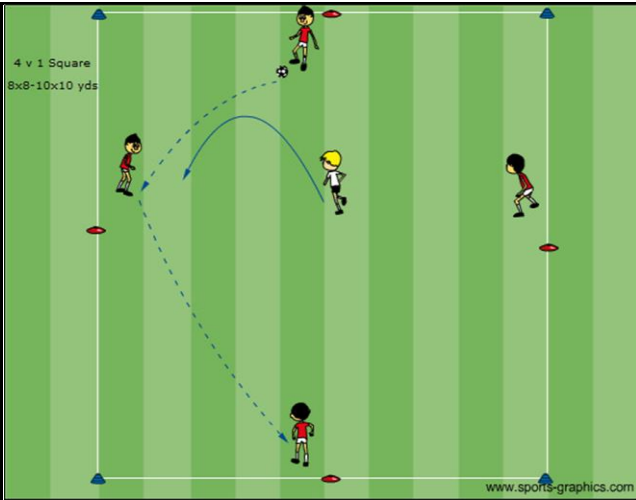


**U10: Week Nine and Ten**  
**Changing the point of attack**



**Warm-up** Set up multiple areas for groups of 4 or 5.

**3v1 or 4v1**

Players play 3v1 or 4v1.

Players on the attacking group keep the ball away from the defending player.

Players work to recognize when to pass, when to retain possession;

for example: when to draw out the defender or drive at the defender  
**Transitional moment - when the defending player wins the ball they can either dribble out of the area or score in one of 4 mini goals set up outside of the area or knock off a ball on one of the four corner cones.**

**Coaching Points**

- 1) Passing technique; quality and weight of the pass.
- 2) Angle of support by players without the ball.
- 3) Receiving the ball across the body - decision of when and why.
- 4) Transition to win the ball back after loss of possession.

**Switching the point of attack zone game**

Split the group into 3 teams.

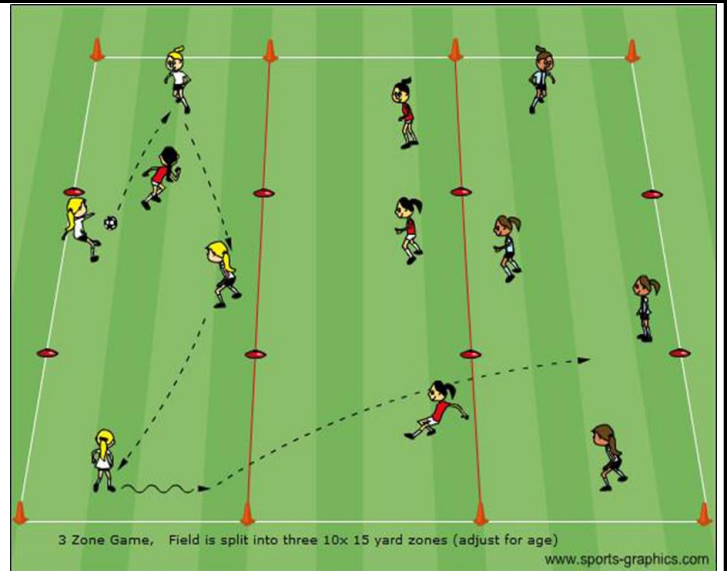
Each team is given a channel. The two outer channels play to keep possession and move the ball through the middle channel to keep the ball. (The ball must travel along the ground)

The team in the central channel sends 1 player into the outer channel any time the ball is in there.

**Transitional moment - when the defending player wins the ball they need to play the ball to one of their own teammates in the central channel for their team to now be in an end zone.**

**Additional Coaching Points**

- 1) Decision of WHY and WHEN to ?
- 2) Technique of passing and receiving.
- 3) Ways to find passing lanes/gaps to get the ball into the other end zone.



**Conditioned Small Sided Game(s)**

**Small Sided Game**

**Game Focus**

Find moments in the game to:

- a) Coach passing/receiving technique in the game situation
- b) Show positive examples of training transfer
- c) Show when switching the point of the attack is possible.

Team 1

Team 2

