

# SEACOAST



# COMMUNITY PARTNERSHIPS

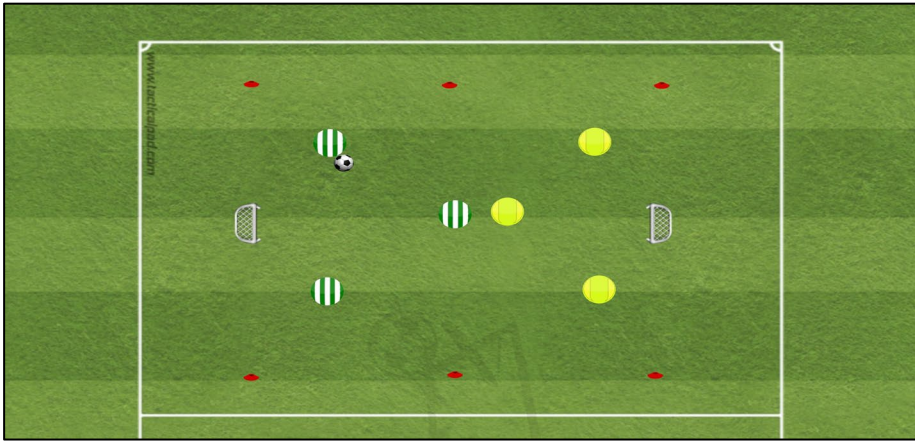
## U9-U10 AGE GROUPS



LESSON PLANS

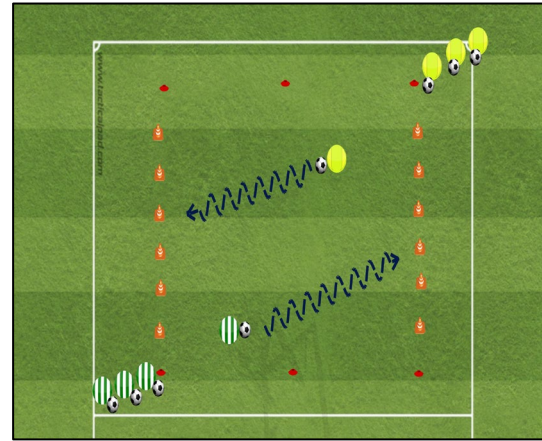


**| U10 | WEEK 1 | DRIBBLING**



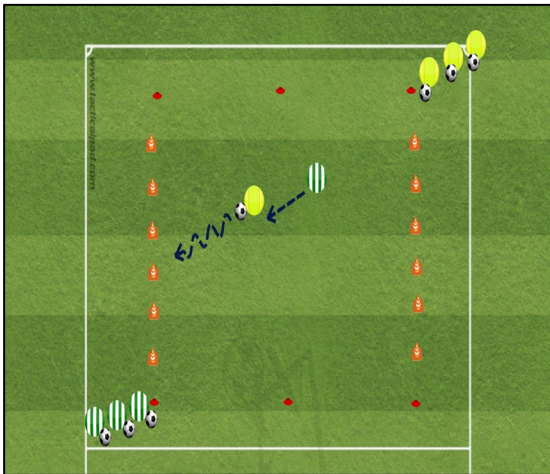
- As players turn up organize into small sided scrimmages starting with 1v1.
- Using 'Pug Nets' and no goalkeepers let the players play with limited coaching.

**WARM UP  
SMALL SIDED SCRIMMAGE**



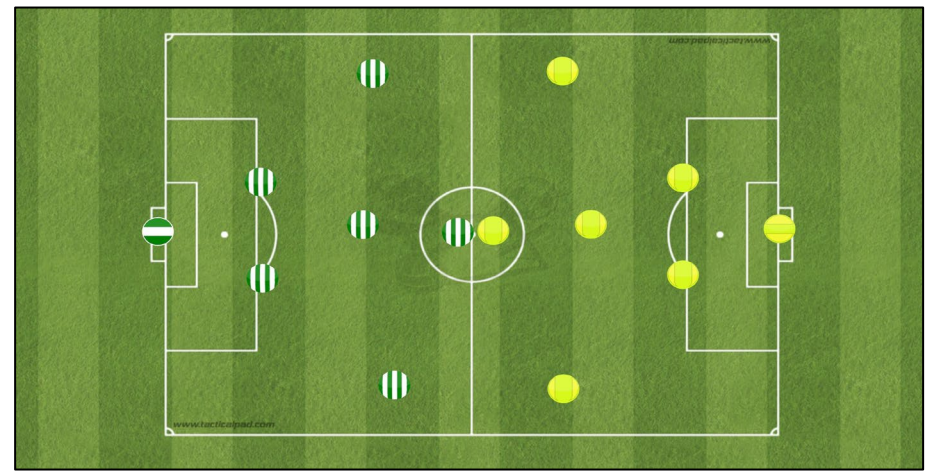
- Fast dribbling using laces before slowing down closer to the cones use smaller touches.
- Head up at all times to be aware of space.
- Accelerate when moving away from cone.

