

# GIRLS U10

## Warm Up

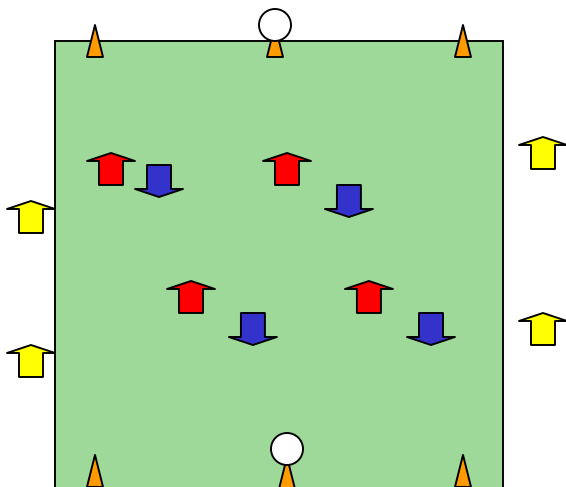
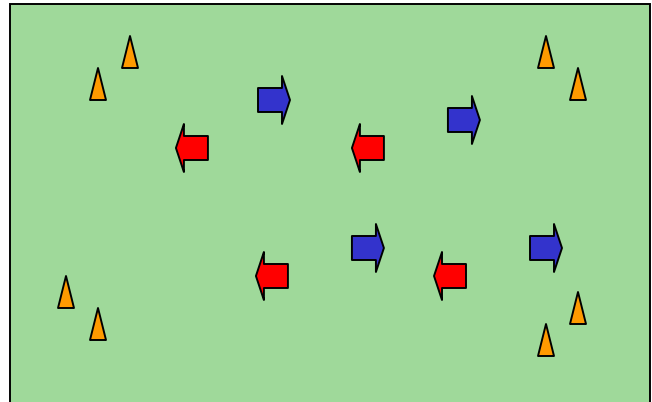
Small square, many touches - Timed taps/foundation (# in 30 seconds) dribble, better the number  
Partners - wickets game

- Two players to a ball moving all over the field, pass and move using various passing combinations
- Assess the players as they are warming up
- Ask the player questions. What is combination play? A take-over? A give-and-go? A double give-and-go? An overlapping run? etc. Have the players try them
- Have players work on take-overs. Right foot to right foot then left foot to left foot
- The player with the ball makes the decision to leave for his teammate
- Players in groups of four moving all over the field. Must do a take-over followed by a give-and-go within the group
- Emphasis on players getting into a position where they could see the three other players in the group and as many players in the other groups as possible
- Don't get too close or too tight to your group mates
- Stop and ask players how many other players they can see and support?
- Players were not allowed to stand and wait for the ball. Must be constantly moving

4 v 4 in medium large square

Goals are scored through small cones but must not leave the field. Control.

Cross passes. Spread out.



Review positioning

Timed scrimmage

“King of the court” 3 minutes hard charging

Most goals stay - OR - new team stays on

Try triangle game for finishing ...