


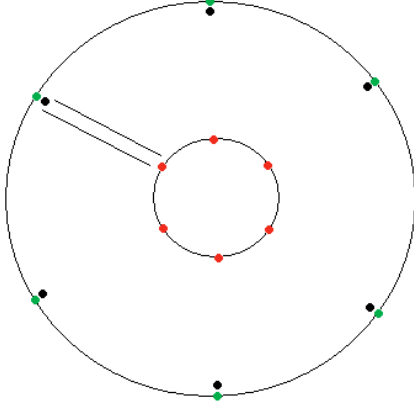
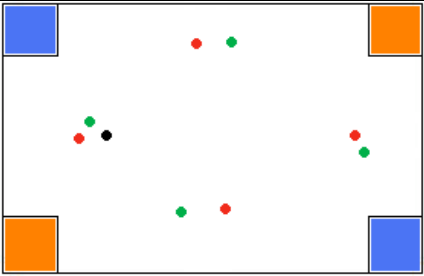
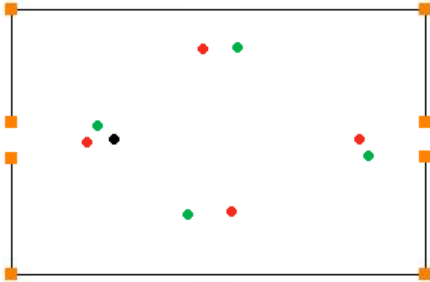
# COACHING SESSION PLAN

|                         |                        |
|-------------------------|------------------------|
| <b>Session Type</b>     | U10 week 2, practice 1 |
| <b>Theme of Session</b> | Short Passing          |

Key phrases for today's theme;

- Fast footwork- *bend your knees, pad the ground lightly, glide between cones*
- Short passing- *baby pass control, push ball with instep, make 10 or 01 with non-kicking foot*
- Four corner- *move off the ball to find space, don't over/under hit the ball into the target area, talk to your teammates when your free and when you're going to pass to them*
- Game- *find space and call for the ball, go for goal when you can!*

| <b>Focus</b><br><i>Key points and things to watch out for.</i>  | <b>Diagram</b><br><i>Equipment and example</i>                                      | <b>Timing</b><br><i>Minimum time to be spent on exercise</i> |
|---|---|--|
| <p><b>Basic fast feet; single work</b></p> <p>The area set up is very easy, simply line up 10 cones and then have a target cone/goal at the end, for the players to race down to. Ideally, set up as many as these as you can next to each other, so that players are not waiting long to go through the cones.</p> <p>The exercises through the cones should be as follows;</p> <ul style="list-style-type: none"> <li>• <i>one step between-</i> getting the knees up over the cones, players put one foot in each gap as they go through</li> <li>• <i>two steps between-</i> as above, but this time players making two steps in each gap</li> <li>• <i>facing right-</i> players place left foot into the gap and then the right foot meets it, will mean that legs don't cross over</li> <li>• <i>facing left-</i> as above but right foot first, left foot meeting</li> <li>• <i>big zigzag-</i> players do big zigzags in and out of the cones</li> <li>• <i>small zigzag-</i> players use little steps to move in and out of the cones</li> <li>• <i>zigzag backwards-</i> as above but players face the 'wrong' way through the cones, moving in and out backwards</li> </ul> <p>Coaches should make sure that players keep their bodies upright, that they're on the balls of the feet, and players should be told to try not to knock any cones. (Start with 100 points, lose 10 points for every cone knocked- if they get to 0 then they do a funky forfeit!)</p> |  | <p>10 minutes maximum</p>                                    |

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|--|--|----------------------------|
| <p><b>Passing; round the clock</b></p> <p>Set up two concentric circles as in the diagram on the right with half the players starting on the inner circle, the other half opposite them on the outside circle,</p> <p>The exercise to go through are as follows;</p> <ol style="list-style-type: none"> <li>1. <i>Passing back and forth, no movement,</i></li> <li>2. <i>Pass from out to in, then move round and perform one-twos until reaching your start-point (swap),</i></li> <li>3. <i>Outside player pass and follow, inside player dribbles to next outside cone, turns and then go again.</i></li> </ol> <p>Key points for passing are;</p> <ul style="list-style-type: none"> <li>• <i>Inside pass-</i> players should pass with the instep of either foot</li> <li>• <i>Punch pass-</i> players should look to punch the ball the ball to their partner, giving it more power but maintaining accuracy</li> <li>• <i>Making 10-</i> players should make a 10 or 01 with their non kicking foot next to the ball</li> </ul> <p>Key points for basic control are;</p> <ul style="list-style-type: none"> <li>• <i>On your toes-</i> players should be on their toes, showing readiness to receive the ball</li> <li>• <i>Cushion-</i> players should aim to 'cushion' the ball with the instep</li> <li>• <i>Adjust the body-</i> the player should adjust their body prior to controlling the ball so that they are facing the way they wish to play</li> <li>• <i>Rolling not stopping-</i> there should be a focus on keeping the ball rolling not stopping it</li> <li>• <i>'baby-pass'-</i> players should be more mobile, moving into the ball and playing a small 'pass' into space to open the body up before passing the ball to a teammate</li> </ul> |    | <p>15-20 minutes</p>       |
| <p><b>Small-sided-games; four-corner model</b></p> <p>Maximum of 4v4 players for U10s. Four-corner soccer should be used for short passing, turning and ball control practices.</p> <p>The aim for the players is to get the ball, <b>under control</b>, into one of their two target corners. If one team is doing far better than the other, remove one of their target areas so that the weaker team has two target corners but the stronger can only aim for one.</p> <p>The set up should be a 25x35 yard area, with four 5x5 yard corners.</p>   |  | <p>10 minutes maximum</p>  |
| <p><b>Small sided games; regular mini game</b></p> <p>Maximum of 6v6 players for U10s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>  |  | <p>Until practice ends</p> |