



HUNTINGTON UNITED F.C.  
10U TRAINING SESSIONS

Coach – Thank you for your willingness to coach and teach the game of soccer. Your time and contributions to our program make all of this possible and is greatly appreciated by H.U.F.C. players, parents and fans. On the following pages you will find the training sessions that you will use to teach our young players the game. Please follow them and be certain to emphasize the listed coaching points.

In order to make practices run smoothly and be fun, it is important for us to have a basic understanding of the intellectual, emotional and physical developmental stage of the players we are coaching. Here are some typical characteristics of the Under 10 player.

- Attention span lengthens and they start to show the ability to sequence thoughts and actions.
- Players start to think ahead and think “If this, then that”
- Players are more inclined towards wanting to play soccer rather than being told to play
- Demonstrate increased self-responsibility
- Players start to recognize fundamental tactical concepts
- Begin to become aware of peer pressure.
- Players affiliate with their team or their coach
- There is a wide continuum of maturity evident on most teams.
- U10 is still a crucial age for technical skill development.



**U10 Session Plan**

**Season Recreation**

**Topic**

**DRIBBLING - RUNNING WITH THE BALL**

**Objectives (5 W's)**

**Where:** From the Defensive to the attacking half

**What:** Running with the ball, Receiving, Penetration, Support, Width and Mobility

**When:** In possession of the ball and with space to attack

**Why:** To penetrate the opponents defense and create goal scoring opportunities

**Organization**

Duration

10 mins

Intensity

Med-High

• Area: In a 20Wx30L yard grid divided into 2 10 yard wide channels as shown in the diagram. Players #2, #3, #7 or #11 with a ball each will do the following Intervals 1: Runs with the ball and passes the ball across to the next player in line with the right foot ~ 2: Run and Pass with the left foot ~ 3: Run at each other and make a move going to the right then accelerate and pass the ball ~ 4: Move to the left

**Coaching Points**

Activity Time

2 mins

Rest

30 Secs

Intervals

4

• What? Technique of Running with the Ball:  
 ~ Push the ball forward with the laces.  
 ~ Each touch of the ball should push it a few steps ahead of the dribbler  
 ~ Keep a natural running stride  
 ~ The head is up and the eyes scan the field

**Stage 1 Dribble Lanes**



**Stage 2 4 v 4 RWB into the Attacking Half**



**Organization**

Duration

15 mins

Intensity

Med-High

• Area: In a 20Wx30L yard field with goals  
 • Target team (Red): #1, #2, #3, #4 - Opposition team(White): #1, #7, #9, #11- Play to score in the opponent's goal.  
 ~ If a player receives the ball and runs from the defensive half to the attacking half and scores it is worth 10 points. All other goals are 1 point.

**Coaching Points**

Activity Time

4 mins

Rest

1 min

Intervals

3

• What? Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance  
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Improvisation: When? Why? ~ Mobility: Who? When? Why?

**Organization**

Duration

18 mins

Intensity

Medium

• Area: In a 20Wx30L yard field with goals  
 • Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply

**Coaching Points**

Activity Time

7 mins

Rest

2mins

Intervals

2

• What? Technique ~ Dribbling: Running with the Ball ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance  
 • Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where? When? Why? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When?

**Stage 3 4v4 to Goal**



**Stage 4 - 7v7**

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

**Organization**

In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #7 & #11 when to run with the ball

**Coaching Points**

Technical Execution, Roles and responsibilities of #2, #3, #7, #11. Attacking Principles, 5W's, Speed of Play



**U10 Session Plan**

**Season Recreation**

**Topic**

**DRIBBLING AND TURNING**

**Objectives (5 W's)**

**What:** Dribbling and turning with the ball, Receiving, Penetration, Support, Width and Mobility  
**Where:** Final Third  
**When:** In possession and under pressure **Why:** To keep possession, penetrate the opponents defense and create goal scoring opportunities

