



U10-U11 Session Plans



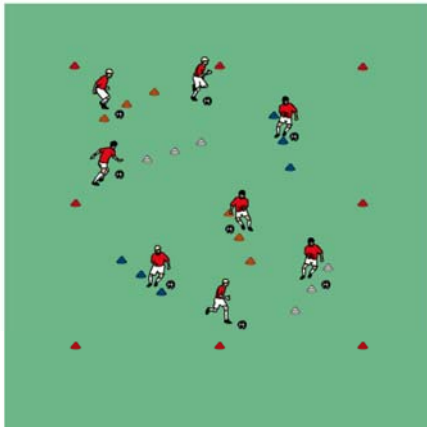
U10/U11 SESSION 1

Dribbling and Feinting 1v1

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Ball familiarity • Dribbling, turning, shielding, feints
Tactical	<ul style="list-style-type: none"> • Basic Principles of 1v1 • Recognising when and where to dribble

WARM UP

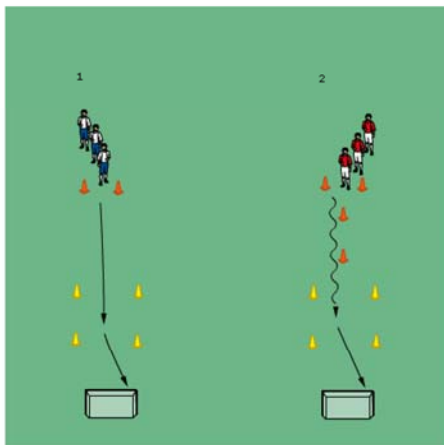


Organisation

Set up a 20x20yd grid with a series of lines of 3 cones within the grid (See Diagram). Players dribble through the cones using the following exercises:

- Inside of both feet
- Inside outside of right ft
- Inside outside Left ft
- Outside both feet
- Roll with sole of the foot

TECHNICAL EXERCISE



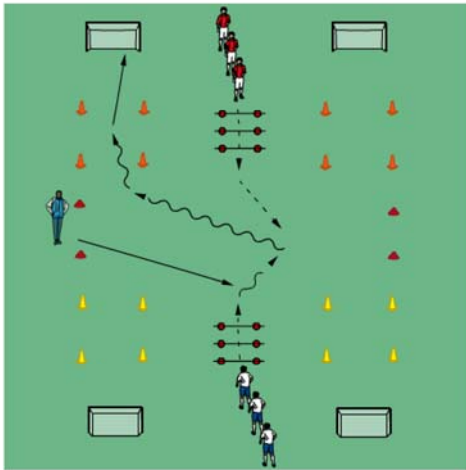
Organisation

Set up area as shown in the 1st diagram and split group into 2 or 3 teams. Players Dribble the ball into the Square to shoot on goal, goals only count that have been struck from inside the Square. Develop into a competition which team can score the most goals in 1 min

Progression

- Make square smaller for less time to shoot
- Introduce cones for players to dribble through see diagram 2

TACTICAL EXERCISE



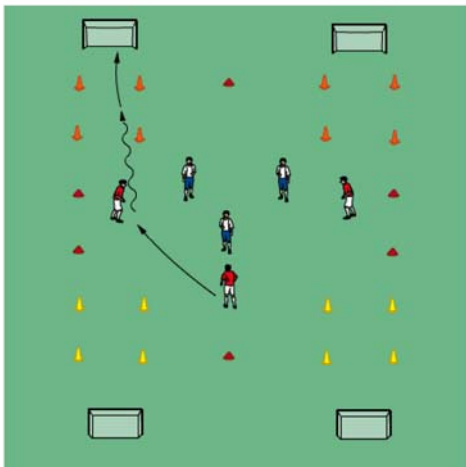
Organisation

Set up area as shown in the diagram and split group into 2 teams. On the coaches command the 1st 2 players perform an exercise through the ladder, the 1st player though the ladder will receive a pass from the coach. The players now play a 1v1 with the objective to dribble into one of the 2 squares to shoot, goals only count that have been struck from inside the Square. The first team to 10 is the winner.

Progression

- Vary exercises through the ladder

SSG



Organisation

Set up a field as shown in the diagram. Players play a 3v3 or 4v4 game with the objective to dribble into one of the 2 squares to shoot, goals only count that have been struck from inside the Square

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender and take shooting opportunity.

