

# WASA Age Group Training #1

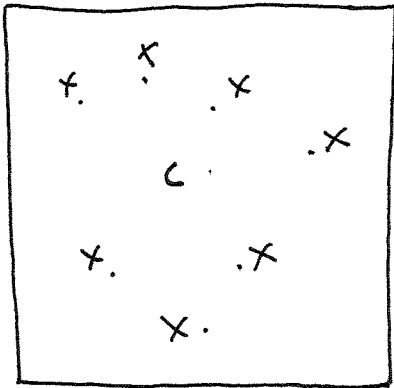
Age Group: U9-U10

Date: \_\_\_\_\_

Topic: Individual Skills - Core moves

## Skills I

Coach: \_\_\_\_\_

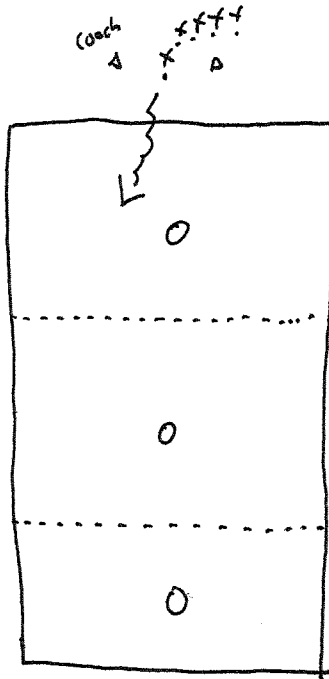


### Teach/Demo:

1. rolling the ball
  - forward/sideway/backward
2. outside of foot circle
  - Scissors
3. Inside of foot circle
  - Step over
4. inside - inside
5. Maradona
6. Cruyff
7. stop-n-go
8. combination moves

## Gauntlet

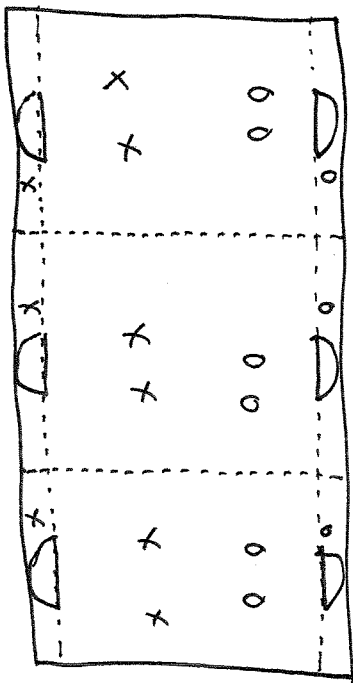
Coach: \_\_\_\_\_



1. Player tries to dribble thru all 3 areas w/out losing their ball (1pt earned)
2. If you lose your ball - return to start (0pts)
3. Next player can enter 1st area when there is no ball in 1st area
4. change defenders often
5. Have players keep score
  - record scores?

## 2v2 Ladder

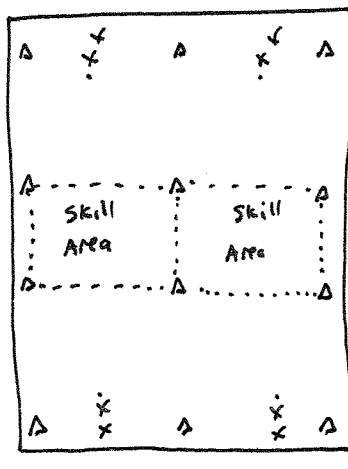
Coach: \_\_\_\_\_



1. Teams of 3/4 players
2. Play 2v2 no keeper to sm. pog goals
3. Play 3/4 min. games w/ winners moving right and losers moving left

## Skills II

Coach: \_\_\_\_\_



1. Players begin from both sides at same time
2. Players practice core skill moves inside 'skill Area'
3. Player gives ball to next person
4. Add a defender in the 'Skill Area' to try to take ball away from attackers.
5. Change defenders often