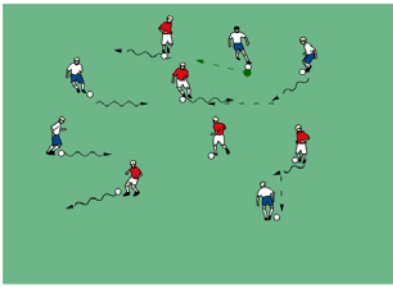

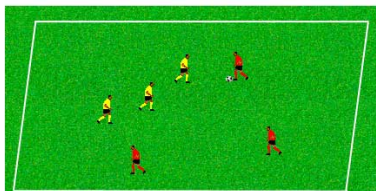


Indiana Youth Soccer Association Lesson Plans

Author: Vince Ganzberg

Age Group: U10

Topic: Finding Space (Dribbling with the head up)

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Warm-Up</p> <p>Grid Dribbling</p>	<p>All players have a ball inside a grid. Instruct the players to dribble and stay away from each other. After a short bit stop players and see if the group is equally spread out around the grid.</p>		<ul style="list-style-type: none"> • Dribbling w/Head up • Find the space.
<p>2</p> <p>Match Related</p> <p>Dribble Tag (Hospital)</p>	<p>All players have a ball inside a grid. Players try and tag players in the arm. If a player gets tagged on arm, they have to hold that arm. If get tagged on the other arm they hold it and dribble to a place outside the grid, do 10 touch-ups and then can go back and tagging people.</p>		<ul style="list-style-type: none"> • Finding space to be safe • Changing Direction • Changing Speed • Head up!
<p>3</p> <p>Match Related</p> <p>3v3 Endzones</p>	<p>Divide players into groups of 3. Play 3v3 inside a grid of about 25x20. A team gets a point if they can dribble to the endline and stop the ball.</p>		<ul style="list-style-type: none"> • Finding Space with ball • Changing direction
<p>4</p> <p>Match Condition</p> <p>3v3-4v4 fewer players to get maximum touches.</p>	<p>Space is very tight to keep players under constant pressure.</p>	