Coaching Points

- On balls of feet
- Knees bent, Body over ball
- Head up
- Keep ball under control and close to feet
- Use body feints and deceptive foot movements to loose defender
- Accelerate past the defender keeping control of the ball
- Quality of Shot

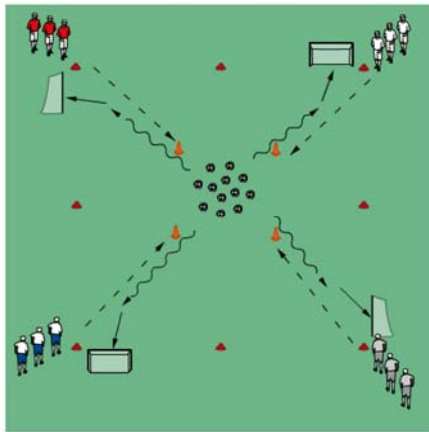
U10/U11 SESSION 2

Dribbling, Feinting and Turning 1v1

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Enjoyment/Fun • Build self esteem • Create positive environment
Psychological & Social	
Technical	<ul style="list-style-type: none"> • Dribbling, Turning, Feints, Shielding, • 1v1 • Recognising when and where to dribble
Tactical	

WARM UP



Organisation

Set up a 20x20yd grid with a small 5x5yd grid in the middle and 4 small goals on the corners of the big grid (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 and rolls the ball into the net which signals the next player to go. The game continues in this fashion until all the balls have left the central grid. The team, which has the most soccer balls at the end of the game, is the winner

Progressions

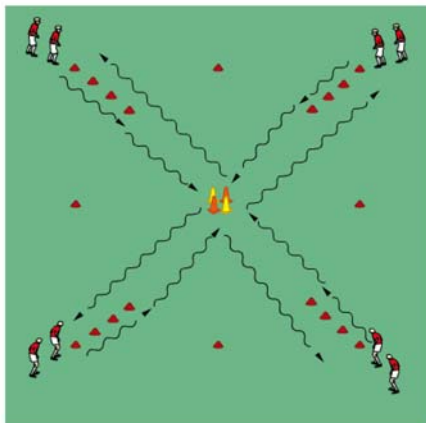
Players throw ball into the net

Players must now dribble a ball using their feet and pass the ball into the net

Place obstacles like cones for players to dribble through and perform agility exercises (hopping, jumping, somersaults etc...)

Player makes a wall pass with the next player before shooting

TECHNICAL EXERCISE



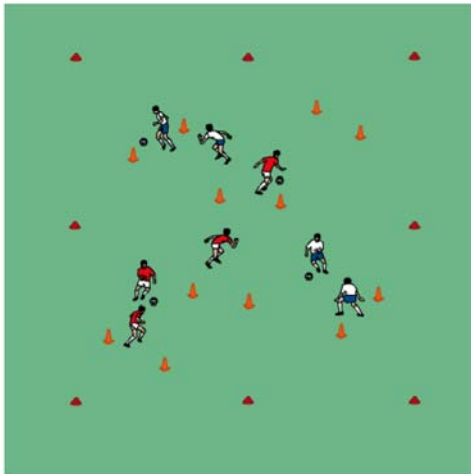
Organisation

Set up a 20x20yd grid as shown in the diagram. Split players into 4 groups with a ball each. Each group stands on the corners of the grid (see diagram). Players dribble their ball through the cones towards the central cone and perform a turn and accelerate to the next line

Progression

- Vary dribbling techniques and turns
- Player Pass ball to the next group.

TACTICAL EXERCISE



Organisation

Set up a 15x15yd 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

SSG



Organisation

Set up a field with a series of gates as shown in the diagram:

Players play 3v3 plus 2 neutral players with the objective to dribble through the gates to score

Progression

- After dribbling through a gate players must connect a pass in order to score a point

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender.

