

**U9-U10 Weekly Session Plan - 09-16-14**

**Date :** 16/Sep/2014  
**Time :** N/A

**Duration :** N/A  
**Age/Level :** U8 - U10

**Session Objective:** 2v1 Principles with Passing and Dribbling Technique

**Grid Dribbling and Passing - <http://www.nscaa.com/news/2014/09/coaching-manual---week-7>**



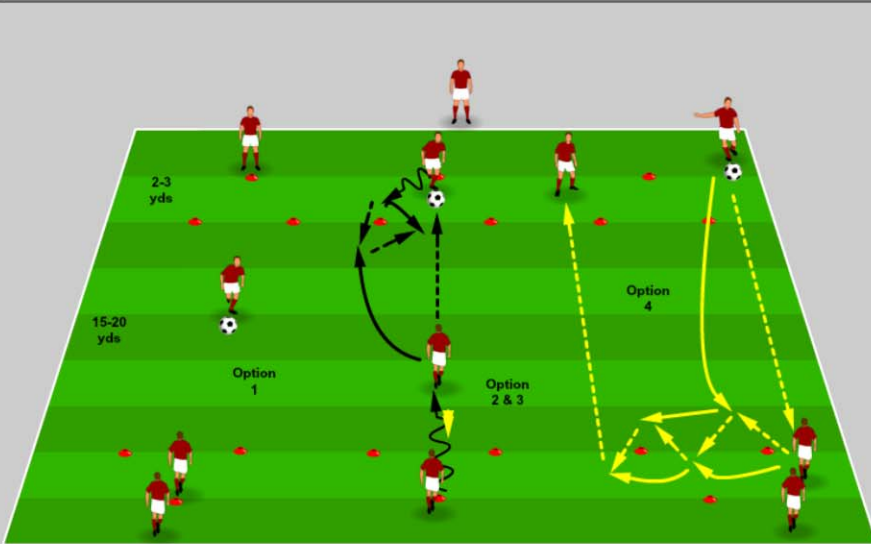
**Description :**

2 equal sized teams in grid: Team 1 has possession of 1 ball - Team 2 players all have a ball  
Team 1 players pass the ball to each other to keep possession  
Team 2 players dribble their balls inside the area with lots of touches, turns and moves trying to get in the way of passes for team 1  
\*Play for 1 minute and switch - Team 1 gets +1 for each pass and -1 for any ball that goes out or hits players or balls of Team 2. \*Variation: 2-touch max restriction for Team 1

**Coaching Points :**

\*Both teams play with head up and peeking to find other team and teammates  
\*Team 1: movement off the ball to create angle to receive a pass, playing with open body shape to see the player with the ball and other teammates/field, receive ball across body, 1st touch away from pressure and to create angle for pass  
\*Team 2: creative dribbling and changing direction to get into passing lanes and press Team 1

**CO Rapids Dribble and Pass Sequence**



**Description :**

Option 1: Player dribbles halfway and then passes ball to teammate who attacks ball from back cone between cone gates and follows pass  
Option 2: Player dribbles halfway and then passes ball to teammate who receives ball near back cone - hides the ball from the defender (side cone) and dribbles out between the cones  
Option 3: Same as option 2 but wall pass/give-and-go out after hiding ball from defender  
Option 4: Long pass down channel and follow pass for 2 wall passes and come out other side

**Coaching Points :**

\*Passing technique with inside of foot - toe up, heel down, ankle locked, plant foot next to ball, strike through center of ball, fast and smooth passes on ground, pass becomes 1st step  
\*Receive ball on the move with aggressive first touch - sink body down with bent knees  
\*Ideas for hiding ball from the defender and then going by them  
\*Wall pass technique - outside of foot near wall, pass to lead foot, explode off pass

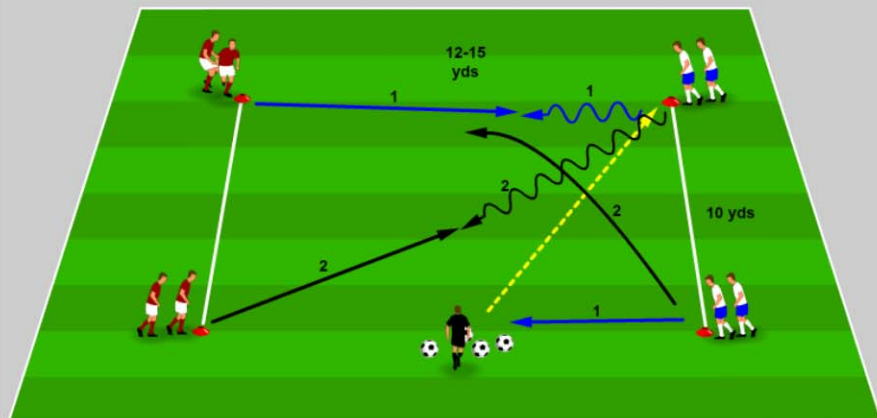
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**2v1 to Lines**



**Description :**

\*Players equally split between 4 corners of 10 x 12-15 yd grid

\*Coach plays ball into one player and that team attacks 2v1

\*Score by dribbling ball across opposite endline under control

\*If defender wins the ball they can counter-attack to score at opposite endline

Variations: 1) defender comes from corner directly across from player receiving the ball

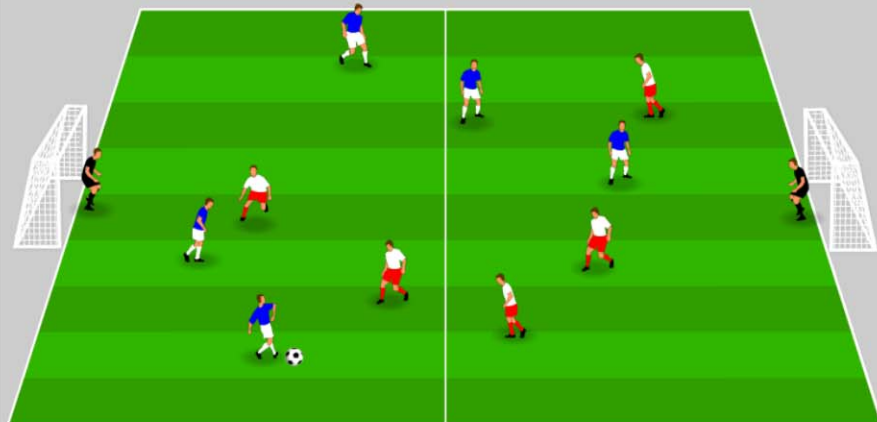
2) defender comes from corner diagonally across from player receiving the ball

**Coaching Points :**

\*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit - does defender give you dribble or pass?

\*2nd attacker moves based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward \*weight and accuracy of passes \*overall speed of play

**Final Game to Full-Size Goals**



**Description :**

Two even sized teams plus goalkeepers to 2 full-size goals

All regular soccer rules apply - offsides, throw-ins, corner kicks, goal kicks, etc.

Can manipulate size/shape of field or score of the game to better bring out topic

**Coaching Points :**

All coaching points/ideas introduced in training session