**Organization**

Duration  Intensity

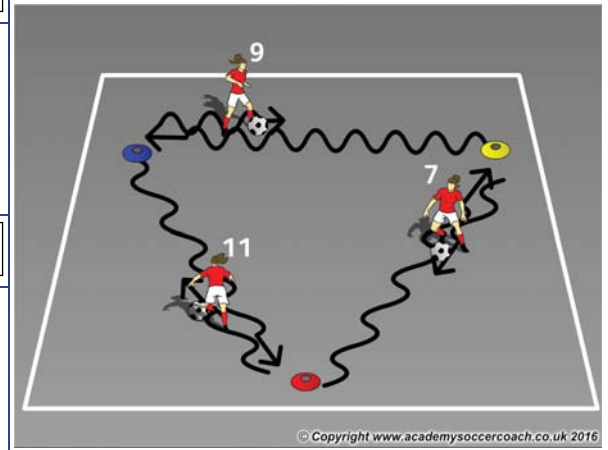
- Area: In a 15x15x15 yard triangle
- Players #7, #9, #11 start at a cone with a ball and will use the laces to push the ball forward toward the next cone and perform a turn.
- ~Interval 1: Cut ~ Interval 2: Hook
- ~Interval 3: Drag-back ~ Interval 4: Cruyff

**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique of Dribbling and Turning
- ~ Push the ball forward with the laces
- ~ Check over the shoulder before performing the turn
- ~ Keep your body between the defender and the ball
- ~ Surface of the foot and surface of the ball to use. Accelerate after the turn

**Stage 1 Dribble Triangle**



**Stage 2 4 v 4 Turning to Score**



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4, - Play to score in the opponent's goal.
- ~When a player is under pressure turns, dribbles and scores or sets up a teammate who scores, the goal is 100 points. Play to 300 points. All other goals are 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement.
- Principles of Attack - Penetration: Who? Where? When? Why?
- ~ Mobility: Who? When? Why?

**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4, - Play to score in the opponent's goal. All rules apply.

**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? ~ Support: Who? Where? When? Why? ~ Mobility/Width: Who? When? Why? ~ Improvement: Who? When??

**Stage 3 4 v 4 to Goal**



**Stage 4 - 7v7**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 when to turn with the ball

**Coaching Points**

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.



**U10 Session Plan**

**Season Recreation**

**Topic**

**DRIBBLING TO BEAT AN OPPONENT**

**Objectives (5 W's)**

**Where:** In the attacking half

**What:** Dribbling to beat an opponent, Receiving, Shooting, Penetration, Mobility and improvisation

**When:** Confronted by a defender near the goal

**Why:** To penetrate the opponents defense and create goal scoring opportunities

**Organization**

Duration

12 mins

Intensity

Med-High

- Area: In a 15x15x15 yard triangle with a cone at each midpoint
- Players #7, #9, and #11 start at a cone with a ball and dribbles to perform one of the moves below at the central cone
- ~Interval 1: Fake and Take
- ~Interval 2: Circle and Take
- ~Interval 3: Double Fake and Take
- ~Interval 4: Double Circle and Take

**Coaching Points**

Activity Time

2 mins

Rest

1 min

Intervals

4

- What? Technique of Dribbling to Beat an Opponent
- ~ Keep the ball close
- ~ Use all surfaces of the foot: Laces to go forward, Inside/Outside/ sole to change direction
- ~ Change direction and get away from the opponent quickly

**Stage 1 Dribble Triangle**



**Stage 2 4 v 4 Solo Dribbling**



**Organization**

Duration

15 mins

Intensity

Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team(White): #1, #4, #5, #6 - Play to score in the opponent's goal.
- ~ If a player dribbles a defender, passes to a teammate who scores, or if they score themselves, it is worth 50 points. Play to 150 points. All other goals are 1 point

**Coaching Points**

Activity Time

4 mins

Rest

1 min

Intervals

3

- What? Technique ~ Dribbling to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Mobility: Who? When? Why? - Improvisation: When? Where? Why?

**Organization**

Duration

18 mins

Intensity

Medium

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply. If any player dribbles the GK and scores, the goal is worth 100 points.