- Split teams into two.
- Each player with a soccer ball.
- First person in each line will dribble their ball to the opposite side & try to hit a cone over with it.
- Next player in line will leave once player in front reaches half way.
- After shot regardless of hit or miss, player will return to their line.



- Encourage players to accelerate from line to escape defender who will be recovering.
- Check shoulder when dribbling to be aware.
- Change tempo and slow down to secure shot if defender is not close.

- 1v1 player tries to hit cone whilst defender tries to steal ball.
- If defender wins ball that play is done.
- After player is on offense they recover to defense and stop next person in line.
- Each player leaves line with ball, defenders come from offense not the side.
- To start the session first person in one line must leave line without ball (this is the only time this happens).

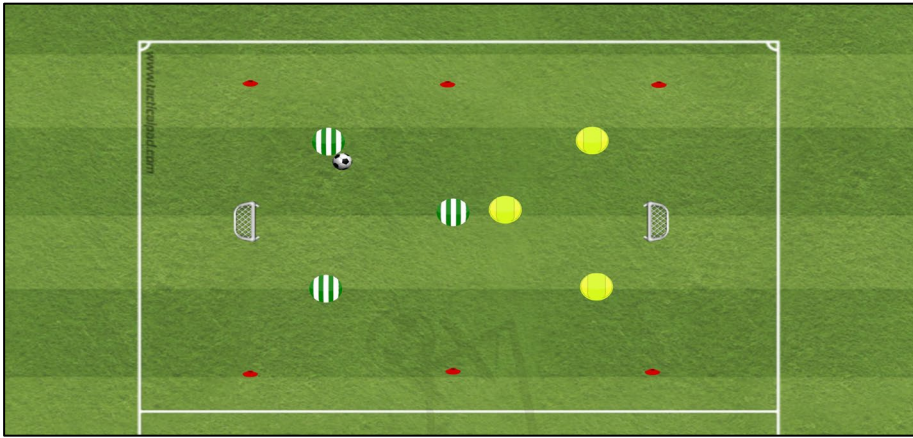


- Encourage players to attack the space if they have the ability to do so.
- Be positive, don't stop and start with coaching points, let them play & be positive.

**SCRIMMAGE  
SMALL SIDED TO ENABLE  
MORE TOUCHES ON THE  
BALL.**

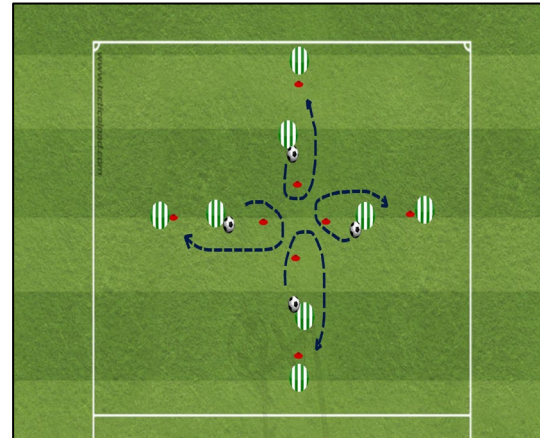


**| U10 | WEEK 1 Part 2 | DRIBBLING**



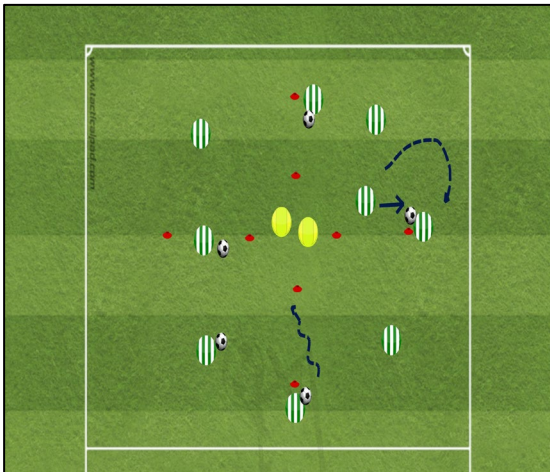
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**WARM UP  
SMALL SIDED SCRIMMAGE**



- Short touches using all parts of feet.
- Head should remain up at all times to be aware of surroundings.
- Players should accelerate after turning.

