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NATIONAL YOUTH CERTIFICATE COURSE

## **LESSON PLAN**

Topic: Dribbling (taking players on)

Age: U-10



ACTIVITY	DESCRIPTION	DIAGRAM	PURPOSE/COACHING POINTS
1. Grid Dribble	All players, with a ball each, dribbling in confined space. Brief demonstrations of a move or two (pull back, step over, etc.)	X. O. O. X.	Warm-up Keeping ball close, using various surfaces
2.			
Everybody is "it" tag game	As in activity #1, but players try to tag others (below neck!). When tagged for 3 <sup>rd</sup> time, dribble to boundary, do 10 ball touches & rejoin game	O. X. O. X. O.	Vision (head up), using moves
3.			
Perimeter Goals	2 players to a ball, interpassing, when coach yells "go", one tries to beat other & dribble through a mini-goal. Only 1 goal can be scored at each goal.	<pre></pre>	Taking players on Deceptive moves Sealing defender once by him

4 v 4 Match condition	4 v 4 strict man to man, no forward passes in front half, score by drilling over end line	X X X O O O	Encouraging dribbling in front half, recognizing 1 v 1's
5.			
6 v 6 to goal	Free play, reward successfully taking a defender on with a point as well as points for goals	K O O O O. O X X X X K	To encourage implementation of days' focus in the game.