**Coaching Points**

Activity Time

7 mins

Rest

2mins

Intervals

2

- What? Technique ~ Dribbling: to beat an opponent ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? ~ Mobility/Width: Who? When? Why? ~ Improvisation: Who? When?

**Stage 3 4v4 to Goal**



**Stage 4 - 7v7**

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

**Organization**

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to dribble by the defenders

**Coaching Points**

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.



**U10 Session Plan**

**Season Recreation**

**Topic**

**PASSING BASICS 1**

**Objectives (5 W's)**

**Where:** In the defensive and attacking half of the field  
**What:** Passing, Receiving, Shooting, Penetration, Support, Mobility  
**When:** The team is building up the attack  
**Why:** To penetrate the opponent's defense

**Organization**

Duration  Intensity

• Area: In a 15x15x15 yard triangle. Players #6, #8, and #9 on each cone. #9 starts with the ball. #6 checks away from the cone then back, receives a pass from #9 with the front foot, #6 then pushes the ball past the cone to make the next pass to #8, continue. Intervals-1: Receive, dribble, pass. 2: Receive with one foot, pass with the other. 3: Reverse passing direction

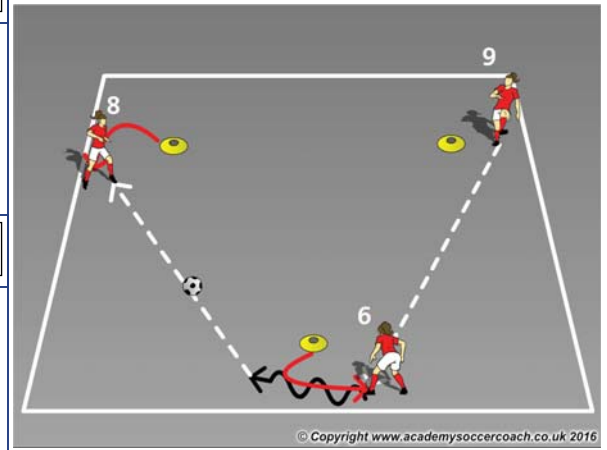
**Coaching Points**

Activity Time  Rest  Intervals

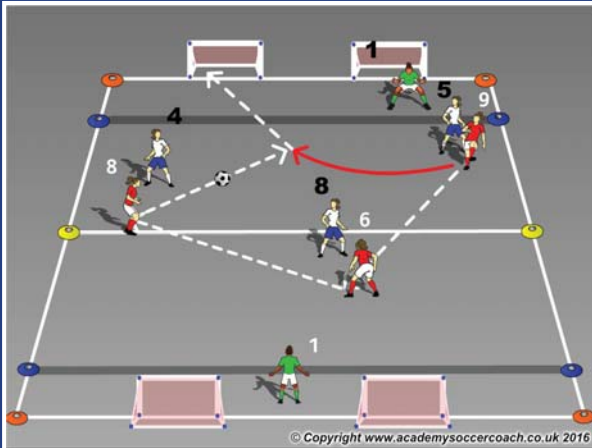
• What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

**Stage 1**

Passing Triangle



**Stage 2** 4 v 4 to 4 Goals



**Organization**

Duration  Intensity

• Area: In a 20Wx30L yard field with 2 small goals on each endline  
 • Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8  
 Play to score in the opponent's goal. #1 defends their team's 2 goals.  
 ~ When a team makes 2 passes or more without losing possession, and then scores a goal, the goal is worth 10 points

**Coaching Points**

Activity Time  Rest  Intervals

• What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance  
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

**Organization**

Duration  Intensity

• Area: In a 20Wx30L yard field with goals  
 • Target team (Red): #1, #6, #8, #9 - Opposition team (White) #1, #4, #5, #8  
 Play to score in the opponent's goal. All rules apply