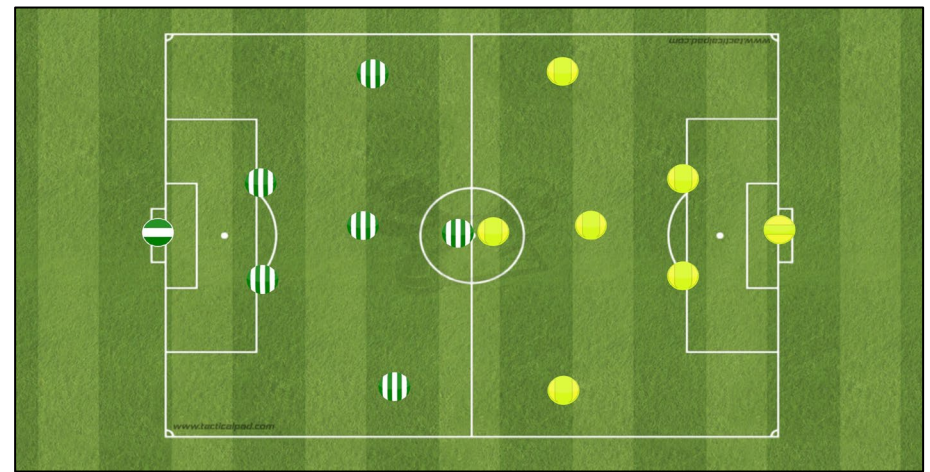
- Split into four groups.
- Player in front dribbles up to cone in front and performs a move before dribbling back.
- Change movement after each player has performed previous at least 3 or 4 times.
- Movements such as dribble around cone, sharp turn before cone, skill before cone, weaker foot around cone etc. etc.



- Encourage players to attack central area at speed resulting in a sharp acceleration away from danger.
- Encourage players to have head up and plan route ahead.

- Players space out around outside of are making a large circle.
- Two defenders are placed in the center area.
- Players must dribble through area before making a pass to another outside player.
- If player loses ball in area they switch with defender.

- Players are not allowed to remain stationary with the ball once they have left the outside, ball should remain moving.

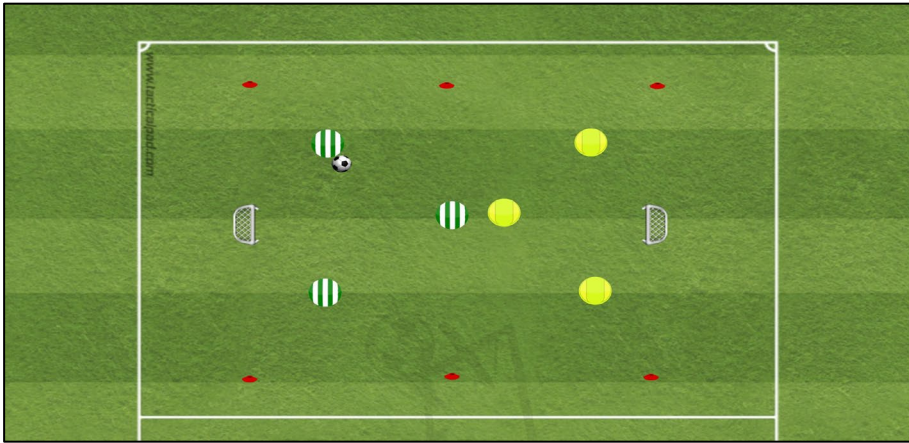


- Encourage players to use the full space provided so that they can focus on the passing & moving techniques they just learnt.
- Be positive, don't stop and start with coaching points, let them play & be positive.

