



U9-U10 Session Plans



SESSION 1 Dribbling and Fienting



Warm Up : Cone Knock Down



Organisation

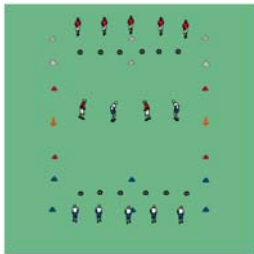
Set up a 20x20yd grid with cones placed randomly inside the grid (See Diagram). Half the cones should be up-right and the others on their side. Split the players into 2 teams. The aim of the game is for one team to run around and knock over the up-right cones while the teams job is to put the cones back up the right way. After 1 min teams switch roles.

Progressions

Players must now dribble a ball

Team knocking down the cones can only do so by kicking their ball onto the cone

Dribbling Game : No Mans Land



Organisation

Set up a 30x25yd field with 2 end zones of 5yds each (see diagram). Place half the balls in one end zone and half the balls in the other. Each team selects 2 players to be the defenders. Teams line up on opposite sides of the field and the defenders position themselves between the 2 end zones (see diagram). On the coaches command the teams run across to the opposite endzone pick up a ball and attempt to carry the ball back to their end zone without being tagged by the defenders, if tagged the ball is replaced and they must try again. The team with the most balls in their end zone after a set time is the winner

Progressions

Players now have to dribble ball across, defenders must also dribble a ball

Players must dribble the ball past the defenders who are now attempt to touch the ball with their feet

3v3 or 4v4 dribble across the end Line Game



Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Players play a 3v3 and attempt to dribble into the opponent's end zone. Defending players are not allowed to challenge players in the end zones.

COOL DOWN : Gentle Jog followed by Static Stretching



SESSION 2 Dribbling and Turning



Warm Up : Body Parts and Turns



Organisation

Set up a 20x20yd grid players start by dribbling their ball around the grid. The coach will then shout out a body part and players must stop the ball with that body part.

Progressions

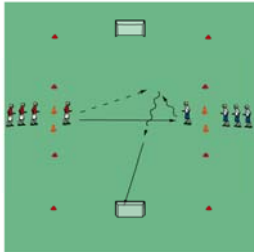
Players continue to dribble after stopping the ball.

Players must change direction after stopping the ball

Introduce 3 basic turns on the coaches command the players perform turn

Coach runs around and attempts to touch players soccer balls with their feet

Turning Game : 1v1, 2v2 two directional game



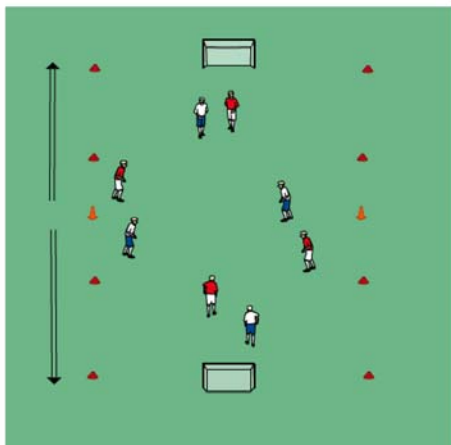
Organisation

Set up a 30x20yd field split players into 2 teams and have players line up as shown in the diagram. The 1st player from one team passes the ball into the 1st player from the other team (see Diagram). Players play 1v1 and can score in either goal

Progression

2v1, 2v2

3v3 or 4v4 Two Directional Game



Organisation

Set up a 30x20yd field with 2 small goals, players play a 4v4 game and can score on either of the 2 goals.

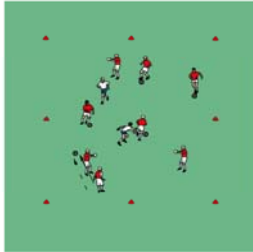
COOL DOWN : Gentle Jog followed by Static Stretching



SESSION 3 Passing and Receiving



Warm Up: Freeze Tag



Organisation

Set up a 20x20yd grid. Have Players line up on one side of the grid. The coach selects 1 or 2 Taggers that wear the bibs. The rest of the group run around the grid trying to avoid the taggers. If they happen to get tagged they are frozen and must hold their hands above their head, open their legs and cry for help. The only way to be rescued is by one of your team mates to crawl under your legs.

