

# TUESDAY Week #3 Players: 20

9-10 yr olds (2013-2014 birth year)

Players: 20, Groups: 2 (10 ea)

6:00p

6:00-6:15 **Game: 3v3**

Setup: 20x30 yd field (no cones necessary), PUGG or 6'x10' goals, 3 teams of 3 (pinnies). 15 min

No GK, No boundaries

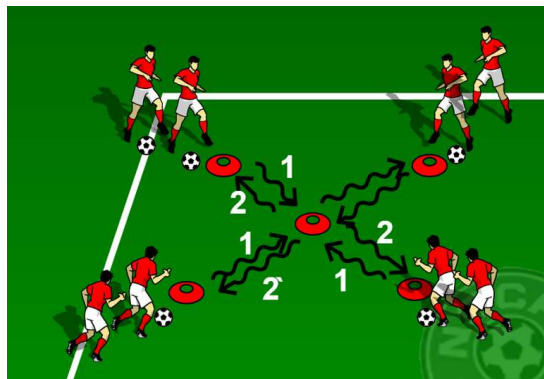
6:15-6:20

BREAK

6:20-6:30 **Training Box**

Setup: 10x10yd area with cones in corners and one cone in middle. Each player with a ball. 6-8 min

Player dribbles to middle cone and changes direction BEFORE reaching cone dribbling back to start position. Coach directs different change of direction skills. Inside cut, Outside cut, Step On Turns, U-Turns, Pull-Push-Behindl, Hook Turn



6:30

6:30-6:40 **Passing, Penetrating Dribble**

Setup: 20x30yd area, no cones

3 players, 8-10 yds apart, pass ball between them (clockwise or counterclockwise). At any time, a player can "test" the other two's readiness but trying to split the players with a dribble. Not over until 2 players got split

Tips: Attacker-Don't dribble on bad receives; Dribble when a pass made is a good one. Accelerate. 1st touch is starts the penetration.

Defenders- anticipate, try not to get split; close the space, try to double team (otherwise 1 pressure, 1 cover).



6:40

6:40-6:50 **6-yard Shooting**

Setup: All players with a ball.

All Players line up on 6 yard line. One after the other, shoot into back of net. Upon completion, all players that scored move to next 6 yard mark. If you miss, go back to beginning. Score only counts if ball when into back of net in the air. No score if outside of frame, hit frame or hit grass.

Progression: weak foot shot, land on shooting foot

Tips: plant foot beside ball, hop to load, shoe laces



6:45-6:50

BREAK

6:50-7:25 **Game: 7v7 / 8v8**

Setup: 40x80 yd field 7v7 or 8v8, 24' goals, 2 balanced teams (pinnies) w/ GK

No special rules, remind no kicking ball over fence "Control"

Keep Score: Losing Team does 5x (difference in score) PUSH-UPS, Winning team does 1/2 of the Loser's number

7:25

7:25-7:30 Close / Cleanup / Lesson Learned?

