

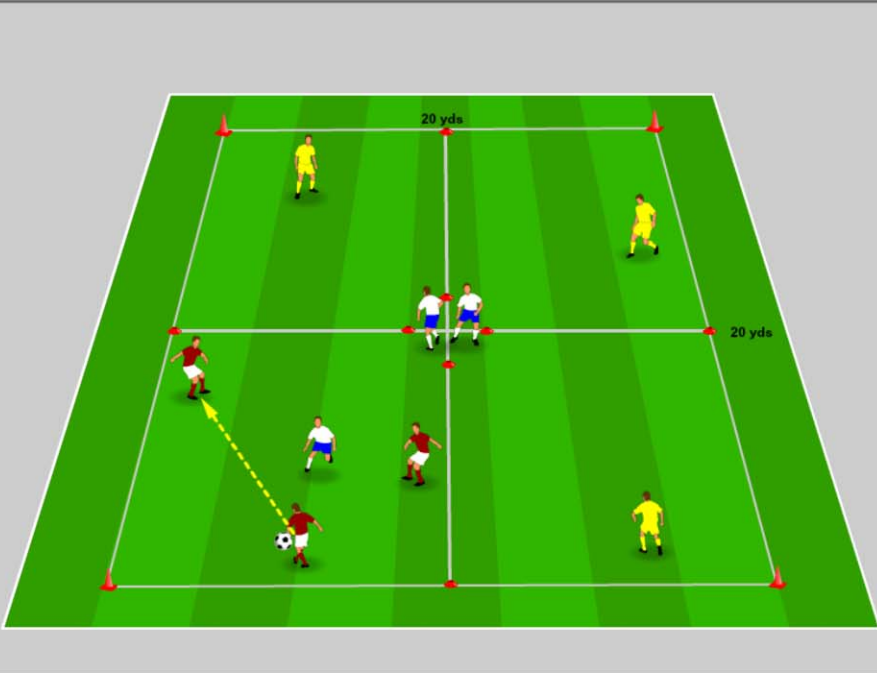
U9-U10 Weekly Session Plan - 10-13-14

Date : 13/Oct/2014
Time : N/A

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

Session Objective: Basic team shape-support/playing with the player who has ball

Hornets Game (<http://www.insidesoccer.com/?isf=video&id=625>)



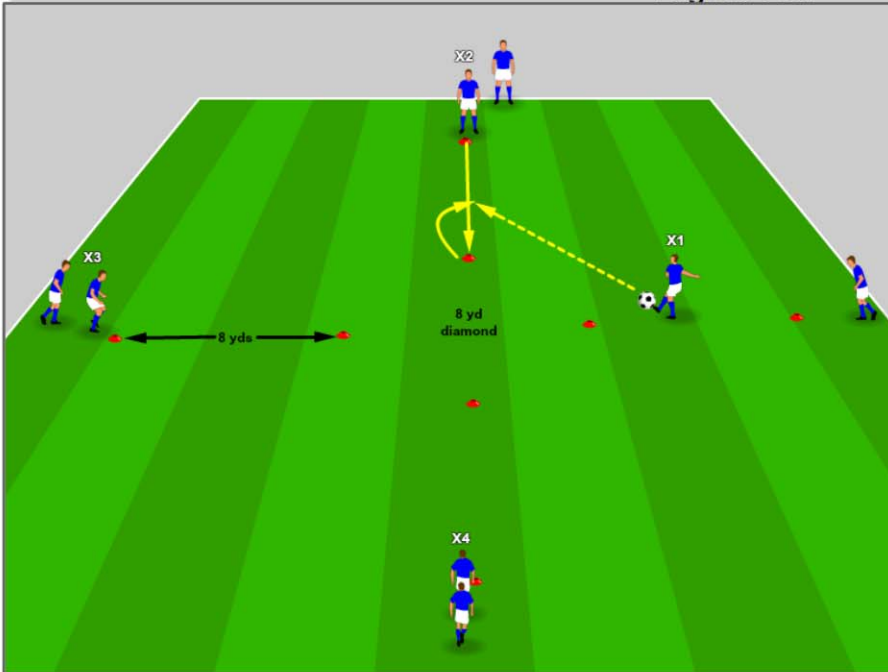
Description :