Coaching Points

- On balls of feet (on Front Studs)
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

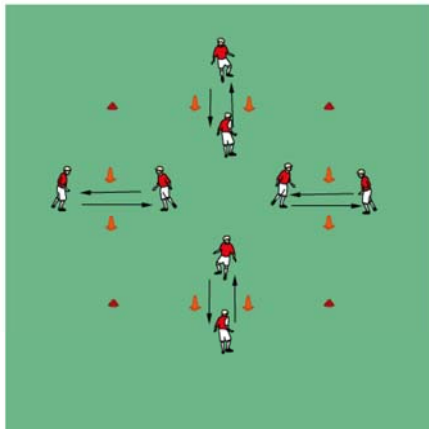
U10/U11 SESSION 3

Passing and Receiving 2v1, 2v2

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving, Shooting
Tactical	<ul style="list-style-type: none"> • 2v1, 2v2 • Support and movement off the ball

WARM UP



Organisation

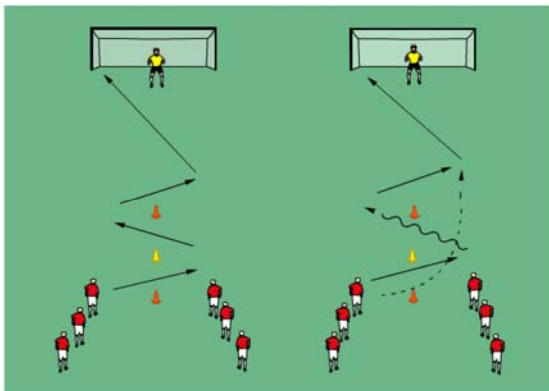
Set up a 20x20yd grid with four 3yd gates marked on the perimeter as shown in the diagram. Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the gates and perform the following exercises:

- 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

TECHNICAL EXERCISE

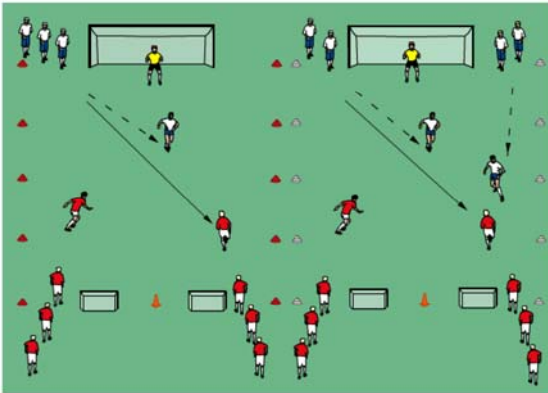


Organisation

Set up a line of cones about 3yds apart (See diagram) with a goal at the end. In pairs players line up as shown in the diagram and perform the following exercises followed by a shot on goal:

- 2 touch passing using inside of foot
- 1 touch passing using inside of foot
- 2 touch passing using outside foot
- 1 touch passing using outside foot
- Overlap (see 2nd Diagram)

TACTICAL EXERCISE



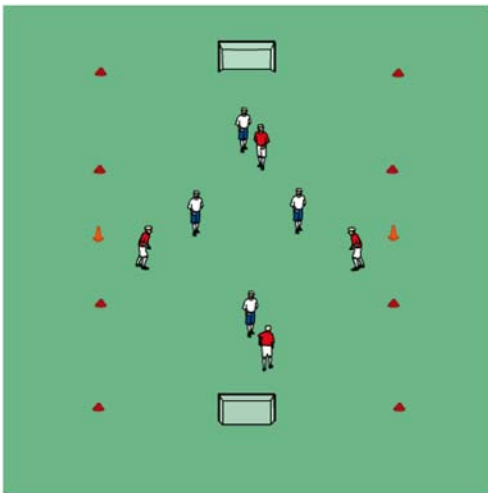
Organisation

Set up a 30x20 field with one big goal and 2 small goals, split players into 2 groups defenders and attackers and have them line up as shown in the diagram. Defending player passes into one of the 2 attacking players and players play a 2v1.

Progression

- 2v2

SSG



Organisation

Set up a 35x25yd field players play a 4v4 game

DO NOT COACH LET THEM PLAY

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs
- **What type of forward pass is best?**
Penetrating pass into space which eliminates defenders.