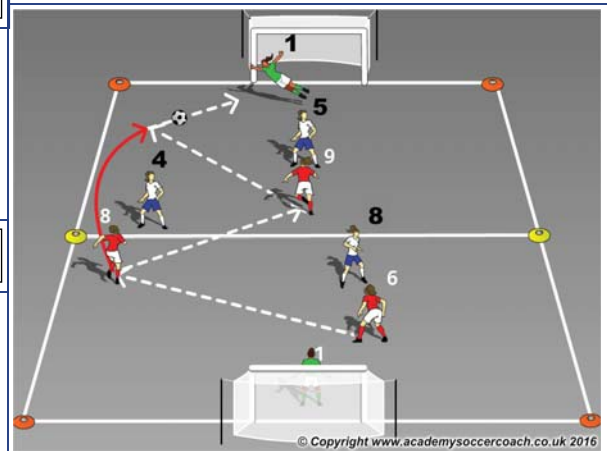
**Coaching Points**

Activity Time  Rest  Intervals

• What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Power  
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

**Stage 3**

4 v 4 to Goal



**Stage 4 - 7v7**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to pass & support each other

**Coaching Points**

Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.



**U10 Session Plan**

**Season Recreation**

**Topic**

**PASSING BASICS 2**

**Objectives (5 W's)**

**Where:** In the defensive and attacking half of the field

**What:** Passing, Receiving, Shooting, Penetration, Support, Mobility **When:** The team is building up the attack

**Why:** To penetrate the opponent's defense

**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field
- Target team: #6, #8, #9 - Opposition team: #4, #5, #8. Each team tries to make as many passes in 2 minutes as they can. The player who receives the ball, touches it 2-3 times on the move, then makes a pass to the next teammate. Intervals ~ 1: Number of passes in 2 minutes ~ 2: Pass through the other team ~ 3: Competition

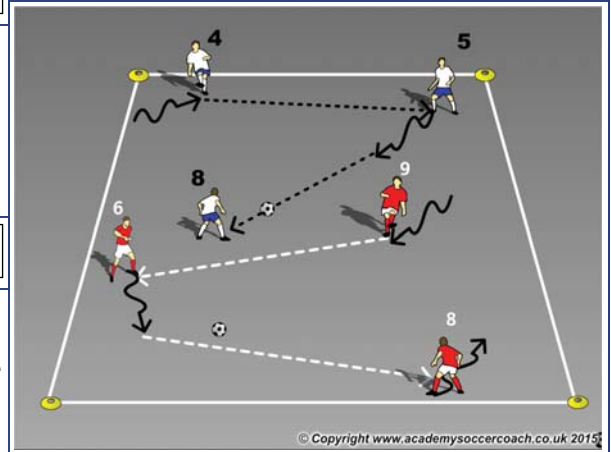
**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

**Stage 1**

Passing and Moving



**Stage 2** 4 v 4 - Total Soccer



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8 - Play to score in the opponent's goal. ~ When all members of the team has touched the ball and score the goal is worth 100 points. All other goals are 1 point

**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8 - Play to score in the opponent's goal. All rules apply.

**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

**Stage 3**

4v4 to Goal



**Stage 4 - 7v7**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to pass & support each other.

**Coaching Points**

Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.



### U10 Session Plan

Season Recreation

Topic

PASSING AND COMBINING

**Objectives**  
(5 W's)

**Where:** In the defensive and attacking half of the field

**What:** Passing, Receiving, Dribbling, Shooting, Penetration, Support, Mobility

**When:** The team is building up the attack

**Why:** To penetrate the opponent's defense and create scoring opportunities

#### Organization

Duration

12 mins

Intensity

Med-High

- Area: In a 15x15x15 yard triangle with tall cones in between (see diagram)
- Players #7, #9, #11. #7 starts with dribble and passes the ball to #9 for a wall pass. #7 receives the ball back & dribbles beyond the next disc & passes to #11 who does the next wall pass with the #9. Intervals-1:#9 is the central player~2: #7 is the central player ~ 3: #11 is the central players ~ 4: Wall pass race between the other triangles

#### Stage 1

Wall Pass Triangle



#### Coaching Points

Activity Time

2 mins

Rest

1 min

Intervals

4

- What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ Receiving: Get the body behind the ball, Ankle lock and toes up, Eyes on the ball, 1st touch pushed the ball where you want to go or away from pressure

#### Stage 2

4v4 - Combo Play



#### Organization

Duration

15 mins

Intensity

Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal.
- ~ When a team makes a wall pass or 3 players connect passes in a row and score the goal is worth 10 points

#### Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

3

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Dribbling
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

#### Organization

Duration

18 mins

Intensity

Medium

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply.

