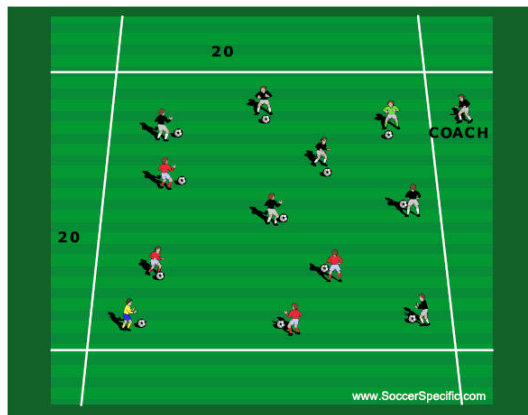


## Valley United U9/10



### ACTIVITY #2

**Set up:** "Tread the Grapes" Warm-up for 8-10's. A 20 X 20 yard Playing area with 12 players - 1 ball each.

**Instructions:** Players stop dribbling when the coach says "tread the grapes"! Players then jog in place over the ball until the coach says "move away"! Players move away using:

- outside of the foot; inside of the foot; sidestep; scissors; step over; drag push etc.

**Coaching Points:**

Eyes up as players dribble!

Players need to "move away" at an angle - not straight ahead.

Variation: players perform moves while moving - change of pace important

As players improve, they must do 1 push-up if they or their ball touches another player

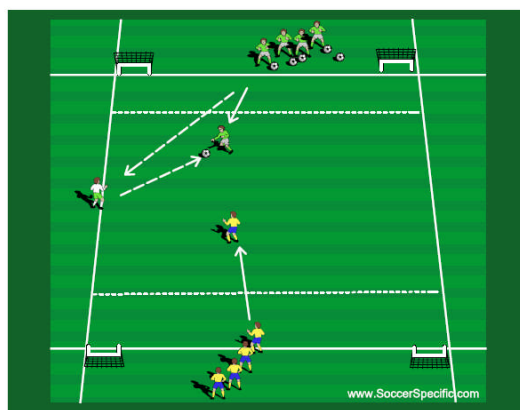


### ACTIVITY #2

**Set up:** 4 Corners COD with Passive Defender: 8 players arranged 2 per corner on a 10 X 10 Grid. Good supply of Balls.

**Instructions:** First Player at A and C corners dribbles to the middle and performs a Change of Direction with a passive defender on them. The players at B and D then go. Players repeat COD skills with increasing speed and sharpness. Inside Cuts, Outside Cuts, Contis, Cryuffs, and Step Overs.

**Coaching Points:** Dribblers make sure that when they perform the COD that the ball is shielded at all times and that they use quick "get away" steps.



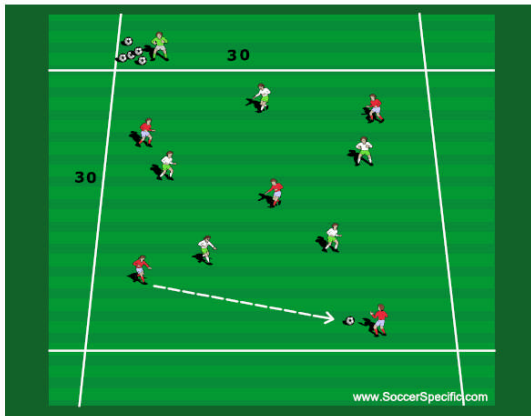
### ACTIVITY #7

**Set up:** One v One - to Two v Two with Pugs: 12 players, 4 pugs in a 20 X 20 Area. Good supply of balls

**Instructions:** Pass into coach for a 1-2; attackers use feints and quick stops and starts and explosive COD's to beat defender.

Must only shoot within 4 yards. Defenders can also score if they dispossess attackers. Switch roles after 7 minutes. Coach will vary the return pass....

**Coaching Points:** Move to 2 v 2 and start coaching combinations, especially overlaps. Player with or without the ball can overlap.

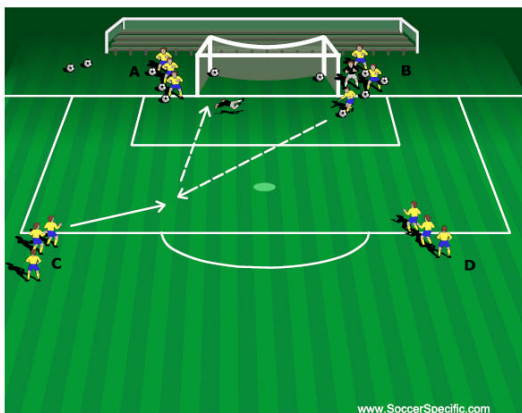


#### ACTIVITY #12

**Set up:** Blackjack: Two teams of 4-6 with one ball in a 30 X 30 area.

**Instructions:** The object of the exercise is to keep the ball and build up the score by successfully completing one-touch passes. First to 21 wins. Keep possession first - even if it means more than one touch or dribbling - then try to get the one touch pass.

**Coaching Points:** Play with eyes up and try to anticipate the next pass. Move and get open at all times. Call "feet" to remind team mates of an accurate low pass. Look over the shoulder before ball gets to you.



#### ACTIVITY #2

**Set up:** 4 Corners Shooting Finishing Drill: One Goalmouth - 12 players - 2 Goalies - Soccer Balls

**Instructions:** Position B passes on the ground to Player at C who drives a hard SIDEFOOT shot to goal. Player at A then passed to position D who uses the OUTSIDE of the /foot/laces to finish on goal. Players rotate clockwise. Left footers reverse contact areas. Goalies save two shots in a row then rotate out.

**Coaching Points:** Hit the TOP part of the middle of the Ball to keep it low. ONE TOUCH Shooting only!