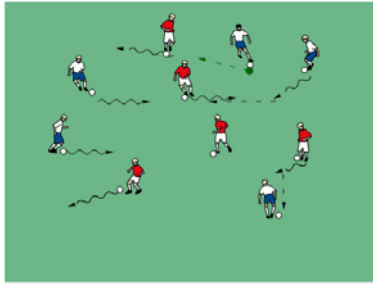
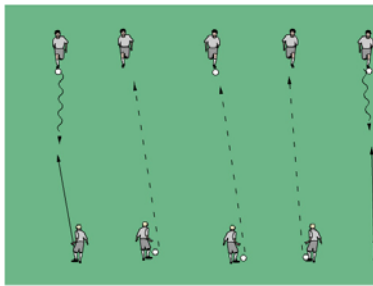
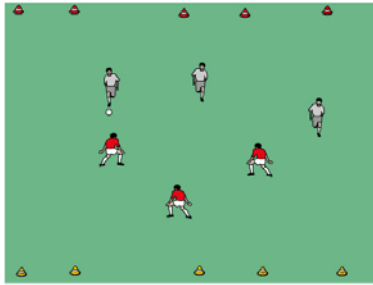


# Indiana Youth Soccer Association Lesson Plans

Author: Vince Ganzberg

Age Group: U10

Topic: Improving Individual Possession

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p><b>Warm-Up Grid Dribbling</b></p>	<p>All players have a ball inside a grid. Instruct the players to use different turns when near an opponent. Some of the turns: a) Cryff; b) Cut back; c) Step over; d) Roll over b) After showing them some of the turns, then instruct players that when they dribbled to an outside line to act like it's an opponent and to get away.</p>		<p>Dribbling w/Head up Sell the fakes</p>
<p>2</p> <p><b>Match Related 1v1</b></p>	<p>Players get into pairs and are about 10 yds apart. They pass the ball back and forth to each other using two touches. When the coach yelled "play" whoever had the ball tried to shield it from their opponent. Progress to groups of 3. One player passing the other two work as an attacker and a defender. The attacker works on receiving the ball and turning past the defender.</p>		<p>Positioning of body- Between defending player and ball Make contact w/ defending player</p>
<p>3</p> <p><b>Match Related 3v3-Countdown</b></p>	<p>Two teams of three. Each team has three goals to defend and three to attack. When a team scores a goal, the team scored upon has to "close" one of their three goals. Continue until one team has no more goals to "close".</p>		<p>Individual techniques w/ball Individual decisions w/ball</p>
<p>4</p> <p><b>Match Condition 3v3-4v4 (fewer numbers so they get more touches)</b></p>	<p><b>Space is very tight to keep players under constant pressure.</b></p>	