#### Coaching Points

Activity Time

7 mins

Rest

2mins

Intervals

2

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Dribbling, Shooting
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

#### Stage 3

4v4 to Goal



#### Stage 4 - 7v7

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

#### Organization

In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to combine & support each other

#### Coaching Points

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.



**U10 Session Plan**

**Season Recreation**

**Topic**

**DEFENDING 1 - PRESURE, DELAY, COVER**

**Objectives (5 W's)**

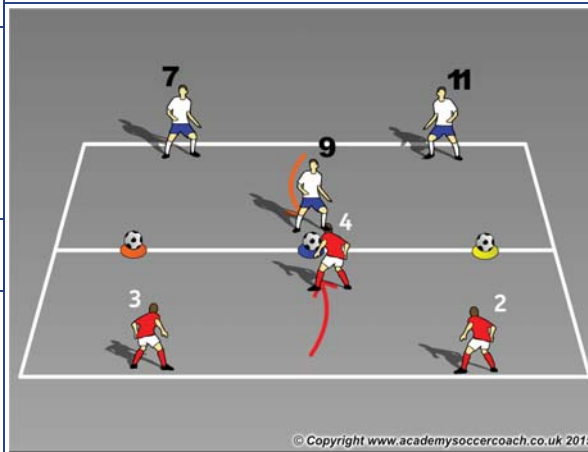
**Where:** In the central and flank channels of the field  
**What:** Pressure: Speed and angle of approach, Pressing distance, Body shape, Foot work , Type of tackle, Delay, Cover: Angle and distance  
**When:** As soon as you loss possessions of the ball  
**Why:** To deny penetration and shooting opportunities

**Organization**

Duration  Intensity

- Area: Set up in a straight line three cones of different colors with a ball on the top
- Target team (Red): #2, #3, #4 - Opposition team (White): #7, #9, #11 - Place 2 players about 5 yards away from each side of the cone. At coaches command (BLUE!) the players will pressure the indicated cone. Intervals ~ 1: Pressure the cone ~ 2: Pressure and Delay (Jockey back) ~ 3: Pressure and cover (all three players)

**Stage 1** Pressure, Delay and Cover Box



**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique of Defending:
  - ~ Pressure: Speed of Approach, Angle of approach, Pressing distance, Body shape and foot work
  - ~ Delay: Jockeying (Back pedaling), Foot work
  - ~ Cover: Angle/distance of cover, What does he/she say to the pressing defender?

**Stage 2** 4 v4 - 5 Seconds Press Game



**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11 - When a player loses the ball the team has 5 seconds to pressure, deny penetration, and win the ball back. If the Red team regains possession they get 5 points, if they score they get 10 points. If White scores all points eliminated for Red.

**Coaching Points**

Activity Time  Rest  Intervals

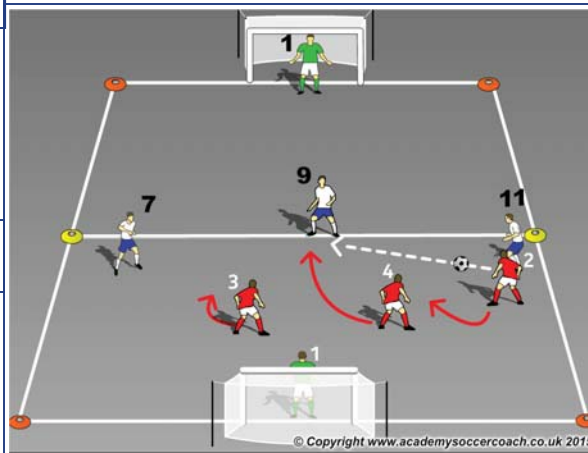
- What? Technique - Speed and angle of approach, Pressing distance, Body shape, foot work , Type of tackle (Poke or Block) - Angle , speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? Cover: Who? Where? When?

