



# LOCKPORT SOCCER

Program Curriculum

U10

2016



# Weeks 1 & 2: Dribbling

## 1. 6 Surface Dribble

Players will dribble the soccer ball in open area

- Start with one foot: perform the 6 surfaces
  1. Outside of the foot touch
  2. Inside of the foot touch
  3. Laces (instep) to push ball away
  4. Bottom (sole) to drag ball back
  5. Toe to push the ball away
  6. Heel to bring the ball back behind you to turn
- Use both feet to do the 6 surfaces
- Speed dribble with laces

## 2. Introduce Micro Moves - Say, show, do, review with players - 10 mins

Pull Back, Step-over, Hagi (3 touch circle Inside/Outside Turn), Marquetic/Fake n' Take (Shoulder Fakes), Messi (Stop & Go), Scissors



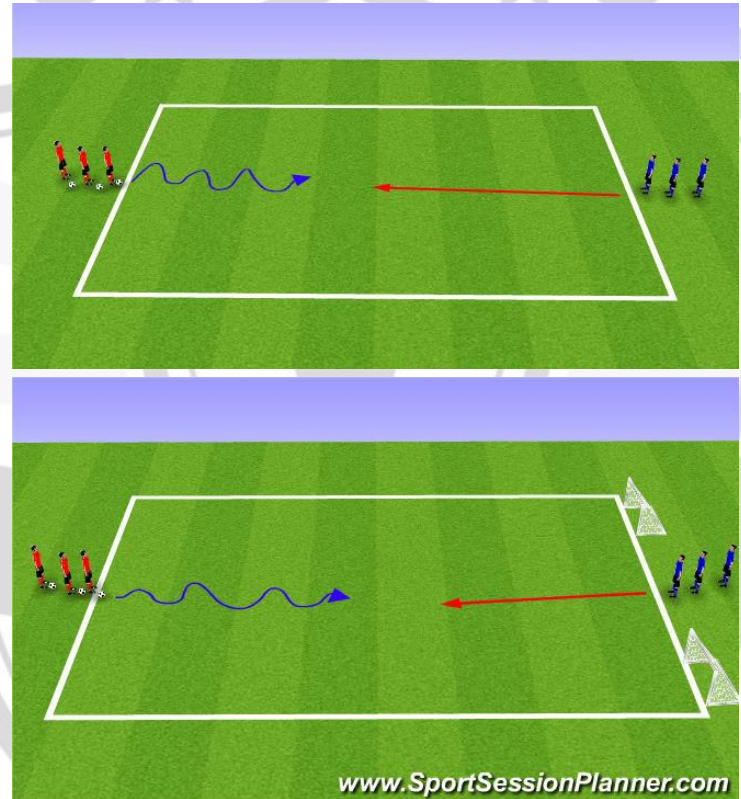


# Weeks 1 & 2: Dribbling

## 3. 1v1 to end line: 10x15 - 10 mins

- Form 2 groups - have a group start with ball and dribble at opponent
  - Score by dribbling over end line
  - Emphasis using a move, change of speed, change of direction
- Progress to add 2 gates on end line for player to score in

## 4. Game Numbers scrimmage with GK - (with coach after trainer)





# Week 3: Dribbling/Passing

## 1. Warm-up, Review Micro Moves - Say, Show, Do, Review with players - 5 mins

- Pull Back, Step-over, Hagi (3 touch circle Inside/Outside Turn)
- Margetic/Fake n' Take (Shoulder Fakes)
- Messi (Stop & Go)
- Scissors





# Week 3: Dribbling/Passing

## 2. Partners Passing - 10 mins

- Pass & move in open space
- Passing technique
  - Plant foot position
  - Toe up, ankle locked, knee bent
  - Strike through center of ball
  - Follow through
  - Weight of pass
- Receive with inside of foot across your body
  - Absorb ball on contact
  - Receive on center of ball
  - Push ball in attacking direction
- Give & Go with partner





