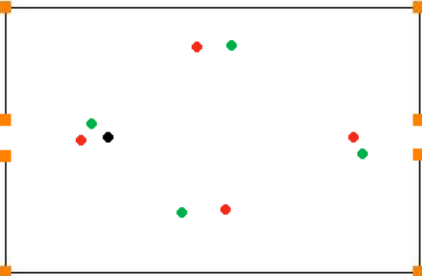


COACHING SESSION PLAN

Session Type	U10 week 7, practice 2
Theme of Session	First touch/Ball control

- Key phrases for today's theme;
- FFW- *focus on controlling the ball, don't touch any cones*
 - Movement/Ball control- *Always stay moving, cushion the ball*
 - Game 1- *ensure the ball is controlled well whenever it is received*
 - Game 2- *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>Fast footwork with ball control</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"> • <i>inside foot-</i> to be played straight back • <i>laces-</i> to be played straight back • <i>thigh-</i> control then played back • <i>chest-</i> control then played back • <i>head-</i> to be played straight back <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>Warm-up; Movement/Dynamics/Ball Control</p> <p>Set up a 12x10 yard area- within this area tell the players to take a cone and put it down in some space (near no-one else's cone). The players should be told that throughout the exercise they will never be stood still and so when the coach says stop, they should stand next to a cone- bouncing from toe-to-toe on the spot whilst listening to the coach.</p> <p>The coach should then go through the following movements, with the players moving from cone-to-cone (visiting all cones as many times as possible) within the area;</p> <ul style="list-style-type: none"> • Jogging- <i>minimum of three minutes</i> • Wide sidesteps- <i>sideways movement, stretching the groin</i> • Skipping- <i>ensure players bend knees as they land on each foot, warms up ligaments and tendons</i> • Bum flicks- <i>players to flick their bum with their heels, stretching quadriceps</i> • Kick the gate- <i>players mimic kicking open a gate,</i> 		20mins

<p><i>stretching out the hamstrings</i></p> <ul style="list-style-type: none"> • Slow/explode- <i>players go slow to a cone then explode off of the next cone in a different direction</i> • Backwards/forwards- <i>backwards to one cone then forwards to the next.</i> • Freestyle- <i>players to combine all movements for minimum of three minutes</i> <p>COACH TO GIVE HALF THE PLAYERS A BALL, players with a ball lightly bounce on the spot, others do the following exercises (swap after each exercise);</p> <ul style="list-style-type: none"> • Inside volley pass- <i>players move to each player, and volley a ball thrown at shin height (volley should be controlled- pass pace)</i> • Laces volley pass- <i>as above</i> • Thigh control- <i>players to bring ball down on thigh and pass it to server</i> • Chest control- <i>players to bring ball down with chest and pass it to server</i> <p>Server should now pass the ball from the floor;</p> <ul style="list-style-type: none"> • Player receives pass and takes first touch into space (behind/left/right not back in front of themselves), they then turn back and return the ball to the server before finding the next ball • Servers become bounce-pass players, receiving players control into space and then go and find another server, with the new server they play a 1-2 and continue to dribble around the area visiting all servers 		
<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>10mins</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>Until practice ends</p>