

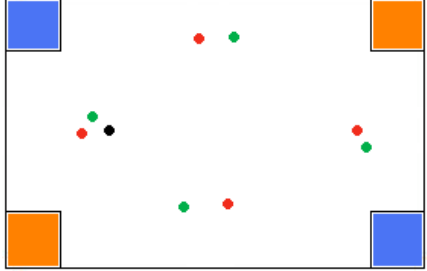
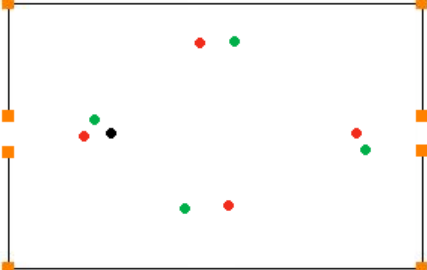
# COACHING SESSION PLAN

<b>Session Type</b>	U10 week 9, practice 2
<b>Theme of Session</b>	Short Passing

Key phrases for today's theme;

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<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 and Basic Control; Golden Gates</b></p> <p>Set up a 30x40 yard area, with a collection of mini "gates" inside, ensuring that some of the gates are golden (yellow).</p> <p>Players are then split up into pairs and given a ball between two. To start off the players are told to try and go to all the gates in the area, playing the ball with a soft pass to their partner.</p> <p>Later, the players should be told that golden gates are worth 10 points, while other gates are worth just 1 point. They are only allowed to go through golden gates once but other gates as many times as they like.</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>		15mins

<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><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>