Progression

Players dribble ball around the grid avoiding the taggers. If tagged, To be rescued a player must pass the ball under your legs.

Passing Game : Gate Game



Organisation

Set up a 20x20yd grid with a series of small gates marked out by cones (see diagram). Get the players into pairs with one ball between two. In their pairs player move around the grid passing the ball to their partner through a gate in the following manner:

- Throw to pass. Catch to receive
- Bounce ball to pass Catch to receive
- Pass ball with inside of foot
- Make 5 consecutive passes

Progression

Select 2 players to act as defenders who attempt to block the gates

3v3 or 4v4 Cone Knockdown



Organisation

Set up a 35x25yd field with 2 end zones placing an equal amount of tall cones in each end zone (See Diagram). The aim of the game is for each team to knock over the other teams cones with the ball. Once a cone has been knocked over the player must pick up the cone and place it with their teams set of cones. The team with the most cones at the end is the winner.

COOL DOWN : Gentle Jog followed by Static Stretching



SESSION 4 Shooting



Warm Up Dribble and Shoot



Organisation

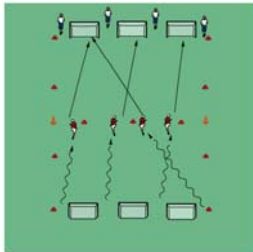
Set up a 20x20yd grid with 4 small goals placed on the outside (See Diagram). Select 2 player to be the feeders, all other players dribble around inside the grid and look to an open feeder they pass the ball to the feeders who pass the ball back for the player to have a shot on one of the goals. After 2mins change the feeders.

Progression

Feeders look to defend the goals after making the pass back to the player

Feeders pick up the ball and throw the ball in the air for the player to control and then shoot.

Shooting Game : Goals, Goals, Goals



Organisation

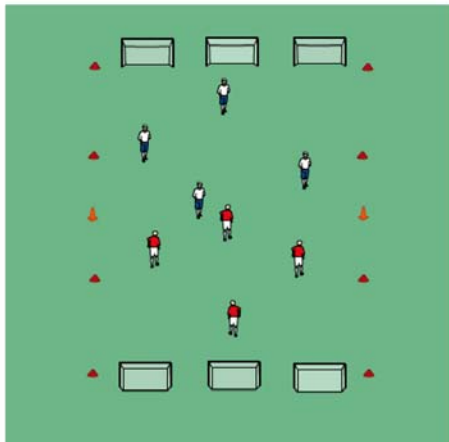
Set up a 35x25yd field with 6 goals and a half way line marked with cones (See Diagram). Split the group into 2 teams and have each team stand behind their goals. Each player has a ball and on the coaches command teams take turns onto the field and shoot at any of the 3 opposing goals. Shots can only be taken in the teams own half. The team with the most goals at the end is the winner.

Progressions

Each team nominates a goalkeeper to protect the goals

Play classic numbers game with 3 goals

3v3 or 4v4 Goals, Goals, Goals,



Organisation

Set up a 35x25yd field with 6 goals (See Diagram) Players play 3v3 or 4v4 and can score in any of the opposing teams goals

COOL DOWN : Gentle Jog followed by Static Stretching



SESSION 5 Dribbling and Feinting



Warm Up Steal the eggs



Organisation

Set up a 20x20yd grid with a small 5x5yd grid in the middle (see diagram). Place all the balls inside the smaller grid. Split the group into 4 teams and have each team stand at the 4 corners of the larger grid. On the coaches command the first player from each team runs into the centre grid and picks up a ball and carries the ball back to their team. They give the next player in line a high 5 for them to go and collect a ball. The game continues in this fashion until all the balls have left the central grid. At this point players can go and steal balls from the other teams, but only one at a time. The team, which has the most soccer balls at the end of the game, is the winner.