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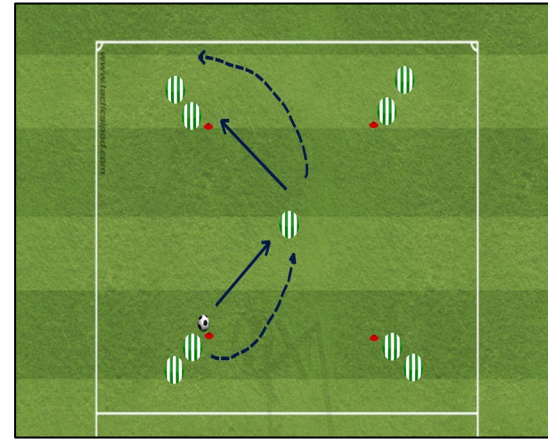


**| U10 | WEEK Part 2 | PASSING & RECEIVING/POSSESSION**



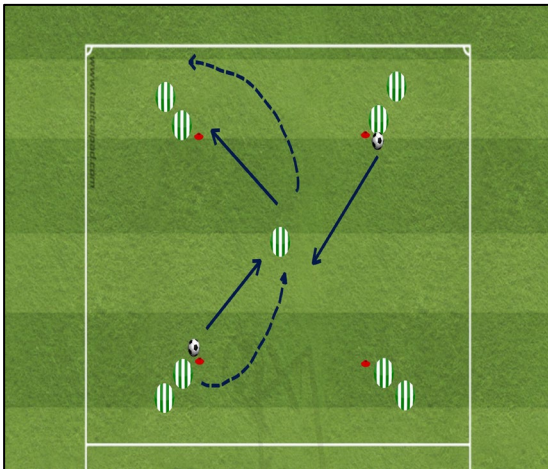
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**WARM UP  
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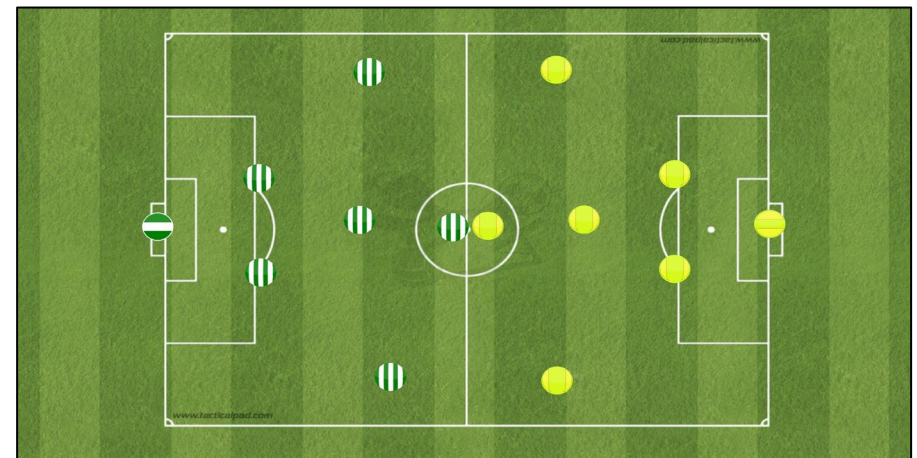
- Players should be receiving ball on their back foot, meaning hips should be open.
- Communication is key.
- Control ball in the direction of next pass.

- Split players into 4 corners with one player staying in the center.
- Player on outside will pass to center player and then follow pass.
- Center player can then pass to an open corner and also follow pass.
- Progress to two touch only.
- Players should be moving and not be static at the cones, treat the cone like a defender.



- Players should check away into open area in center of the field to receive ball in space and back foot.
- Players must communicate with each other in order for sequence to work.

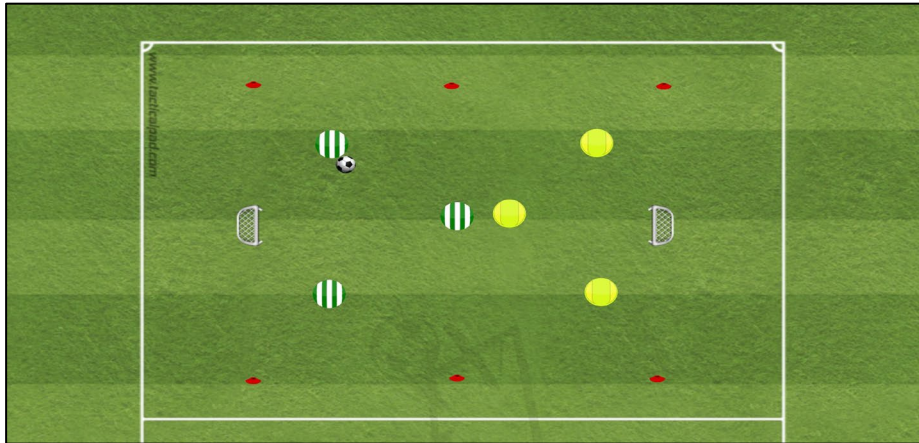
- Introduce a second soccer ball into the sequence.
- After passing in the center player will then look to receive the second soccer ball.
- Player receiving the ball in the center must then pass to an outside corner where there is no soccer ball.
- Players must follow their pass quickly in order to keep the sequence flowing.