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other player

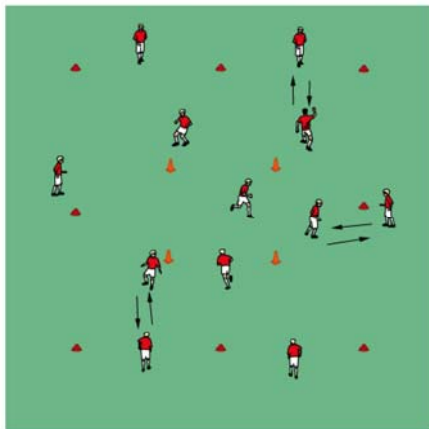
U10/U11 SESSION 4

Attacking in 3's, switching the Point of attack

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving, Shooting
Tactical	<ul style="list-style-type: none"> • Attacking in 3's • Support and movement off the ball • Switching the point of attack

WARM UP

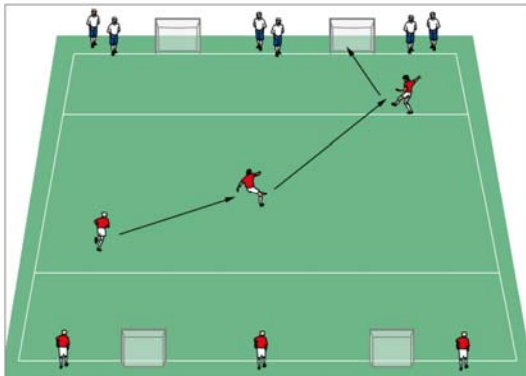


Organisation

Set up a 20x20yd grid with a small 5x5yd grid in the middle (See Diagram). Split players into pairs with one ball between two, One player positions themselves on the perimeter of the grid with the ball and the other stands inside the grid. Players on the inside move around looking to receive a ball from the players on the outside and perform the following exercises:

- 2 touch passing
- 1 touch passing
- Receive on the half turn dribble to the centre square an look to pass to a free player on the outside

TECHNICAL EXERCISE

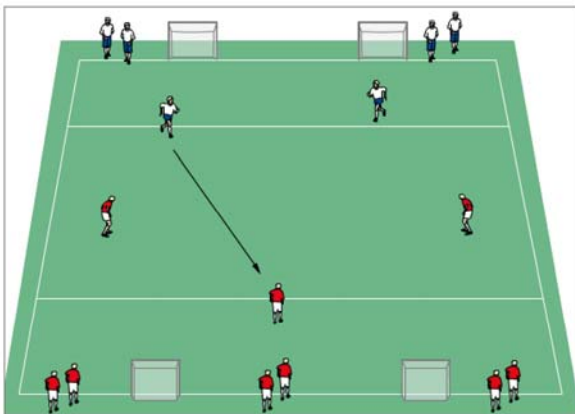


Organisation

Set up a 35x25yd field with 4 small goals and a 6yd scoring line (see Diagram). Players line up in groups of 3 as shown in the diagram with 1 ball per group. The coach then puts the following conditions on the players to find ways to score inside the scoring zone.

- 3 touch play and every player must touch the ball before they can score
- 3 touch play and players must maintain a triangle shape at all times
- 3 touch play every player must touch the ball and end up in a different position from the one they started
- 2 groups play through each other

TACTICAL EXERCISE



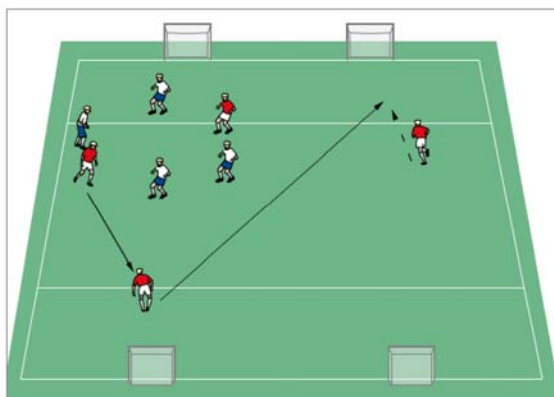
Organisation

Set up a 35x25yd field with 4 small goals and a 6yd scoring line (see Diagram). Split players into 2 groups defenders and attackers and have players line up as shown in the diagram. The 2 Defenders start by passing the ball into the 3 attackers who then look to get the ball into the shooting zone and then look to score.

Progression

- 3v3

SSG



Organisation

Set up a 35x25yd field with 4 small goals (see Diagram). Players play a 4v4 game and attempt to score in either of their opponents 2 goals. Play restarts by players playing the ball in from the touchline

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs
- **What type of forward pass is best?**
Penetrating pass into space which eliminates defenders.

