



# SOCA Practice Plan

*Weekly Practices & Exercises for Your Team's Success!*

<b>Age Group:</b>	<b>U10</b>
<b>Week #:</b>	<b>Week 2</b>
<b>Topic:</b>	<b>Dribbling</b>
<b>Equipment:</b>	<b>Balls, Cones, Pinnies</b>

## CRITICAL ANNOUNCEMENTS TO COACH:

- 90 / 10 (90 Seconds of arrival players touch a ball / 10 Minutes of practice players are involved in a game related exercise.
- No Laps, Lines or Lectures! Keep players active, not bored!

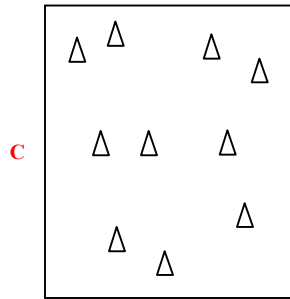
### Field Setup

Show up to your practice 15 minutes before start

Set up practice area; in this plan, the initial training area is 30 yards wide by 40 yards long.

You can distinguish your area by cones. Have your balls, pinnies and extra equipment off to the side but within reach.

Keep your practices moving by keeping breaks short and the players moving!



**C = Coach**

**△ = Tall Cone**

**● = Ball**

**↶ = Turn away from defender**

**Dotted arrow = Pass/Shoot**

**Solid arrow = Run**

**Wavy arrow = Dribble**

## TIME

## SETUP / PLAN

## DIAGRAMS

## COACHING POINTS

### 0-10M

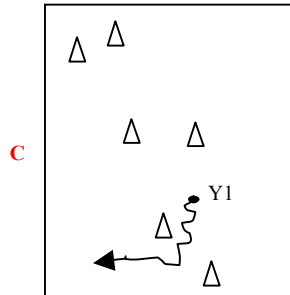
#### WARM-UP PHASE

Goals or Gates = 2 Tall Cones, 3 yards apart; randomly place these around area.

Every player needs a ball.

Players dribble the ball through the gates. They cannot go to the same gate back to back.

As you progress through the first couple of minutes, take the time to show your team dynamic stretches!



Encourage smaller touches to keep the ball close to the feet and under control.

Players must keep their heads up so they can find the next set of gates and not run into other players.

Encourage players to use the inside and outsides of the feet when changing direction.

Encourage players to use both right and left foot to maneuver through the gates.

### 10-35M

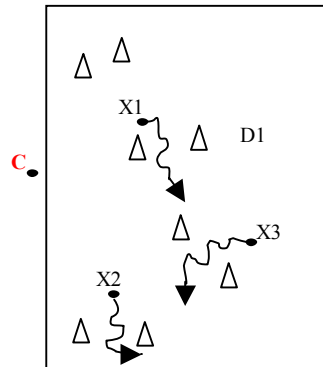
#### TRAINING GAME PHASE

Expand your training area by 10 yards wide and 20 yards long = 40 yards wide by 60 yards long; or shorter if number of players is too small.

Goals or Gates = 2 Tall Cones 3 yards apart; randomly place these around area

All players except for the Defender (D1), need a ball. Play for 1-2 minutes. Players (X's) must dribble the ball through a gate under control = 1 point. The Defender (D1) is trying to prevent players from dribbling through the gates.

After a few rounds, the next progression is to add multiple Defenders, if exercise becomes too easy!



Build off of technical skill points above.

Player dribbling the ball needs to see where the defender is and where a gate is open. Head up.

Player dribbling the ball must utilize changing direction to get through the gates and to away from the pressure of the defender.

Player dribbling the ball must utilize changing speeds to explode through the gates and to get away from the pressure of the defender.

### 35-55M

#### SCRIMMAGE – WITH and WITHOUT RESTRICTIONS

Game or Scrimmage Play! Clear the area of all equipment. Place a goal at each end-line. You can begin with end-lines (dribbling over the end-line= 1 point, scoring a goal= 3 points) and gradually take away those restrictions so that the players enjoy the game!

Look for successful moments of dribbling!

Praise players for the correct technique.

Focus on increasing confidence through positive reinforcement and limited constructive criticism.

### 55-60M

#### END OF TRAINING TEAM TALK!

**Summary of Your Training! Ask your players what they have learned. Help them learn the most important points of the session. Ideally, they should talk about the Dribbling skill/fundamental; help them break it down so they know how to succeed, fix it on their own and have fun!**