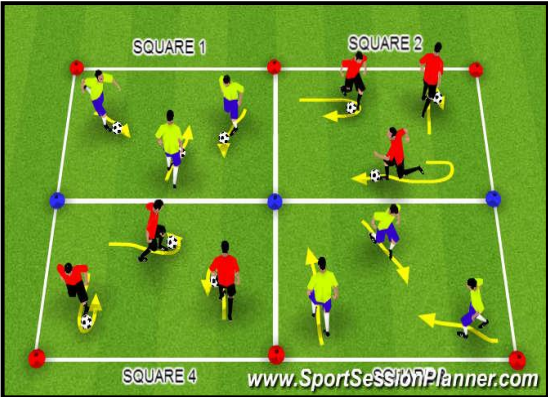
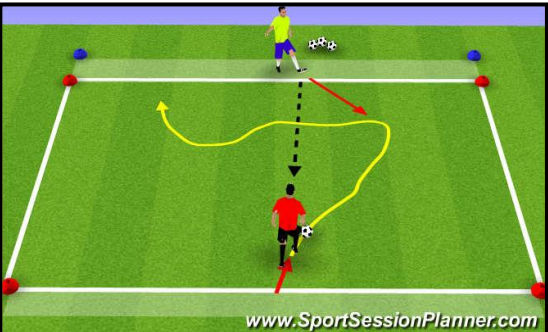
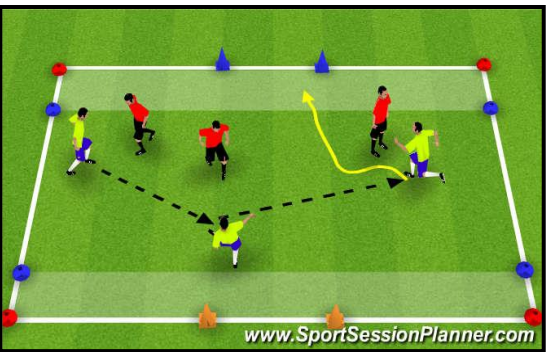


U10/CUBS LESSON PLANS WEEK - 1

Module 1: Dribbling

Topic: Ball Manipulation

Objective: To improve the player's ability to manipulate the Soccer ball with all parts of the foot

Stage	Organization	Diagram	Guided Questions
<p style="text-align: center;">Stage I Technical Warm up</p>	<p>4 Squares:</p> <ul style="list-style-type: none"> • Area: Divide a 30Lx 25W square into 4 quadrants • Place 3-4 players in each quadrant • Procedure: Players will perform... <ul style="list-style-type: none"> ○ Square 1: inside, outside, stop and switch foot ○ Square 2: laces, lace, laces and inside of the foot cut ○ Square 3: inside, outside, stop, heel and switch foot ○ Square 4: laces, lace, lace and outside of the foot hook • Players must have at least 5 touches on the ball before performing the task again. • At the coaches command players will change squares. 		<ul style="list-style-type: none"> • What surface of the foot to use? • Where is the space to go? • How far is the ball from the player? • Where should the players eyes be?
<p style="text-align: center;">Stage II Small Sided Activity</p>	<p>1v1 to End Zones</p> <ul style="list-style-type: none"> • Area: 20Lx 15W • Play 1v1 to dribble into the opponent's End Zone • Yellow will defend Red. If yellow gets the ball, then he dribbles into Red's End Zone 		<ul style="list-style-type: none"> • What surface of the foot to use to receive and dribble the soccer ball? • Where will the player's first touch be? • Where is the space to attack? • How far is the ball from the player? • Where should the players eyes be looking? • How fast should the player dribble after he beats the opponent?
<p style="text-align: center;">Stage III Expanded Small Sided Activity</p>	<p>3v3 to Scoring End Zones:</p> <ul style="list-style-type: none"> • Area: 35Lx 30W yard grid with a 5 yard end zone in each end with a goal placed on each end line. The goals are about 3-4 yards each • Teams play to score by dribbling into the scoring zone and either shooting or dribbling through the goal. • Score: <ul style="list-style-type: none"> ○ Shooting: 10 pts. ○ Dribbling: 100 pts. 		<ul style="list-style-type: none"> • What surface of the foot to use to receive and dribble the soccer ball? • Where will the player's first touch be? • Where is the space to go? • How far is the ball from the player? • Where should the players eyes be looking? • How fast should the player dribble after he beats the opponent? • When and how to turn? • When to dribble when to possess?
<p style="text-align: center;">Stage IV Conditioned Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to dribble 		