Coaching Points

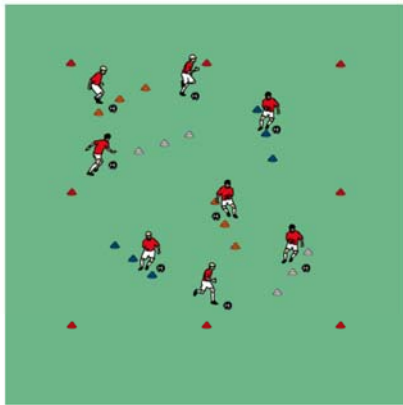
- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other player

U10/U11 SESSION 5 Passing and Support

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing and Receiving
Tactical	<ul style="list-style-type: none"> • Support and movement off the ball

WARM UP

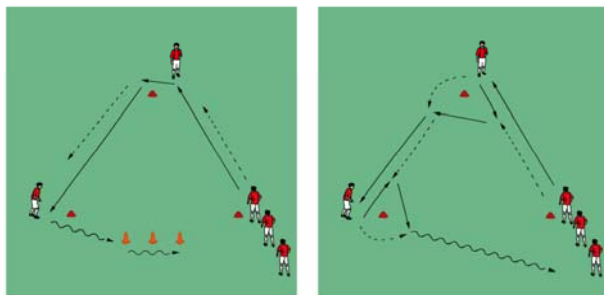


Organisation

Set up a 20x20yd grid with a series of lines of 3 cones within the grid (See Diagram). Players dribble through the cones using the following exercises:

- Inside of both feet
- Inside outside of right ft
- Inside outside Left ft
- Outside both feet
- Roll with sole of the foot

TECHNICAL EXERCISE



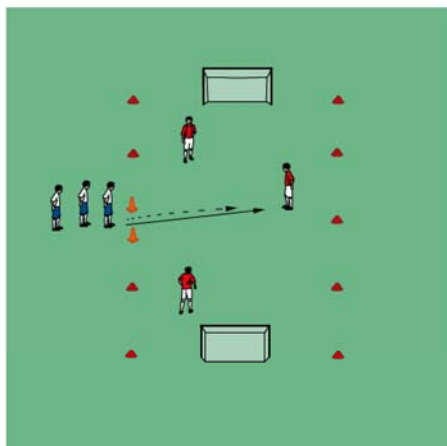
Organisation

Set up area as shown in diagram players pass in the sequence shown taking 2 touches.

Progression

See diagram 2 introduce wall pass, players now look to play 1 touch

TACTICAL EXERCISE



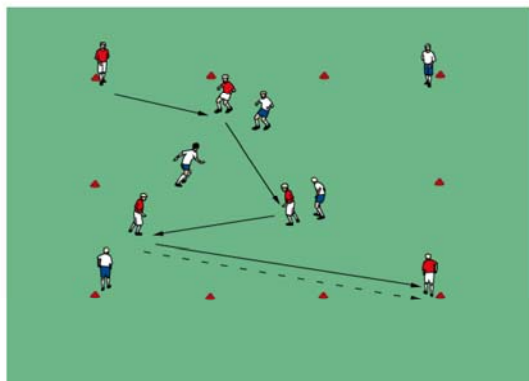
Organisation

Set up area as shown in diagram, and split players into 2 teams of 3. One team will be the attackers the other the defenders. The attackers line up on the field, and the 1st player from the defending team passes the ball to one of the attackers and enters the field to try and win the ball creating a 3v1. Once the attackers have made 4 passes they can shoot on either goal to score a point, if the defender wins the ball they too can look to score on either goal to score a point.

Progression

- Goals can only be scored over the halfway line
- Introduce 2nd defender

SSG



Organisation

Set up a 35x25yd grid, split players into 2 teams of 6. 2 players from each team stand on opposite corners of the grid acting as Target players (See Diagram). Players play a 3v3 inside the grid and attempt to pass to one of the 2 target players to score. Once a goal has been scored the ball must be played to the opposite target player. If possession is lost and regained the ball can be passed to either of the 2 target players. Player who passes to target player switch places.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs
- **When in possession of the ball what direction are we looking to pass the ball 1st?**
Forward.
- **What type of forward pass is best?**
Penetrating pass into space which eliminates defenders.