**Organization**

Duration  Intensity

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4 - Opposition team (White): #1, #7, #9, #11. Play to score in the opponent's goal. All rules apply.

**Stage 3** 4v4 to Goal



**Coaching Points**

Activity Time  Rest  Intervals

- What? Technique - Speed and Angle of approach, Pressing distance, Body shape, foot work , Type of tackle (Poke or Block) - Angle , speed and distance of cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why?

**Stage 4 - 7v7**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #2, #3, #4 to work together to regain the ball

**Coaching Points**

Technical Execution, Roles and responsibilities of #2, #3, #4. Defending Principles, 5W's, Speed of Play.



**U10 Session Plan**

**Season Recreation**

**Topic DEFENDING 2 - PRESURE, DELAY, COVER & BALANCE**

**Objectives (5 W's)**

**Where:** In the central and flank channels of the field

**What:** Pressure: Speed and Angle of Approach, Distance, Body shape, Foot work , Type of tackle, Delay, Cover & Balance

**When:** At loss of possession **Why:** To deny penetration and shooting opportunities

**Organization**

Duration

12 mins

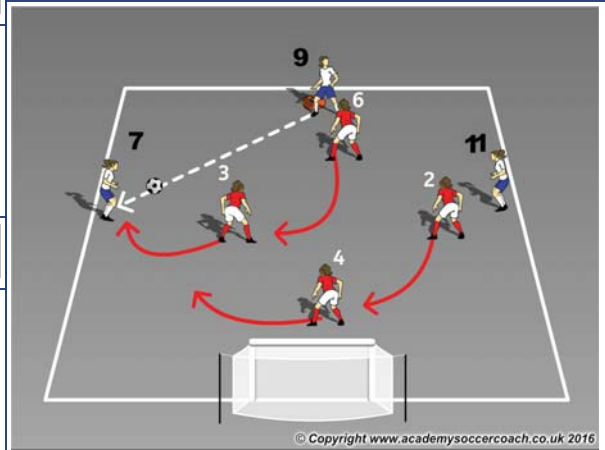
Intensity

Med-High

- Area: In a 20Wx15L yard grid (Half Field) with a goal at the end line
- Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #9, #11 - The White will pass the ball among the 3 players. The red team will try to move as a group to defend the goal. Intervals 1: Pressure and Delay. The attacking player can dribble forward. ~ 2: Pressure, Delay and Cover ~ 3: Pressure, Delay, Cover and Balance

**Stage 1**

3 v 4 to One Goal



**Coaching Points**

Activity Time

2 mins

Rest

1min

Intervals

4

- What? Technique of Defending:
  - ~ Pressure: Speed of Approach, Angle of approach, Pressing Distance, Body shape and Foot work
  - ~ Delay: Jockeying the dribbler, Foot work
  - ~ Cover: Angle/Distance of Cover, What does he/she say to the pressing defender?
  - ~ Balance: Angle and Distance

**Stage 2 4 v 4 - 5 Seconds Block Defending**



**Organization**

Duration

15 mins

Intensity

Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #2, #3, #4, #6 - Opposition team (White): #7, #8, #9, #11 - When a player loses the ball the team has 5 seconds to move as a group to pressure, delay the ball and win it back. If the defending team regains possession they get 5 points, if they score they get 10 points

**Coaching Points**

Activity Time

4 mins

Rest

1 min

Intervals

3

- What? Technique - Speed and Angle of approach, Pressing Distance, Body shape, Foot work, Type of Tackle (Poke or Block) - Angle, Speed and Distance of Cover
- Principles of Defense ~ Pressure: Who?, When? Where? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why? Balance: Who? Where?

**Organization**

Duration

18 mins

Intensity

Medium

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #2, #3, #4, #6 - Opposition team (White): #1, #7, #8, #9, #11. Play to score in the opponent's goal. All rules apply.

