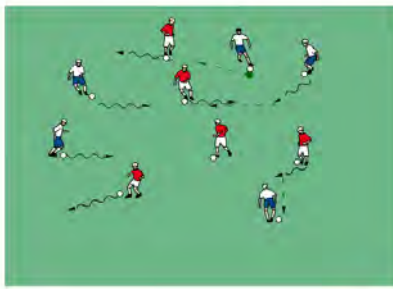
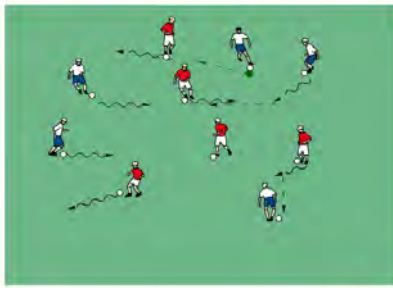
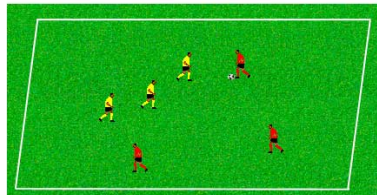


# Indiana Youth Soccer Association Lesson Plans

Author: Vince Ganzberg

Age Group: U10

Topic: Finding Space (Dribbling with the head up)

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p><b>Warm-Up</b></p> <p><b>Grid Dribbling</b></p>	<p>All players have a ball inside a grid. Instruct the players to dribble and stay away from each other. After a short bit stop players and see if the group is equally spread out around the grid.</p>		<ul style="list-style-type: none"> <li>• Dribbling w/Head up</li> <li>• Find the space.</li> </ul>
<p>2</p> <p><b>Match Related</b></p> <p><b>Dribble Tag (Hospital)</b></p>	<p>All players have a ball inside a grid. Players try and tag players in the arm. If a player gets tagged on arm, they have to hold that arm. If get tagged on the other arm they hold it and dribble to a place outside the grid, do 10 touch-ups and then can go back and tagging people.</p>		<ul style="list-style-type: none"> <li>• Finding space to be safe</li> <li>• Changing Direction</li> <li>• Changing Speed</li> <li>• Head up!</li> </ul>
<p>3</p> <p><b>Match Related</b></p> <p><b>3v3 Endzones</b></p>	<p>Divide players into groups of 3. Play 3v3 inside a grid of about 25x20. A team gets a point if they can dribble to the endline and stop the ball.</p>		<ul style="list-style-type: none"> <li>• Finding Space with ball</li> <li>• Changing direction</li> </ul>
<p>4</p> <p><b>Match Condition</b></p> <p><b>3v3-4v4 fewer players to get maximum touches.</b></p>	<p><b>Space is very tight to keep players under constant pressure.</b></p>	