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball
- Look to play the pass into the target player early
- Communication

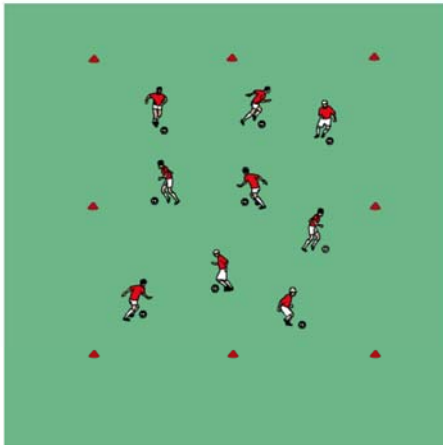


U10/11 SESSION 6 Principles of Defending

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Defending Techniques (Jockeying and Tackling)
Tactical	<ul style="list-style-type: none"> • Individual Defending • Group Defending • Basic Principles of Defending

WARM UP

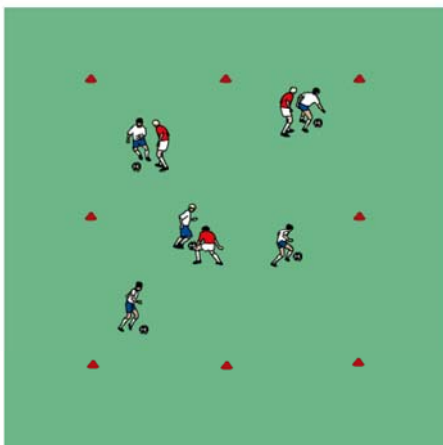


Organisation

Set up a 20x20yd grid each player with a ball, players perform the following exercises:

- Inside Taps
- Jog on the ball
- Roll ball across body and tap with inside of other foot
- Dribble using inside/outside right foot
- Dribble using inside/outside left foot
- Dribble using insides of both feet
- Dribble using outside of both feet
- Dribble using sole of both feet
- Free to use all parts of both feet

TECHNICAL EXERCISE



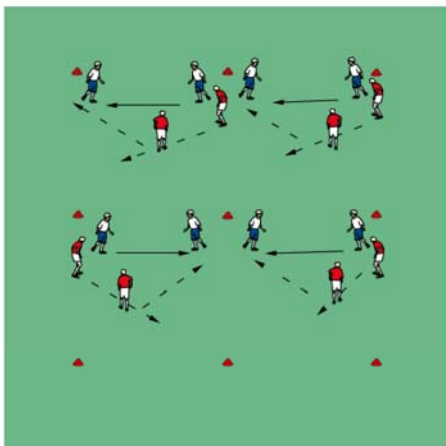
Organisation

Set up a 15x15yd grid each player with a ball and perform the "Basic Dribble Warm up". After 5mins select 3 or 4 players to act a passive defenders who put pressure players with the ball attempting to force them into certain areas of the grid without winning the ball. Switch defenders after 30 sec.

Progression

If defenders win the ball cleanly the attacking player becomes the defender

TACTICAL EXERCISE



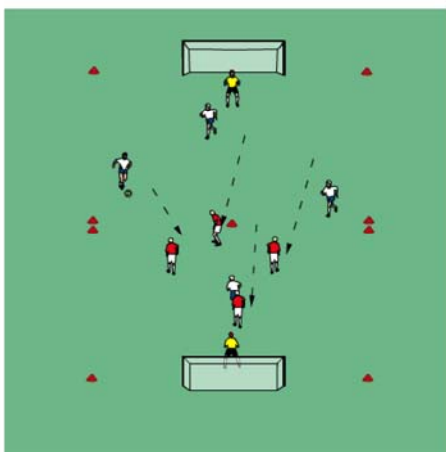
Organisation

Set up a series of 20x20yd grids, split players into groups of 4 with 1 ball between each group. 2 attacking players pass the ball between each other while the 2 defending players work as a team to maintain a good defensive position (See Diagram) Players switch roles after 1 min

Progression

Develop into a skill practice Attackers attempt to dribble over the end line

SSG



Organisation

Mark out a 30x20yd field with a centre line marked by cones. Players play a 4v4 game with the condition that on loosing possession all players must move back to their own half

Progression

Develop into a 4v4 game

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **When Defending who is responsible for putting pressure on the player with the ball?**
The nearest defender to the ball.
- **When should the defender look to close down the player with the ball?**
As the ball is travelling to the player about to receive the ball.
- **What does the defender need to think about in 1v1 situations?**
Close down the space quickly, slow down and adopt side on body position forcing the player in one direction, be patient jockey and wait for an opportunity to win the ball
- **What do we need to do as a team on loosing possession of the ball?**
Get back behind the ball and adopt good defensive positions.