**Stage 3**

5v5 to Goal



**Coaching Points**

Activity Time

7 mins

Rest

2mins

Intervals

2

- What? Technique - Speed and Angle of approach, Pressing Distance, Body shape, Foot work, Type of Tackle (Poke or Block) - Angle, Speed and Distance of Cover
- Principles of Defense ~ Pressure: Who?, When? Where? When? Why? ~ Delay: Who? When? Why? ~ Cover: Who? Where? When? Why? ~ Balance: Who? Where?

**Stage 4 - 7v7**

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

**Organization**

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #2, #3, #4, #6 to move as block to defend

**Coaching Points**

Technical Execution, Roles and responsibilities of #2, #3, #4, #6. Defending Principles, 5W's, Speed of Play.



**U10 Session Plan**

**Season Recreation**

**Topic**

**SHOOTING 1 - SHOOTING FROM RANGE**

**Objectives (5 W's)**

**Where:** In the attacking half of the field close to the goal area  
**What:** Shooting, Passing, Receiving, Dribbling, Penetration, Support, Mobility, Improvisation  
**When:** There is a shooting window  
**Why:** To develop an aggressive goal scoring mentality

**Organization**

Duration  Intensity

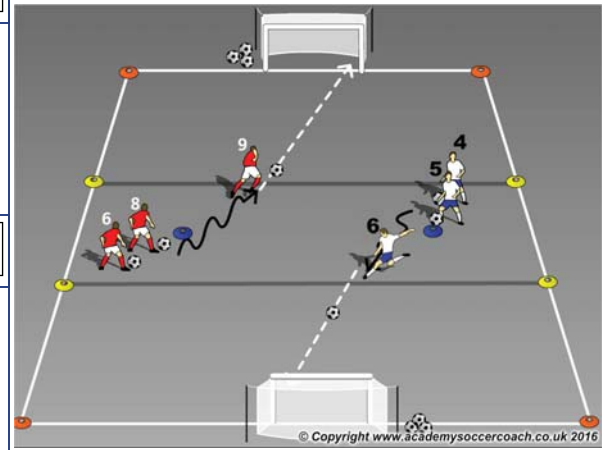
• Area: In a 20Wx30L yard field with a 10 yard central zone & goals at each end-line  
 • Players #6, #8, & #9. Players line up in the central zone with a ball each. At coach's command the first player dribbles and shoots before dribbling out of the zone. As soon as the shot is taken the next player goes. Intervals ~ 1: How many goals in 3 minutes ~ 2: Improve by 2 ~ 3: Shooting competition

**Coaching Points**

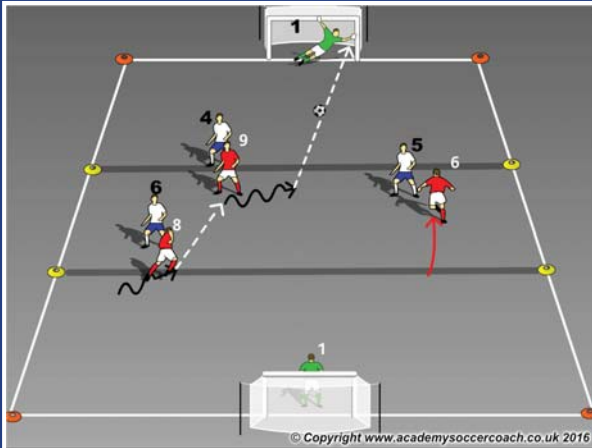
Activity Time  Rest  Intervals

• What? Technique of Shooting:  
 ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball  
 ~ Non-kicking foot beside ball. Ankle locked, angled approach to ball  
 ~ Strike ball with laces at the center of the ball, follow through and land on the kicking foot

**Stage 1** Range Shooting Warm up



**Stage 2** 4 v 4 - 3 Zone Shooting



**Organization**

Duration  Intensity

• Area: In a 20Wx30L yard field with 10 yard central zone and goals at each end-line  
 • Target team (Red) : #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to in the opponent's goal.  
 ~ Scoring: A goal scored from the central zone is 100 points. Any other goal is 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

• What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance ~ Dribbling  
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

**Organization**

Duration  Intensity

• Area: In a 20Wx30L yard field with goals  
 • Target team (Red) : #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply.