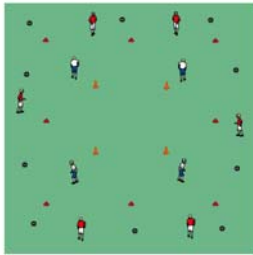
Progressions

Players must now dribble a ball using their feet

Players pass the ball into the next player for them to go and collect a ball

Place obstacles like cones for players to dribble through

Dribbling Game : Defend the grid



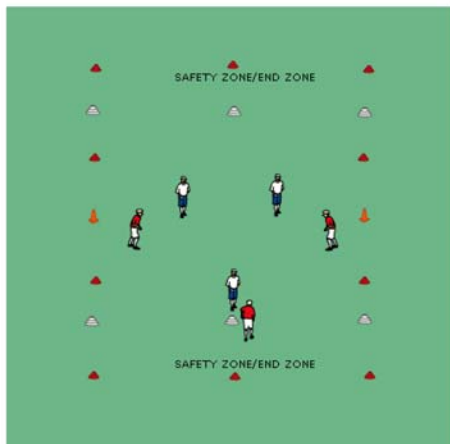
Organisation

Set up a 20x20yd grid with a small 5x5yd grid in the middle (see diagram). Place all the balls around the outside of the large grid. Select 4 players to defend the small grid, and all other players (attacker) stand on the outside of the large grid (See Diagram). attackers pick up the balls and attempt carry the balls to the small grid without being tagged by the defenders. If tagged the Attacker returns the ball to the outside of the large grid. Defenders are not allowed outside the big grid or inside the small grid. The aim is for the Attackers to get as many balls as they can in the small grid in a set time.

Progressions

Attackers attempt to dribble ball into the small grid.

3v3 or 4v4 dribble across the end Line Game



Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Players play a 3v3 and attempt to dribble into the opponent's end zone. Defending players are not allowed to challenge players in the end zones.

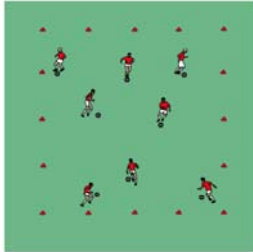
COOL DOWN : Gentle Jog followed by Static Stretching



SESSION 6 Dribbling and Turning



Warm Up Turns, Turns, Turns



Organisation

Set up a 15x15yd grid each player with a ball, Players dribble their ball towards the cones marking the grid and perform the following turns:

- Inside hook
- Outside hook
- Drag back
- Stop Turn

Once players are comfortable see how many turns they can perform in 30secs

Progression

Place players on the outside of the grid, players dribble up to the players on the outside of the grid and perform a turn preventing the player from getting a touch on the ball

Turning Games : Gate Game



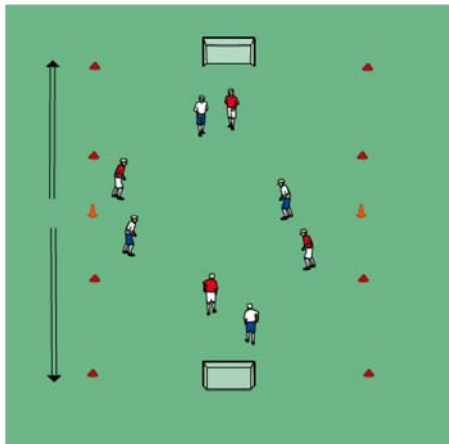
Organisation

Set up a 20x20yd grid, with a series of small gates marked out by cones (see Diagram). Split group into pairs with one ball between two. Player with the ball must attempt to dribble through the gates while their partner attempts to block the gates. Players switch roles after 30 seconds and try to beat partners score.

Progression

Players are allowed to win the ball

Two Directional Numbers game developing into a 3v3 or 4v4 game



Organisation

Set up a 30x20yd field with 2 small goals. Split players into two teams and have each team line up on either side of the field. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal in any of the 2 goals. The team with the most goals at the end wins.

