



# U10 – Session 1

## Dribbling / 1v1 Attacking

### Intentional Free Play:

Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



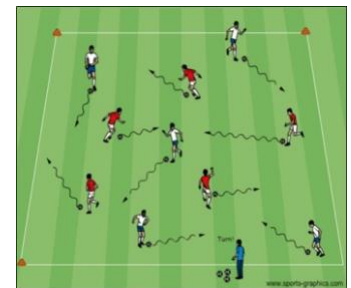
### Technical Box:

All players dribbling in a defined space. Players should use all surfaces of their feet.

**Coach:** Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc.

**Version 2:** Walk around and put pressure on the players.

**Version 3:** Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.



### 1v1 to Two Small Goals:

In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to their opponent who then attacks the small goal. Passing through the goal is 1 point and dribbling through the goal is 3 points. Each player keeps track of their own score.

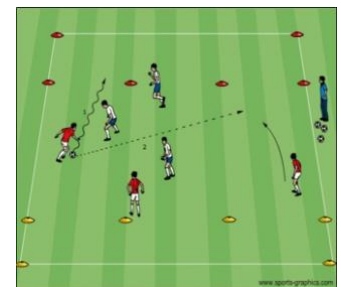
**Coach:** The goals are 4 yards wide.



### 3v3 End-zone Game:

Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control.

**Coach:** Encourage players to recognize opportunities to burst into space under control.



### Scrimmage:

Create field based on playing numbers and size of area.

