



## Week 17 ADP U8-U10

**Category:** Technical: Ball Control

**Difficulty:** Moderate | **Start Time:** 15-Feb-2017 17:00h

Am-Club: Oakville Soccer Club  
Carl Horton, Oakville, Canada

### Individual Possession (10 mins)

**Organization:**

Players are divided in to pairs. Each player has a ball. A 25x25 yard area is divided up to create 6 boxes approx 8x8 yards.

**Procedure:**

Players have 30 seconds to play 1v1 and try and touch each others ball as many times as they can. A point awarded everytime they touch opponents ball. The player who touches their opponents ball the most in 30 seconds is the winner.

Players must be in close control of their own ball at all times & cannot leave it. Players count up the score and have the winner move up in a ladder system.

Create a 'World Cup Final Square', where the winner in that square stays in it.

Use rock, paper, scissors to decide a tie.

**Progression:**

Play with one ball where players shield for 15 seconds before swapping. Who ever gets the least touches on their ball wins.

**Emphasis:**

Use upper body to protect ball.

Keep ball close.

Use different parts of foot to control the ball.



### 3v3/ 4v4 (A) (10 mins)

**Small Sided Game: 3v3 or 4v4 depending on number of players.**

**Organisation:**

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4 with retreat line.

**Procedure:**

Players play man to man and pick an opponant to play against so that they are always under pressure. (3, 1v1s) The game should be played with 3 or 4 balls depending on the numbers on the field. Rotate the players every 2 minutes to allow for different competition.

**Coaching Points.**

Head up to see opponant and ball

Change of speed and direction

Attack space behind defender

**Emphasis:**

FUN



### 6V6 with Retreat Line - (A) (10 mins)

**6v6 with the Retreat Line.**

**Organization:**

Players placed on to a field 35 x 45 into 2 teams of 6.

**Procedure:**

If the ball goes out of the field players can make the decision to either pass or dribble in, Once the ball has been saved or gone out for a goal kick defensive team must retreat to the retreat line at half way.

Allow the players to play.

**Emphasis:**

Head up to see opponant and ball

Decision making

Change of speed and direction

Attack space behind defender



## 1v1 to goal (10 mins)

### Organization:

Players are divided into pairs. 2 teams, a goalkeeper and a server. Set up as shown in the diagram.

### Procedure:

Ball starts with the server who plays the ball into the middle of the area.

Players play 1v1 and whoever gets to the ball first is the attacker. The opponent becomes the defender. Players play 1v1 to score on goal. If attacker cannot manage to turn and shoot they can bounce the ball off the server.

If the defender wins the ball, dribble over the end line for a point.

### Progression:

Play 2v2 and create a mini competition.

### Coaching Points:

- Use upper body to protect ball
- Head up to see opponent and ball
- Change of speed and direction
- Attack space behind defender

