

# Sharks and Surfers

**Age: U10**

**Level: Technique with Passive Pressure**

**Objective: Dribbling the ball to a target**



Scan the code to see the practice:



## Organization:

Set up a grid 30x20 yards.

Players have a ball each, along one side of the grid. Coach stands in the middle of the grid.

The object is for the players (SURFERS) to dribble the ball (SURF BOARD) across the grid (THE OCEAN) to the other side.

The coach starts as the only shark in the ocean but, if the coach kicks a player's ball out of the grid, then the player becomes a shark with the coach.

The Surfers only go from one side to the other on the coach's call.

Players stop when they arrive at one end and wait for all sharks to line up and then the coach calls surfers to go back the other way.

The winner surfers are the last to have their ball kicked out of the grid.

Play until one or two surfers are left then play again with all players starting as surfers again.

## Coaching Points:

- 1: Close control and ball familiarity - Keep the soccer ball close to you as you dribble across
- 2: Head up as often as possible so you can see where the sharks are
- 3: Encourage players to try different dribbling moves to go around the sharks
- 4: Keep body in between defender and ball to protect it

# 1v1 active defending

**Age: U10**

**Level: Technique with Full Pressure**

**Objective: Dribbling skills against the defender**



Scan the code to see the practice:



## Organization:

Players are grouped in 4s in a 10 x 20 yard grid. One player is designated as a defender and stands on the middle line of the area. The attacker attempts to dribble across the area passed the defender using a move. The defender can only move along the center line and not come off it to tackle. The attacker then passes the ball to the player located on the opposite end line. They then dribble back and try to beat the defender. If the defender wins the ball, they rotate roles with the attacker becoming the defender.

## Coaching Points:

- 1: Dribbling fundamentals: Head-up to see where the defender is, close ball control
- 2: Diagonal approach: Take the ball towards one side of the defender, then attack opposite side.
- 3: Run at the defender to commit them and then change direction with a skill or turn
- 4: Positive attitude to beat the defenders with a move
- 5: Make the most of any space and team mates you may have
- 6: Protect the ball from defender either during the move or after you have beaten them

# 2v1 Defending 2v1

**Age: U10**

**Level: Technique with Full Pressure**

**Objective: Beating a defender.**



Scan the code to see the practice:



## Organization:

Set out a 20 x 10 area. Place 4 goals in the grid with 2 goals at each end of located in the corners. Duplicate the area as needed. Defenders start in the opposite corner to the attacker. The drill begins by the defenders passing the ball diagonally to the attacker. The defenders become active on the attacker's 1st touch. One attacker then attempts to score by running or passing the ball, through either goal. The defenders attempt to win the ball or force the attacker and the ball out of the area. Players rotate roles. Add scores to bring competitive edge to the drill.

## Coaching Points:

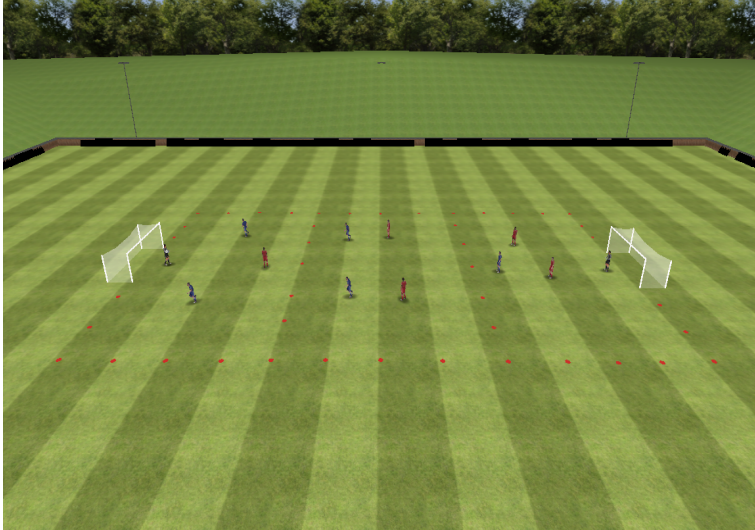
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- 4: Positive attitude to beat the defenders with a move
- 5: Make the most of any space and team mates you may have
- 6: Protect the ball from defender either during the move or after you have beaten them

# Conditioned Scrimmage

**Age: U10**

**Level: Small Sided Game**

**Objective: Dribbling in a small sided game**



Scan the code to see the practice:



## Organization:

Set up a 60x40 playing area. Split the field into equal thirds. Normal rules apply but in the attacking third, player must beat a defender before passing or shooting. They can shoot at any opportunity.

## Coaching Points:

- 1: Create space as a team by spreading out
- 2: Shift the ball across the field and expose opportunities to dribble 1v1
- 3: Attitude and confidence of players to beat defenders on the dribble
- 4: Commit the defender, change direction with a move and then accelerate past them
- 5: Positive: Run at the defenders diagonally to open up space.