*20x20 yard grid split into 4 10x10 squares
*3 teams of 3 players each - one team in possession within one square, one team supporting in the other 3 squares and one team defending from the center hornets nest
*once a team makes 3 or more passes inside a square, they can pass to other attacking team in one of the other squares to score a point *defender changes every time ball changes squares *defending team goes on attack when they win ball - team that lost it defends

Coaching Points :

*Play with teammate who has ball to connect passes, keep possession and score
*Open body shape for attackers - need to be able to see the ball and where you are going to play next. *Receive across body whenever possible - play crisp passes to the proper foot
*Movement to support the player in possession both inside the square and in adjacent squares: attacker can see/pass to you - support angle and distance - peeking - body shape

Technique & Individual Tactics in Maintaining Possession-Activity 1_Romeo Jozak-FC Dinamo Zagreb 201



Description :

Pass and follow pass - play in both directions
As ball is traveling to X1, X2 sprints to inner cone (defender) and then fades off with open body shape to receive ball across body
Variations: 1-receive IR/pass IL, 2-receive IL/pass IR, 3-one touch R, 4-one touch L, 5-ball always in air: receive out of air with IR and pass while still in air with IL, 6-ball always in air: receive IL and pass IR, 7-ball always in air: one-touch either foot

Coaching Points :

Firmly hit and accurate passes that are smooth on the ground and to the proper foot
Open body shape and receive across body - fading off cone/defender in support of ball
Speed of play- receive with inside of one foot and quickly pass with inside opposite
Timing of run to fade off defender as teammate receives ball

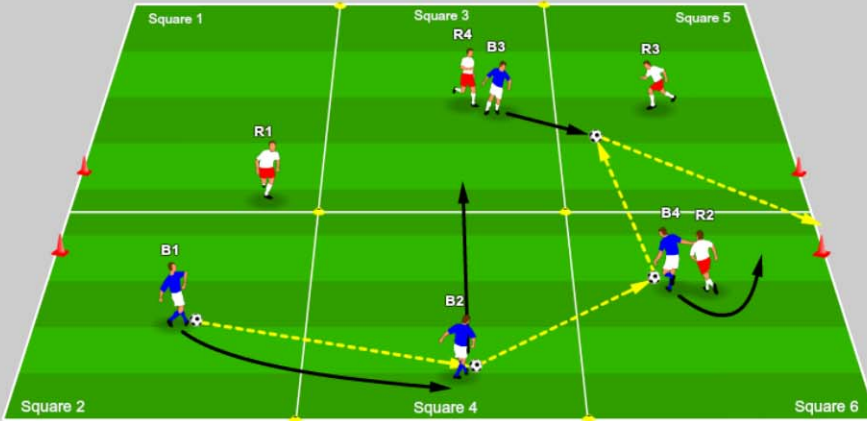
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Pass and Move - 6 Square Game



Description :

*SSG pitch is split into 6 clearly marked squares/ rectangles with 2 equal sized teams
*Attacking players must always be in different squares, and whenever they pass the ball they must change squares (if a teammate enters your square, you must move to a new one)

Variations:

- 1) 3 teams of 4 each passing a ball 1a) balls should never be in the same square
- 2) 2 teams of 4 or 5: 3. For possession - 5 consecutive passes is a goal 2a) To cone goals

Coaching Points :

- *Game Awareness - Where is ball, who is in your square, where are other players?
- *Positioning - Am I in my own square and in a position to receive a pass?
- *Receiving - Can I receive the ball with an open body to move or pass forward?
- *Passing - Can I pass, with the correct weight and direction?
- *Movement - Can I pass and then move into another position to receive the ball?

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