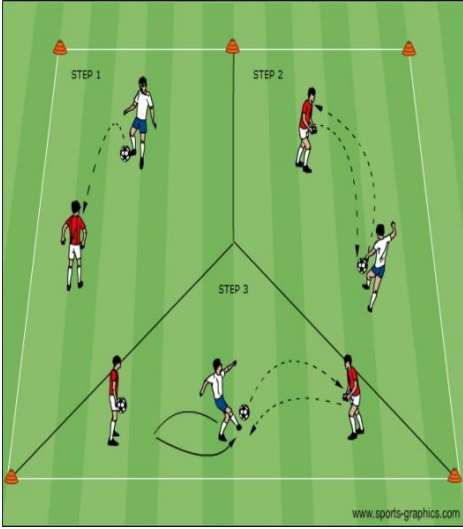
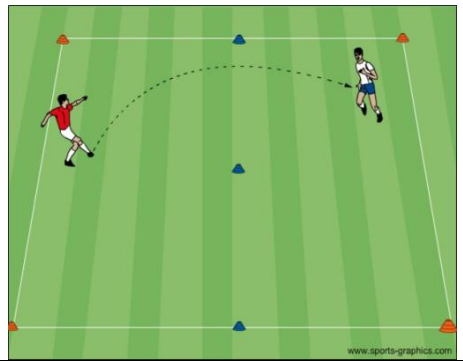
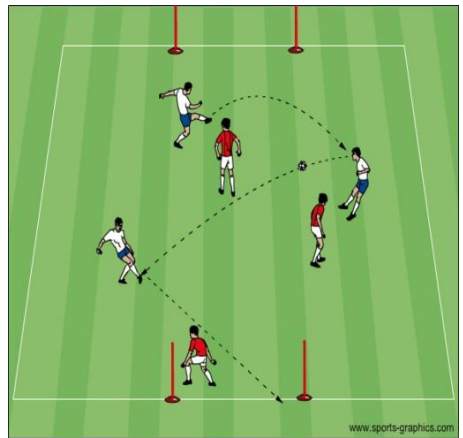


# U10 - Lesson Plan - Week Sixteen

## Topic: Striking Volleys

**Objective: To introduce player to technique of striking volleys**

Technical Warm up	Organization	Coaching Pts.
	<p><b><u>Introduction to Striking Volleys:</u></b> Groups of two players with a ball</p> <ul style="list-style-type: none"> <li>• <b>Step 1:</b> Players will self-serve the soccer ball and strike the ball to his/her partner who will catch the soccer ball and repeat the action</li> <li>• <b>Step 2:</b> One partner serves to the other. The serve is knee high and underhanded</li> <li>• <b>Step 3:</b> In 3's. One player moves and volleys and the other two serve the ball. Switch players after a few services.</li> </ul> <p>All technical exercises will:</p> <ul style="list-style-type: none"> <li>○ Let ball bounce and volley</li> <li>○ Not let the ball bounce and volley</li> </ul> <p><i>Players will try to volley the ball with the right and the left foot.</i></p>	<ul style="list-style-type: none"> <li>• Keep eyes open and focused on the ball</li> <li>• Use arms for balance</li> </ul> <p><b>Inside of the foot</b></p> <ul style="list-style-type: none"> <li>• Bring the knee up to the side and get the toe up, heel down and ankle locked</li> <li>• The foot should make contact through the middle of the ball</li> <li>• The plant foot will help the player aim for the target, keeping the head and shoulders straight.</li> </ul> <p><b>Instep</b></p> <ul style="list-style-type: none"> <li>• Knee higher than the ball</li> <li>• Lock ankle and point toe down for instep (laces) volley</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Small Sided Game</b></p> 	<p><b><u>1v1 Soccer Tennis:</u></b> Play 1v1 in a 10x10 yard grid. A player starts off with a ball and serves it with a volley over a line or net in the middle of the area. The ball can bounce once but then must be returned. A point is won on a bad serve or when one team fails to return the ball.</p> <p><b>Coach:</b> Play 5 minute games. Players can use inside or instep volleys.</p>	<ul style="list-style-type: none"> <li>• Do not let the ball strike you</li> <li>• Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up</li> <li>• Lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p><b>Exp. Small Sided Game</b></p> 	<p><b><u>3v3/4v4 Headers and Volleys:</u></b> Organize players into teams of 3 or 4 players. Set up a 25 yard x 30 yard rectangular field with goals centrally located at each end. The team in possession passes the ball by volleying to his/her teammate and catching it. The only way to score is by volleying the ball to goal. Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by one touch volley into the goal for 5 points or heading the soccer ball for 3 points. If the soccer ball bounces more than twice, possession goes to the other team</p>	<ul style="list-style-type: none"> <li>• Use inside of the foot volley to pass to a teammate</li> <li>• Use Instep volley for power to score and for a distance pass, clearance away from goal or cross to goal</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p><b>Game</b></p> <p><b>6v6 Scrimmage</b></p>	<p><b>Organization</b></p> <p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session –<b>Time 10 min.</b></p>	



# ***U10 - Lesson Plan - Week Sixteen***

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