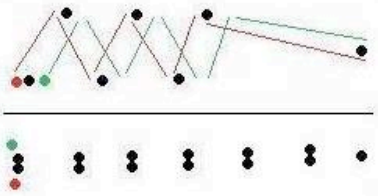
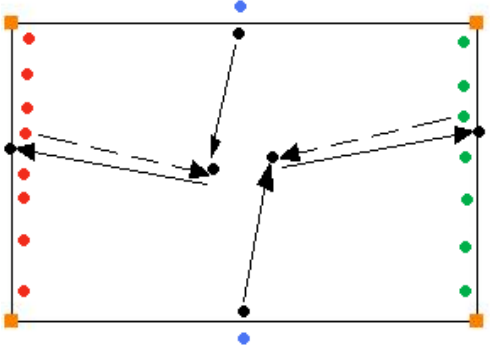


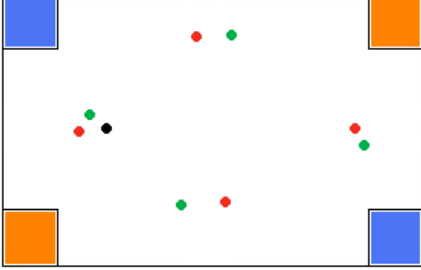
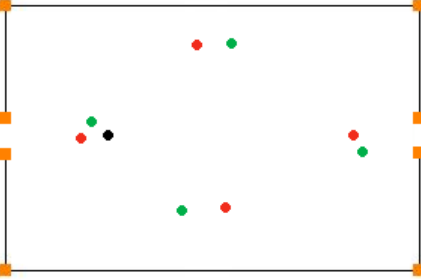
COACHING SESSION PLAN

Session Type	U10 week 7, practice 1
Theme of Session	Turning

Key phrases for today's theme;

- FFW- bend *your knees, use your arms, on your toes*
- Turning- *look around before turning to make sure it's safe, get the body low, disguise the turn, explode out of the turn*
- Game 1- *practice turns to get to different target areas*
- **FREE PLAY**

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Basic fast feet; paired work</p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises not races.</p> <p>The top exercise involves one player (green) doing a backwards zigzag, changing direction, with the other (red) doing a forwards zigzag, attempting to mirror the movements of the green player. When they reach the end of the zigzag the green player should turn and get to the end cone quickly with the red player.</p> <p>The second exercise should involve the two players working together. They should go to the second double cone and then go backwards, back to the first. They then go the third cone, and go back to the second, then the fourth going backwards to the third, and so on. In other words, going two steps forward and then one step back.</p>		<p>10mins</p>
<p>Turning; McQueen meets McRae</p> <p>Set up a 20x30 yard area, with the players lined up on the two 20 yard lines, as on the diagram. The two coaches should then be stood halfway down the 30 yard lines with a lot of balls each.</p> <p>The coach should turn it into a race between the two players running into the middle, by either only playing one ball, or telling the players that the first one back to their line is the winner.</p> <p>Ideally the players should run to the ball as fast as can and then they should turn sharply.</p> <p>Ideally, with U10s this game should be run very quickly as a high-intensity, starter activity.</p> <p>Key points for turning are;</p> <ul style="list-style-type: none"> • <i>Lower the body</i>- lower the body so that the centre of gravity is lower thus making a sharper turn 		<p>15mins</p>

<ul style="list-style-type: none"> • <i>Accelerate away</i>- turns are ordinarily done to get away from players so speed on the exit • <i>Try to disguise</i>- send the body one way before performing the turn to throw the defender off 		
<p>Small-sided-games; four-corner model</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, under control, 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><i>15mins</i></p>
<p>Small sided games; regular mini game</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><i>Until practice ends</i></p>