



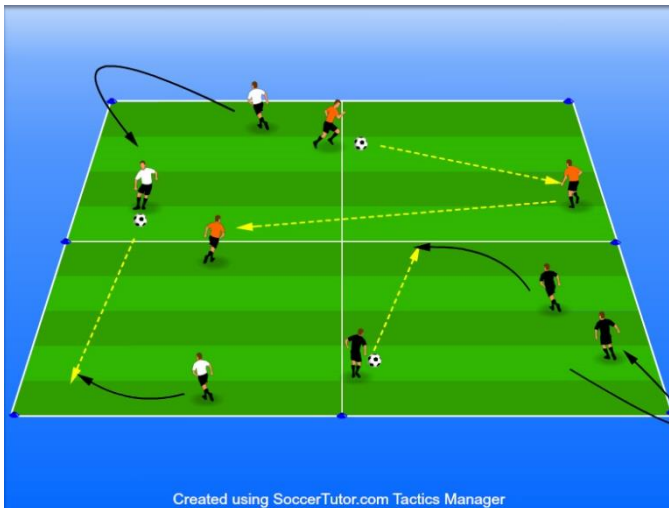
Session Plans

U9/10 Age Appropriate Session Example 1

Topic: Passing/Support Play
Age: U9/10

Duration: 75 Minutes
Players: 9

Warm Up



Description:

Pass and move in 3's. How many passes in a minute? Add in movement by having players perform a dynamic stretch around one of the outside cones after each pass. Player in possession must keep the ball moving until an option becomes available.

Coaching Points:

Pass ball ahead of players run
Receive the ball on the move across body
Communicate

Group Passing Activity



Description:

4 goals. Can score in any goal but not the same one twice in a row. Receiving player cannot run through the goal, must go around. 1 pass through to team mate = 1 goal.

Progress to a pass through then a second pass to support player for 1 point. Who decides where to attack next?

Coaching Points:

Weight of pass by 1st player
Timing of run by receiving player
Supporting angle of 3rd player
Communication

Opposed Group Passing Activity



Description:

4v4 plus 1 player all time offence. Must connect 2 passes to score. First pass through one of the goals then played to a support player within 2 touches.

Coaching Points:

Change the point of attack depending on space

Weight of initial pass

Timing of run

Speed of support players

Good supporting angles

Practice Game



Description:

4v4+1 to small goals.

Coaching Points:

Encourage Creativity

Be Positive

Reiterate points from session

Small Sided Game



Description:

Small Sided Game 7v7 Inc GK