



<b>Name:</b> Fabien Lewis	<b>Team:</b> U10	<b>Day:</b> 1	<b>Duration:</b> 60 Minutes
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**Description:** This session would focus on receiving the ball out of the air using different body surfaces. Players will then apply their skills to real game situation.

<p>© Copyright www.academysoccercoach.co.uk 2017</p>	<p><b>Activity:</b> Juggling (15 minutes)</p> <p><b>Organization:</b> 1 player, 1 ball in a 20 x 20 yard grid. <u>Progression I:</u> Dribbling in any direction to get acquainted with area. Incorporate dynamic stretching. <u>Progression II:</u> Juggling with laces and receiving with laces. <u>Progression III:</u> Juggling with laces and receiving with thigh. <u>Progression IV:</u> Juggling with laces and receiving with chest. After control with different body surface, players should dribble for about 5 yards before repeating activity.</p> <p><b>Coaching Points:</b> (1) 1 touch, 1 step on dribble. (2) Dip shoulders, bend your knees and cushion ball close to ground with laces. (3) Receiving ball with middle of thigh and quickly bring foot behind body (4) Hands shoulder height to protect ball, cushion ball with chest.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> 1 v 1 offensive (10 minutes)</p> <p><b>Organization:</b> In 12 x 10 yard grid. Player A has the ball in his hands and serves it to Player B. Player B will control ball out of the air and go 1 v 1 with Player A. Player B scores by dribbling over the line. Use different body surfaces.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Drive straight at defender standing leg (3) Change direction, change speed (4) Transition</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> 4 v 4 + 1 &amp; 2 goalkeepers (15 minutes)</p> <p><b>Organization:</b> In 30 x 25 yard grid, both teams are going to big goals. Encourage players to create space to receive ball out of air from throw-in. Use throw in for restarts to get the players more repetition on controlling the ball out the air.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Check away – check too, to create space to receive ball (3) Angle of approach to receive the ball (4) Don't ball watching.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Scrimmage (20 minutes)</p> <p><b>Organization:</b> In half a field, 6 v 6 + 2 goalkeepers in 40 x 35 yard grid. All rules apply.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points (2) Enjoy</p>