



### New York Red Bulls – Session Planning Template

Coach Name	Will Graham	Session Date	
Age Group/Name	U10	Session Length	90 Minutes
Topic	Dribbling	Area Size	60 x 40 yards

#### Key Learning Outcomes

1. Keep the ball close	4. Use of moves to beat opponent
2. Keep head up to see where you are going	5. Using inside and outside of foot to manipulate the ball
3. Toe down-Heel up to ensure correct contact	6. Stop the ball with sole of the foot

Diagram	Organization	Coaching Points
	<ul style="list-style-type: none"> <li>• 20 x 20 yard area</li> <li>• Split into 4 10 x 10's</li> <li>• 4/5 players per square, each dribbling in mini-square</li> <li>• On coaches call, each team rotates 1 box to the left or right</li> </ul>	<ul style="list-style-type: none"> <li>• Head up to view and attack the space</li> <li>• Keep ball close to feet</li> <li>• Accelerate into space then slow down again</li> </ul>
	<ul style="list-style-type: none"> <li>• Working in pairs</li> <li>• 2 cones 10 yards apart</li> <li>• Start w/o balls</li> <li>• Leader must touch their cone before "reflection" touches the same cone</li> </ul>	<ul style="list-style-type: none"> <li>• Quick feet</li> <li>• Feint movements</li> <li>• Try and put partner off balance</li> <li>• Change speed and direction</li> </ul> <p>P = Add a ball</p>
	<ul style="list-style-type: none"> <li>• 2 teams face each other 5 yards apart</li> <li>• Each player with a ball</li> <li>• Coach yells "RED" the red team must turn and dribble their ball to their end line before the Yellows tag them</li> </ul>	<ul style="list-style-type: none"> <li>• Quick turns</li> <li>• Get ball out of feet</li> <li>• Accelerate away from danger</li> </ul>



	<ul style="list-style-type: none"> <li>• 20 x 20 split into 4 10 x 10 boxes</li> <li>• Players working in pairs</li> <li>• 1 Ball between 2</li> <li>• Player with ball must try and get to as many points on the triangle as the can in 1 minute w/o losing ball to defender</li> </ul>	<ul style="list-style-type: none"> <li>• Change of speed and direction</li> <li>• Shield ball from defender until attacking opportunity arises</li> <li>• Keep ball close</li> </ul>
	<ul style="list-style-type: none"> <li>• 30 x 20 yard area</li> <li>• 2 defenders on the 10 and 20 yard lines, gate on the 30 yard line</li> <li>• Players have to dribble past the defenders 1 by 1 to get thru the end gate</li> <li>• Defenders cannot leave their line</li> </ul>	<ul style="list-style-type: none"> <li>• Slow to approach</li> <li>• Quick to get away from danger</li> <li>• Use feints and moves to put defender off balance</li> <li>• Attack the space behind</li> </ul> <p>P = Defenders can now leave their lines and defend a 10 yard zone</p>
	<ul style="list-style-type: none"> <li>• 4v4 dribbling to end zone</li> <li>• 40 x 30 yard area</li> <li>• 5 yard end zones at each end of field</li> <li>• Cones or flags for mini goal</li> </ul>	<ul style="list-style-type: none"> <li>• 1 point for dribbling in to end zone</li> <li>• 3 points for dribbling through gates on the wings</li> </ul>