feint)



PREPARATION

Ball

PLAYERS

1 players

(1 ball per player)

INSTRUCTIONS

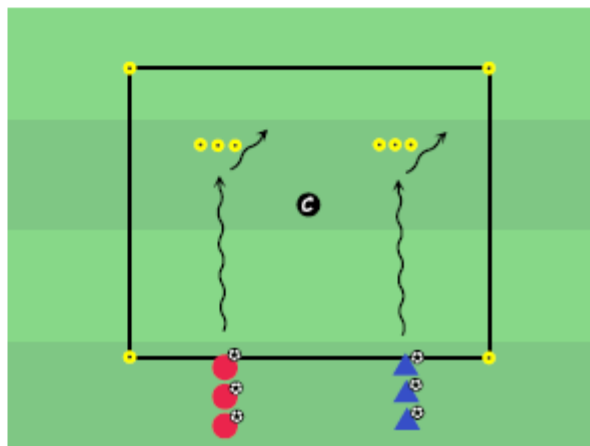
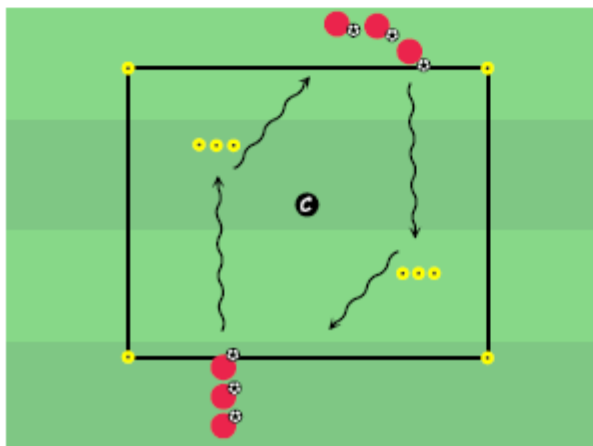
Each player has a ball. Create two lines near opposite corners of the box. At the coach's direction, the first player in each line dribbles toward the "defender" (three cones side-by-side) and performs a body feint or "dummy step" move before dribbling to the back of the line at the opposite corner of 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



Pass & Move



PREPARATION

10 x 10 area

PLAYERS

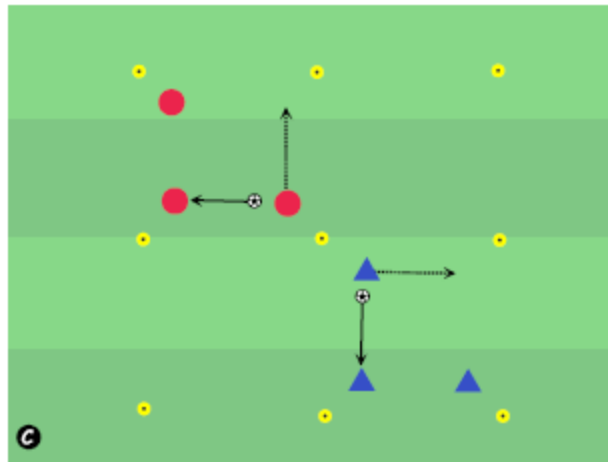
3 players

(1 ball per group)

INSTRUCTIONS

If numbers allow, use two of the four smaller boxes within the grid. Otherwise, this drill can be done in the full 10v10 box and rotate in subs each minute.

Three players should form a triangle shape by standing near one cone of the box (leaves one cone open). The player with the ball will pass to another player and then run to the open space (cone) in the box.



2v2 Keep Away



PREPARATION

Cones, Balls
10 x 10 area

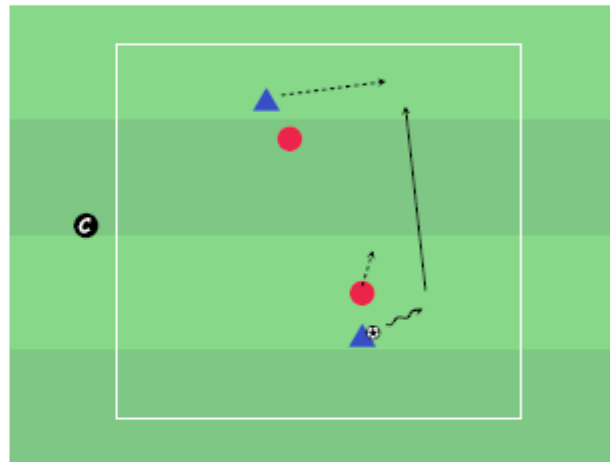
PLAYERS

6 players

INSTRUCTIONS

One ball per game. Players are divided into teams of two for a game of keep away. Player with the ball can dribble and pass to a teammate to keep the opponent from stealing the ball. Teammate without the ball should be moving into space (getting open) to be able to receive a pass.

If the team without the ball gains possession, they now try to keep the ball away from the team that just lost it. Depending on numbers, you may need to rotate subs into the drill.



COACHING POINTS

- What should we be doing without the ball?
Moving into space. Communicating with teammates.
- What are some ways to protect the ball?
Dribbling away from danger (an opponent).
- What should the defending player nearest the ball be doing? Applying pressure to the ball.
- What should cover player be doing?
Communicating to pressure and filling gaps to prevent passing penetration.