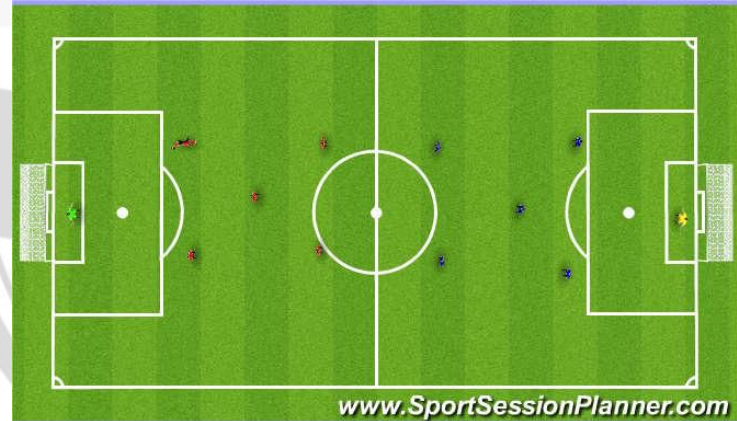
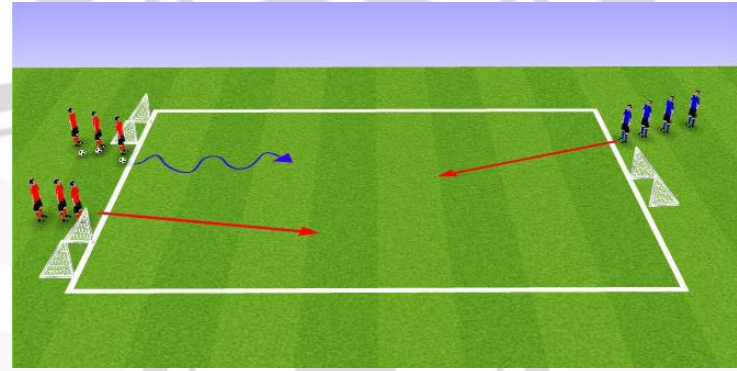


# Week 3: Dribbling/Passing

## 3. 2v1 to small goal w/ 2 goal counter: 15x20 – 15 mins

- Form 2 groups
  - Attacking group scores in 1 small goal
  - Defensive group can score in 2 small goals if they win ball
- Players pass with each other and score by passing ball into goal
  - Emphasis passing technique
  - When to pass when to dribble
  - Using a move

## 4. Game Numbers scrimmage with GK - (with coach after trainer)





# Week 4: Dribbling/Defending

## 1. Warm-up - Review 6 Surface Dribble - 5 mins

Players will dribble the soccer ball in open area

- Start with one foot: perform the 6 surfaces - Outside of the foot touch - Inside of the foot touch - Laces (instep) to push ball away - Bottom (sole) to drag ball back - Toe to push the ball away - Heel to bring the ball back behind you to turn
- Use both feet to do the 6 surfaces
- Speed dribble with laces

## 2. Defending: 1v1 to gate: 10x15 - 10-15 mins

- Attacker must make a move and dribble through gate to score
- Defender can shoot if they win ball
- 1st defender (Pressure)
  - Close down space between attacker
  - Bend approach to ball
  - Slow down and inch in on the ball
  - Sideways on



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# Week 4: Dribbling/Defending

## 3. 2v2 to gates: 20x30 - 10-15 mins

- Place 2 gates on end line
- Attacking team can score by making a move and dribbling through either gate
- Defending team can shoot if they win ball
- 1st defender (Pressure)
  - Closest player to the ball
- 2nd defender (Cover)
  - Diagonally behind 1st defender
  - Guards the space, open attacker and covers 1st defender
- Emphasize buzzwords Pressure & Cover
  - Review coaching points for 1st defender and 2nd defender

