



Session Plans

U9/10 Age Appropriate Session Example 3

Topic: Combination Play
Age: U9/10

Duration: 75 Minutes
Players: 12

Warm Up



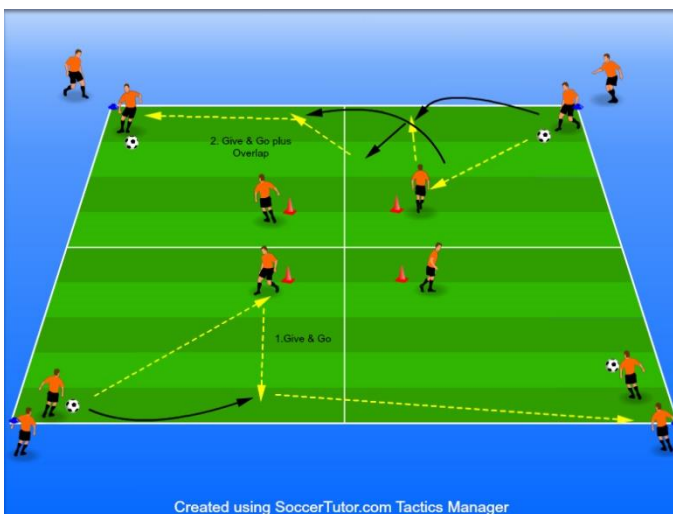
Description:

Half of players feeding other half receiving by opening up body.
1. Create angle and open up to receive, head up, turn back, pass, move.
2. Create angle and open up to receive, head up, accelerate through the middle square, head up, pass, move.
3. Start with ball, pass to outside, create angle, Play Give & Go, take outside position.

Coaching Points:

Create an angle
Open up body
Let ball run across body to receive with inside of far foot
Head up after 1st touch to see the entire field

Combination Play Exercise



Description:

4 balls. Pass into central player for give and go, play pass to next corner and take up place on the cone in the central square to receive the next pass. Central player follows the pass.

Progress to adding in an overlap. Player receiving the give and go takes a touch inside to create space for the overlapping run. Release the ball to overlap then check back in to the central cone vacated by overlapping player to receive the next pass.

Coaching Points:

Body position
Weight of pass
Timing of run
Communication

2v1 to goal



Description:

Defender passes the ball out to either attacking player. Attacking players score 1 point each for a goal, 3 bonus points each for using a give and go or 5 bonus points each for an overlap.

Every player rotates 1 place to their left after each attempt inc GK.

Coaching Points:

Commit defender
Weight of pass
Supporting angles
Timing of run
Timing of release

Practice Game



Description:

6v6 to wide goals.

Coaching Points:

Encourage Creativity
Be Positive
Reiterate points from session

Small Sided Game



Description:

Small Sided Game 7v7 Inc GK