Coaching Points

- 1st Defender applies pressure
- Jockey be patient recognise the right moment to tackle
- 2nd Defender supports
- 3rd defender Covers (marks men and space)
- Stay compact and defend as a unit
- Communication

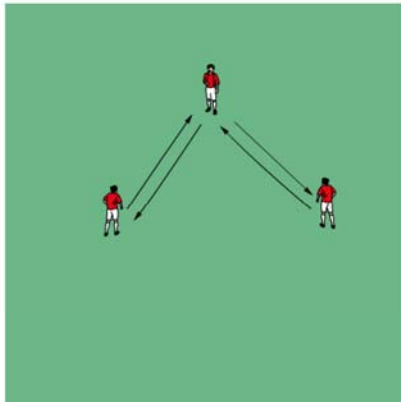


U10/U11 SESSION 7 Shooting

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Shooting and volley techniques
Tactical	<ul style="list-style-type: none"> • Shooting combinations • Recognizing when to shoot

WARM UP



Organisation

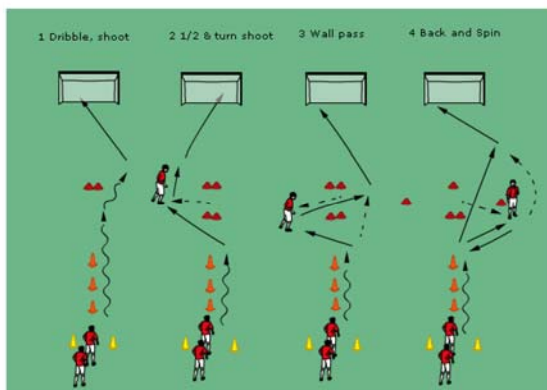
Split players into groups of 3 with 2 balls between each group.

For 1 min one player receives passes from the 2 other players in quick succession, and has to play the ball back using 2 touches:

Progression

- 1 Touch Passes
- Serve and Volley (laces, Inside)
- Serve , Receive thigh and Volley
- Serve , Receive Chest and Volley
- Head

TECHNICAL EXERCISE



Organisation

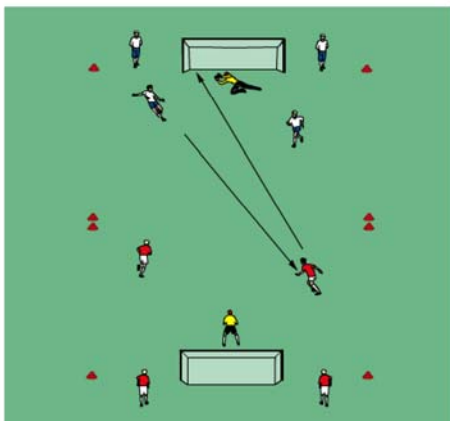
Set up area as shown in diagram 1. Players take turns to dribble through the cones, perform a feint at the red cones and shoot on goal.

Progression

Perform the variations as described below:

2. One player now stands between the red cones and checks to receive a pass from the players who dribbles through the cones, they receive on the half turn and shoot
3. As above now plays a wall pass for the other player to shoot
4. As above this time player lays the ball back and spins for the return pass

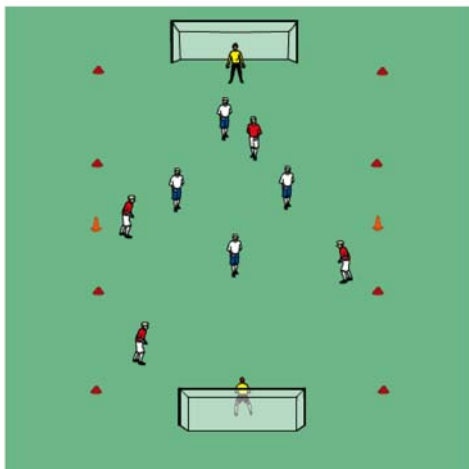
TACTICAL EXERCISE



Organisation

Set up a 30x20yd field split players into 2 teams and have players line up as shown in the diagram. The defending team starts by passing the ball into one of the 2 attackers players play a 2v2. The ball is dead once the ball is out of play

SSG



Organisation

Set up a 30x20yd field with 2 big goals, players play a 4v4 game with keepers, Players are encouraged to shoot at every opportunity

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to do before we shoot?**
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**
Accuracy.
- **When do we look to shoot in a game situation?**
When the space is available do so.
- **Once a shot has been taken what is our next action?**
To follow up the shot for possible rebounds.

Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:
Can I create a shooting opportunity as an individual
Can I pass to a player in a shooting position
Can I combine to create a shooting opportunity

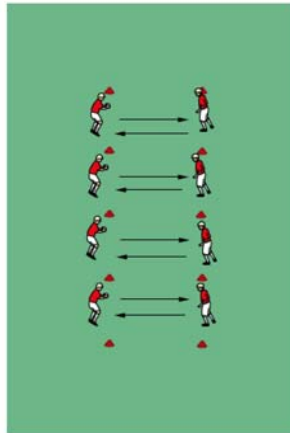


U8/U10 SESSION 8 Crossing and finishing

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Crossing, Shooting, Volley Techniques
Tactical	<ul style="list-style-type: none"> • Crossing and Finishing

WARM UP



Organisation

Set up a series of 3x5yd grids. Split players into pairs with one ball between two. Players perform the following passing and volley techniques (on volley players serve themselves and volley to partner)

- 2 touch passing
- 1 touch passing
- Inside foot volley
- Instep volley
- Half Volley

TECHNICAL EXERCISE 1



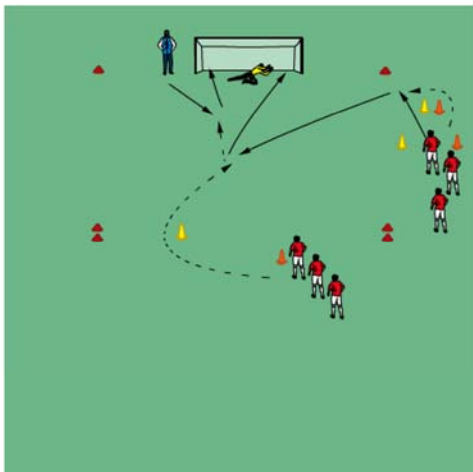
Organisation

Set up an area as shown in the diagram, divide players into 2 groups and have them line up as shown in the diagram. Players lined up on the side each have a ball and place the ball between the orange and yellow cones. The player then touches the ball through the yellow cones, runs through the orange cones and crosses the ball into the striker to finish (See Diagram). Players switch lines.

Progression

Run same exercise on the left.

TECHNICAL EXERCISE 2



Organisation

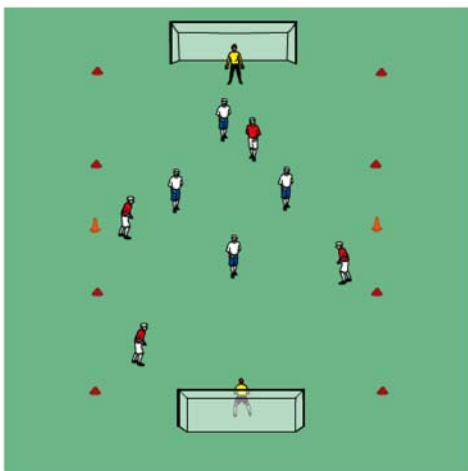
As in previous exercise except for the coach passes another ball into the striker after the striker has finished off the cross

Progression

Coach serves a ball for a volley after the striker has finished off the cross

Again switch to left side

SSG



Organisation

Set up a 30x20 yd field with 2 large goals, players play hand ball, with the objective to throw the ball into the net.

Progression

- Players volley ball into the net.
- Players volley ball to each other

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What does the crosser need to do before delivering the cross?**
Look up to see strikers position
- **What is the best area to cross the ball?**
Just in front of the penalty Spot, away from the GK and in the path of the incoming striker
- **What things does the striker need to think about before striking the ball?**
The timing of the run, observe Gk, watch flight of the ball, surface of the foot to strike the ball.
- **What is more important, Accuracy or Power when shooting?**
Accuracy.

Coaching Points

- Quality of the cross
- Timing of the strikers run don't arrive too early
- Head up observe Goalkeeper
- Judge the flight of the ball, and select technique to strike the ball
- Quality of Finish