

DRIBBLING

It's important to encourage 10U players to dribble freely and express themselves to gain confidence with the ball and dribble to find solutions. Remember, there's a reason why young players want to monopolize the ball...it's FUN!

COACHING POINTS

- Keep head up
- Knees slightly bent and body slightly over the ball for balance
- Arms relaxed and used for balance and protection
- Small touches using laces to keep the ball within one step
- Should be able to stop the ball by putting a foot on it
- Change direction - use both the inside and outside of the foot
- Take larger touches into space to move away from defenders
- Should be able to use fakes/feints (two - three "moves") to beat a defender or keep possession



Everyone Plays® | Balanced Teams | Open Registration
Positive Coaching | Good Sportsmanship | Player Development



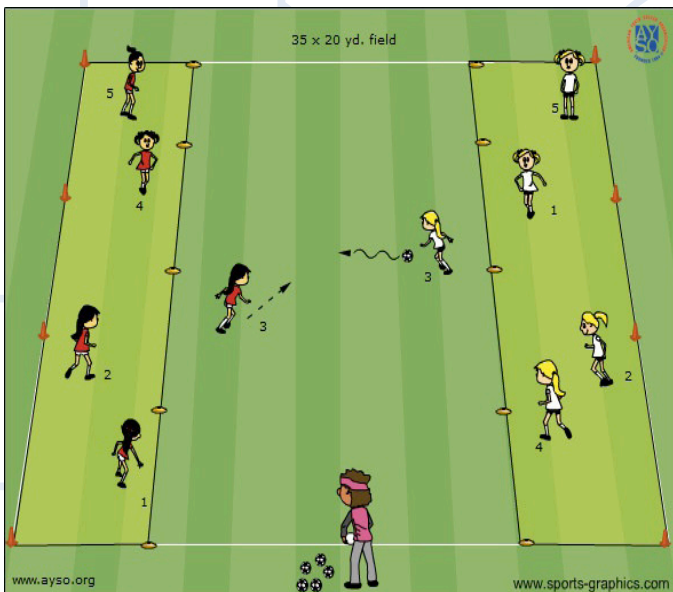
Call Me!



click to animate

Organization:

- 35 x 20 with 4-yd. end zone each side.
- Two goals (wide enough for attackers to score and make rear defending more challenging, i.e., 10 yds).
- Two teams numbered 1 - 5 spaced in each 4-yd. zone
- Extra balls to keep activity flowing.



How to Play:

- Call two numbers to compete 1 v 1 in central zone for offensive break and score. Players called out return to the back zones during the play.
- Players *not* called become "rear defenders" and take up good defending angles (cannot use hands or goal tend).
- 1 v 1 players can use their rear defenders for a back pass.
- Rear defenders can wait until a field player creates space to receive the ball before passing.
- Back players cannot go out of their zone.
- Goals only count below knee height.

Progressions:

- Players can pass a ball until coach calls 1 v 1s.
- Call out two numbers to create 2 v 2.
- Call out two numbers from one team versus one number from the other, i.e., 1 and 3 vs. 2 to create a 2 v 1 (switch next time).
- Add goalkeepers.
- Extra points for fake or move before scoring.