




U10/CUBS LESSON PLANS WEEK - 2

Module 1: Dribbling

Topic: Running with the ball

Objective: To improve the player's ability to run with the soccer ball

Stage	Organization	Diagram	Guided Questions
<p style="text-align: center;">Stage I Technical Warm up</p>	<p><u>Cone Running Competition:</u> Players will dribble out to the cone and do an inside cut around the cone. Once back to the start line, the other player will go out and repeat. Variation 1 : Outside Cut</p> <p>Variation 2: pull back</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What part of the foot should the players be using? • Where on the field would this skill be used? • What should a player be doing as space is taken?
<p style="text-align: center;">Stage II Small Sided Activity</p>	<p><u>2v1 to end lines:</u> 2v1 to end lines. Two attackers against one defender. Attacking team can dribble across the end line for a point. The defender acts as a "floating" off-sides line so the attacking team stays true to the rules of the game.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • When should the attacker continue on the dribble? • What part of the foot will the attacker use to go forward • Where should the supporting player be?
<p style="text-align: center;">Stage III Expanded Small Sided Activity</p>	<p><u>3v3 to goal with gates:</u> 3v3 to central goals. If a player scores on the goal, 1 point. If a player dribbles through one of the cones and passes to a teammate to score, 5 points. If a player dribbles through one of the two gates and then scores, 10 points.</p>	 <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • When should the gates be utilized? • What are the visual cues to attack on the dribble? • What part of the foot is used when running with the ball?
<p style="text-align: center;">Stage IV Conditioned Game</p>	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and where to run with the ball 		