

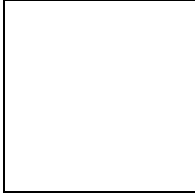



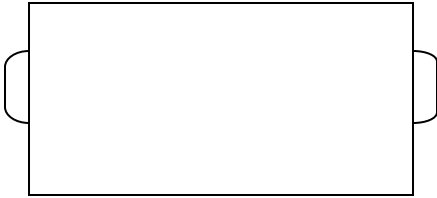
SOCCER SESSION PLANNER (Sample)

U9/U10



DATE: 8/2/05

TOPIC: Passing

<p><u>Warm up: (15 mins)</u></p> <p>Players move around the area with a ball each and perform various tasks on the coach's command.</p> <ol style="list-style-type: none"> 1, Switch 2, Inside/outside 3, Squeeze and Push 4, U Shape 5, Juggling with a Bounce 	<p>Diagram:</p> <p style="text-align: center;">20x20</p> 	<p>Coaching Points:</p> <p>Movements in different directions.</p> <p>Familiarity with the ball.</p>
<p><u>Activities: (30 mins)</u></p> <p>1, Ball Master (in fours) Players dribble to the coach and hand him their ball (ball between four). The coach tosses the ball away and gives the players various challenges to get the ball back as quickly as possible. E.g. using different parts of the body, certain number of passes</p> <p>2, Triangles Players work in groups of four (one ball between them) and have to pass the ball (coach will ask them to do this in different ways such as on the ground/in the air etc) through a small triangle a specific number of times. This will progress to moving to other teams triangle as a race to see what team can pass through the most triangles first.</p> <p>3, Three Team Tag Players are split into 3 teams of four (one ball per team) Team works together passing the ball between them and trying to hit the other teams below the leg with the ball. This can progress to tagging other players when you have the ball. First team to 6 wins.</p>	<p>Diagram:</p> <p style="text-align: center;">Half Field</p>  <p style="text-align: center;">Half Field with small triangles in between</p>  <p style="text-align: center;">30x30</p> 	<p>Coaching Points</p> <p>How do we get the ball back? What's the quickest way?</p> <p>Use of different parts of the feet/body.</p> <p>Team work/communication</p> <p>Accuracy of the pass.</p> <p>Accuracy of the pass.</p> <p>Team work/communication</p> <p>What part of the foot do I use?</p> <p>Where do I go so I don't get hit?</p>
<p><u>6v6 Games: (20 mins)</u></p> <p>1 Ball (extras behind goals) 2 Goals 2 teams of six including Goalkeepers</p>	<p>Diagram:</p> 	<p>Coaching Points:</p> <p>LET THE KIDS PLAY</p>
<p><u>Cool Down: (10 mins)</u></p> <p>Basic Movements to gradually return the body to a resting state</p>	<p>Notes:</p>	<p>Notes:</p>