Progression

Coach Calls 2 or 3 numbers

Play a 3v3 or 4v4 game

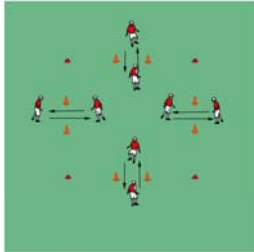
COOL DOWN : Gentle Jog followed by Static Stretching



SESSION 7 Passing and Receiving



Warm up : Pass and Move



Organisation

Set up a 20x20yd grid with four 3yd gates marked on the perimeter as shown in the diagram. Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the gates and perform the following exercises:

- Receive using inside of the foot
- Receive using inside of one foot and pass with inside of the other foot
- Receive using outside of the foot
- Receive using Sole of the foot
- 1 touch passing

Progression

After making a pass players on the inside move to receive a ball from another player on the outside

Players pass the ball back and forth on the inside if the grid on the coaches command the player in possession of the ball attempts to dribble through one of the gates while their partner attempts to stop them

Passing Game : 3 passes to shoot in any goal



Organisation

Set up a 20x20yd grid with 4 small goals placed on the outside (See Diagram). Split the group into 2 teams one team as the attackers and the other as the defenders. The attackers start with the ball and attempt to make 3 passes while one defender attempts to steal the ball. Once the attackers have made 3 passes they can shoot in any of the 4 goals. If the defender wins the ball they also can score in either of the 4 goals.

Progressions

Introduce another defender

Increase the number of passes the Attackers have to make before they can shoot in one of the 4 goals

3v3 or 4v4 game 3 passes to shoot in any goal



Organisation

Set up a 25x25yd grid with a small goal on each side of the grid (see Diagram). Players play a 3v3 or 4v4 with the condition: after completing 3 successful passes the attacking team can score in any of the 4 goals

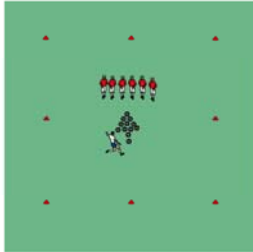
COOL DOWN : Gentle Jog followed by Static Stretching



SESSION 8 Shooting



Warm up : Fire Ball



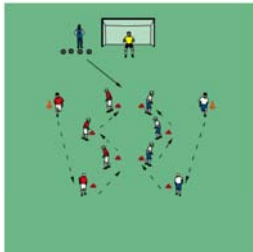
Organisation

Set up a 20x20yd grid and arrange all the balls into an arrowhead (see diagram). Have the players line up about 5yds away from the point of the arrowhead. The coach then shouts out "3 – 2 – 1 – Fireball", at which point he strikes the bottom of the arrow while the players run trying to avoid the soccer balls. Players that have been hit by a ball below the knee join the coach in trying to hit the other players with soccer balls by using the following techniques:

- Rolling the ball along the ground
- Passing the ball along the ground

The last player standing wins.

Shooting Game : Zig Zag Shooting



Organisation

Set up 2 lines of cones in a zig zag formation about 5yds apart and about 15 – 20yds from the goal (see diagram). Split the group into 2 equal teams and select a player as a goalkeeper. Have each player in their teams designated line of cones. The extra player stands about 5yds opposite the player in their team nearest to the goals (see diagram). The game starts with this player sprinting to the furthest player from the goal and gives them a high 5, this player then runs and high 5's the next player etc... in a relay fashion. As soon as the first team reaches the end player the coach plays a ball out and the 2 players compete and try to score. As soon as a goal is scored or the ball is out of play these players then run to the far player and the game continues in this fashion. The team with the most goals at the end wins.

Progressions

Players have to perform various exercises set by the coach between cones

Each team has a ball which they have to dribble or pass between cones

3v3 or 4v4 game



Organisation

Set up a 30x20yd grid with 2 small goals. Players play a 3v3 or 4v4 game. Normal Soccer rules apply

COOL DOWN : Gentle Jog followed by Static Stretching