**Coaching Points**

Activity Time  Rest  Intervals

• What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance ~ Dribbling  
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

**Stage 3** 4 v 4 to Goal



**Stage 4 - 7v7**

Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to shoot when in range

**Coaching Points**

Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.



**Topic**

**SHOOTING 1 - SHOOTING AND FINISHING**

**Objectives (5 W's)**

**Who:** Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line  
**Where:** In the attacking half of the field close to the goal area  
**When:** There is a shooting window  
**Why:** To develop an aggressive goal scoring mentality

**Organization**

Duration 12 mins Intensity Medium

- Area: in a 20Wx30L yard field with a goal at each end line
- Groups have 3 minutes score as many goals on the goalkeeper at each end.
- ~ Interval 1: How many can you score? ~ Interval 2: Improved by 2
- ~ Interval 3: What team can score the most goals in 3 minutes?

**Coaching Points**

Activity Time 3 mins Rest 1min Intervals 3

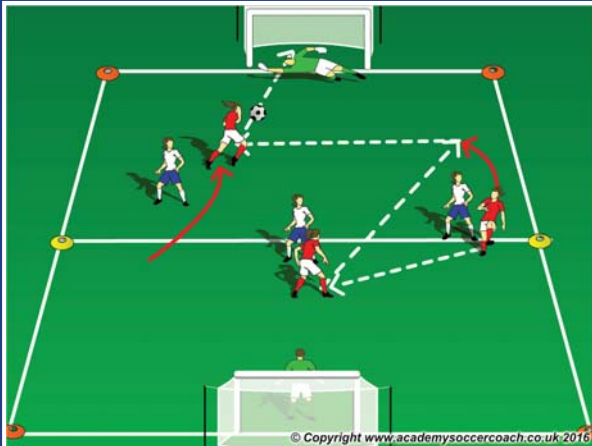
**• What? Technique of Shooting:**

- ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
- ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

**Warm-up / Orientation Shooting**



**Orientation 4v4 - 60 Seconds Game**



**Organization**

Duration 15 mins Intensity Low

- Area: In a 20Wx30L yard field with a goal on each end line
- Both teams are trying to score in the opponent's goal.
- ~ Scoring: After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score in 60 seconds, they take the opponent's point away. Otherwise the game continues. The team who scores the last goal wins the game.

**Coaching Points**

Activity Time 4 mins Rest 1min Intervals 3

- **What? Technique** - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

**Organization**

Duration 18 mins Intensity Medium

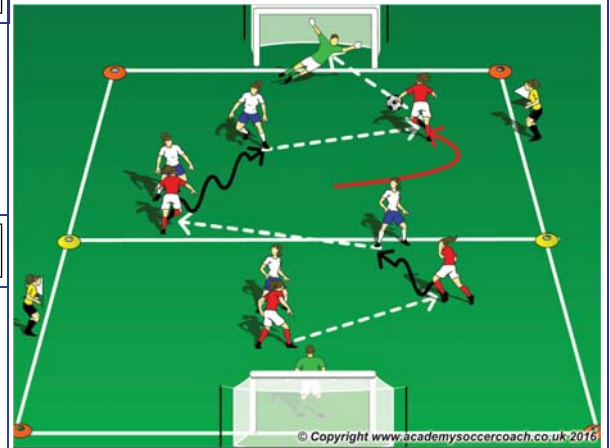
- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. Goals scored inside the attacking half are worth 10 points. All laws apply.

**Coaching Points**

Activity Time 7 mins Rest 2 mins Intervals 2

- **What? Technique** - Shooting and Receiving
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/between the defensive line: Who? When? Why?

**Learning 5v5 to Goal**



**Implementation 7v7**

Duration 30 mins Formation R GK-2-3-1 v W GK-3-2-1 Activity Time 12 mins Rest 3 mins Intervals 2

**Organization**

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot.

**Coaching Points**

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play