

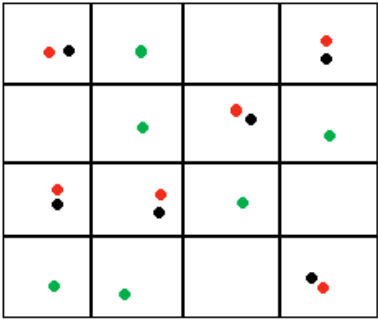
# COACHING SESSION PLAN

<b>Session Type</b>	<b>U10 week 6, practice 2</b>
<b>Theme of Session</b>	Spatial Awareness

Key phrases for today's theme;

- FFW- *bend your knees, bounce on your toes, keep feet low to the ground, pump your arms*
- SA- *keep your head up, keep moving so you are ready*
- Game 1- *move off the ball to keep the ball being played into space*
- Game 2- *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>		<p><b>10mins</b></p>
<p><b>Creating space (spatial awareness); find the space.</b></p> <p>The area should be set up like a grid, and the game is, essentially, a game of 'tag', with the group split into two teams, one team who are searching for space, and others who are doing the tagging.</p> <p>The players who are looking for space should be told to be attempting to stay within an empty box in the grid. If/when they are 'tagged' they should go and do one of the previously learnt fast footwork drills in the 'penalty' box (where the blue squares are in the top diagram). When they return they can continue looking for space. The coach should swap the teams every few minutes.</p> <p>Key points;</p> <ul style="list-style-type: none"> <li>• <i>Players should look to turn sharply, and run across diagonals to get in a free box</i></li> <li>• <i>If a player is not being chased in a free box, applaud him/her, they are using their initiative not</i></li> </ul>		<p><b>20mins</b></p>

<p><i>being lazy!</i></p> <ul style="list-style-type: none"> <li>• <i>Players should be discouraged from aimlessly running (noticeable with players running in circles)</i></li> <li>• <i>Taggers can be coached to work as a team, picking on players together instead of going one-for-one</i></li> </ul> <p>The progression for this exercise is to give one team a ball, to begin with, the ball players should be the taggers (allowing those looking for space an easier ride!) however, once both teams have done this, those with the ball should be the team looking for space, so coaches can assess dribbling techniques, and turning ability.</p>		
<p><b>Small-sided-games; score and keep away</b></p> <p>Maximum of 4v4 players for U10s. 'Score and keep away' is designed to enhance teamwork.</p> <p>The aim for the players is to score in their target goal as in a normal game. However, after a team scores, their goal is closed up and they have to complete 5 passes before it is open again. If the other team win back the ball they have to try and score in their target goal, if they do then their goal closes and it opens the other teams goal.</p> <p>The set up should be a 25x35 yard area, with two 3 yard goals (no keepers), placed at either end.</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>