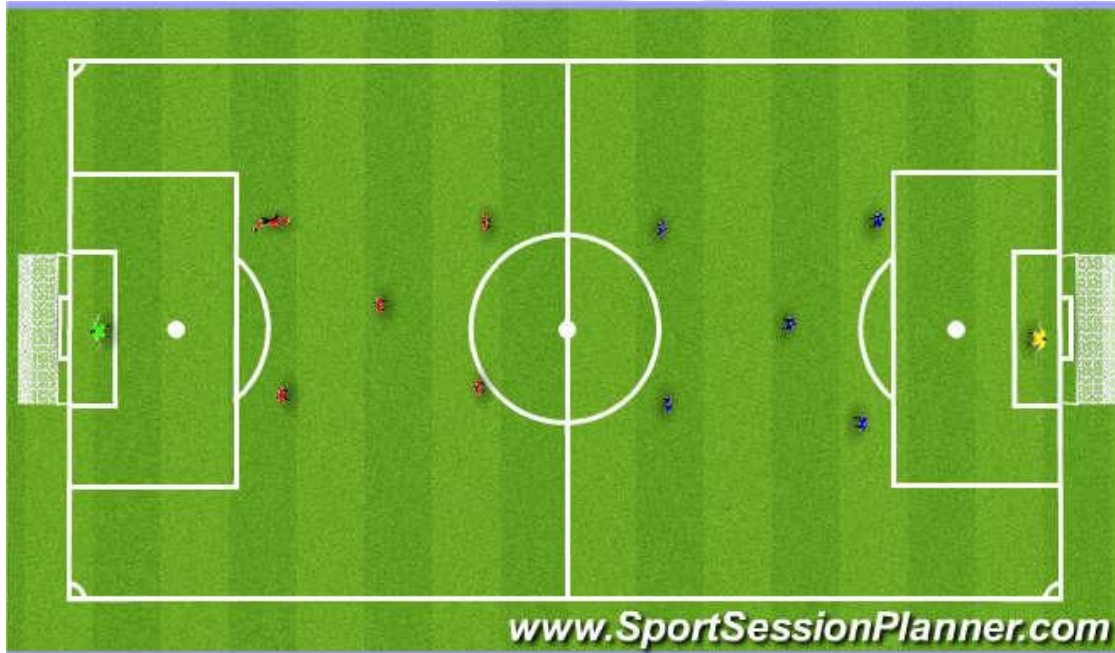






# Week 4: Dribbling/Defending

## 4. Game Numbers scrimmage with GK (with coach after trainer)





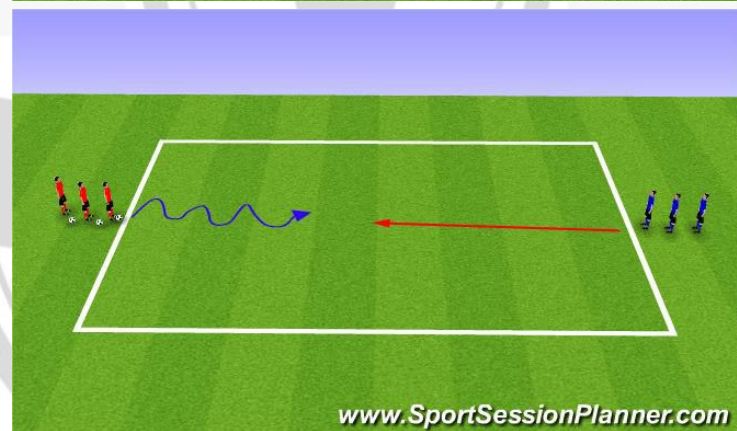
# Weeks 5 & 6: Dribbling Review/Juggling

## 1. Warm Up: Dribbling review - 5 mins

- Away from Pressure:
  - Pull Back, Step-over, Hagi (3 touch circle with Inside/Outside Turn), Ronaldo/Quick Stop, Cryuff
- Beat a defender:
  - Margetic/Fake n' Take (Shoulder Fakes), Messi (Stop n' Go), Scissors

## 2. 1v1 to end line: 10x15 - 10 mins

- Form 2 groups- have a group start with ball and dribble at opponent
  - Score by dribbling over end line
  - Emphasis using a move, change of speed, change of direction
- Progress to add 2 gates on end line for player to score in





# Weeks 5 & 6: Dribbling Review/Juggling

## 3. Juggling - 15 mins

Juggling surfaces

- Head
  - Bend knees and push ball up
- Thighs
  - No knees
  - Marching band
- Feet
  - Alternate feet
  - Juggle 2 times then let ball bounce and juggle again
- High score

## 4. Game Numbers scrimmage with GK - (with coach after trainer)

