

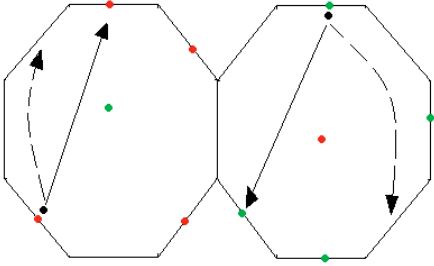
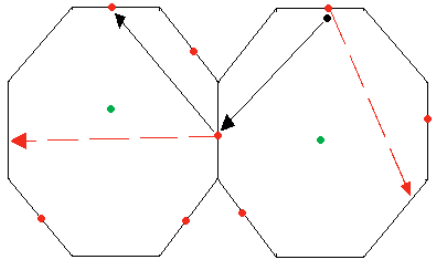
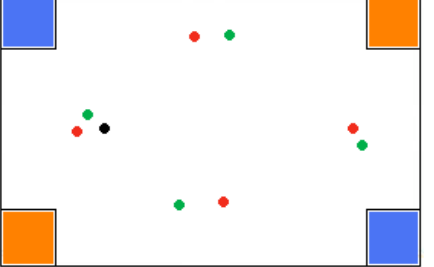
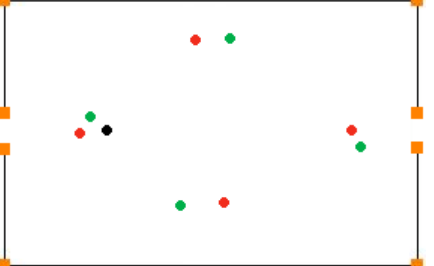
# COACHING SESSION PLAN

<b>Session Type</b>	<b>U10 week 4, practice 2</b>
<b>Theme of Session</b>	Short Passing

Key phrases for today's theme;

- Fast feet- *bent knees, balls of feet, lightly pad the ground, focus on good control with the first touch*
- Passing- *"think before you do"- players to learn to look for a player to pass to and a space to run to prior to receiving the ball, then look at good control and a good paced pass*
- 4-corner- *try to stay in space and remember to move to a new space after you pass the ball, play the ball quickly to keep the defenders running*
- Game- *FREE PLAY!*

<b>Focus</b> <i>Key points and things to watch out for.</i>	<b>Diagram</b> <i>Equipment and example</i>	<b>Timing</b> <i>Minimum time to be spent on exercise</i>
<p><b>Fast footwork with ball control</b></p> <p>Players should perform any of the single fast footwork drills between the cones, then after each fifth cone, the player should dart out the line to a coach who should throw a ball toward a 'control surface' for the player to control. The player should control the ball and then play it back to the coach</p> <p>Examples of control surfaces are;</p> <ul style="list-style-type: none"> <li>• <i>inside foot-</i> to be played straight back</li> <li>• <i>laces-</i> to be played straight back</li> <li>• <i>thigh-</i> control then played back</li> <li>• <i>chest-</i> control then played back</li> <li>• <i>head-</i> to be played straight back</li> </ul> <p>Start with the coach deciding which surface and which footwork technique, but then let the players decide and call out the surface they want, while doing the footwork.</p> <p>Players should go through all fifteen cones and then go back round to the start.</p>		10mins
<p><b>Passing with off-the-ball movement; Gunner drill</b></p> <p>Set up two octagons (8-10 yards in diameter) joining each other on one side, as in either diagram. The coach should label the space between two cones as 'gates' so that they can get every player into a 'free gate'. The players should also be split into two equal groups (reds and greens in diagram 1).</p> <p>There should be one ball per octagon (to begin with) and the aim for the players is to pass the ball to another player in there octagon, and then instantly move into a new, free space.</p> <p>The idea is for passing to be quick and sharp, for this to be achieved; the coach should tell players to use their brains before receiving the ball, so they know <b>who they will pass to</b>, and <b>where they will</b></p>		25mins

<p><b>move to.</b></p> <p>When the players have 'passed and moved' without pressure, as in diagram 1, the coach should take one player from each octagon, and have them apply <b>passive</b> pressure (pressuring the player without challenging for the ball). This is shown in diagram 2.</p> <p>The final progression, if the players are performing well, is to remove a ball and have the player moving from octagon to octagon, as in diagram 3. The players should play a normal pass and move in whichever octagon the ball is in, but whenever a player receives the ball in the centre gate, joining the two octagons, they should perform a turn and play into the other octagon.</p> <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 off-the-ball movement are;</p> <ul style="list-style-type: none"> <li>• <i>Sharp diagonal runs</i>- opens up space quickly for the ball and gets player quickly into space</li> <li>• <i>Curved runs</i>- curve goes away from the ball, in a game it draws a defender away, as well as opening up space for the ball carrier</li> </ul>	 <p>2</p>  <p>3</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>10mins</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>