- Encourage players to use the full space provided so that they can focus on the passing & receiving techniques they just learnt.
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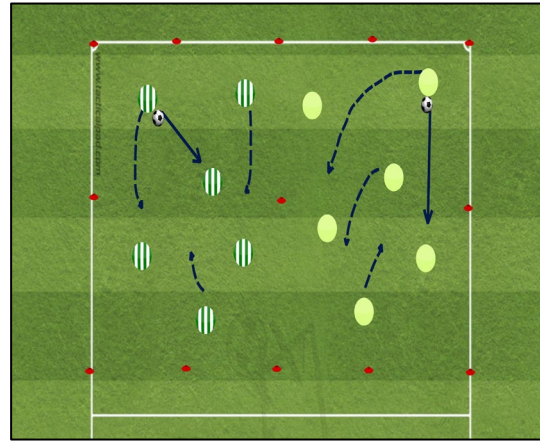
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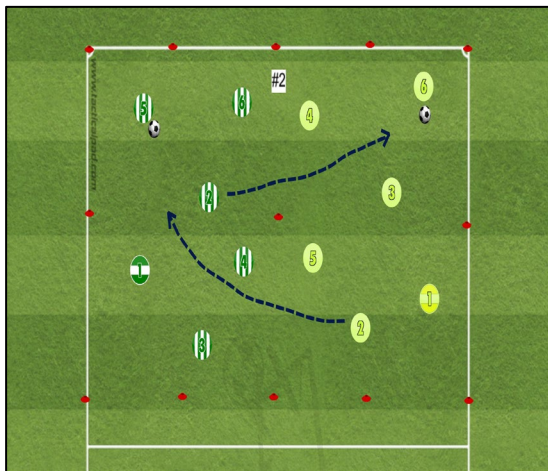
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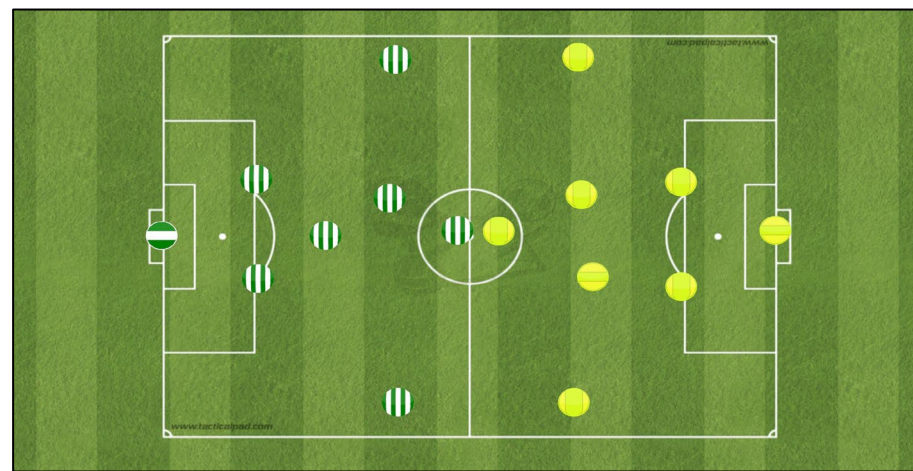
- Move into new space after making pass.
- Players remain on balls of their feet.
- Players should control ball in the direction they wish to go next.

- Split into two groups.
- Each group passes the soccer ball in their area and is encouraged to move.
- Passes will leave the area on occasions remind them that they should take a touch before passing.
- Set challenges. First team to make 20 passes then add restrictions and threaten to push back to 0 if 1) Players stand still, ball leaves area, players don't sprint after pass & no communication.



- Players should make their area as big as possible when number is called.
- The bigger the space the harder it is for the defender to retrieve the ball.
- Players should look to control before passing.

- Players will be assigned a number for each team.
- Coach calls a number, the players whose number is called will leave their area and become a defender in the opposing team's area.
- Defender will then try to win the soccer ball as the opposing team tries to keep it away from them.
- If defender wins the ball they pass it back and try to win it again. Defenders will go back to the area when coach calls them back.

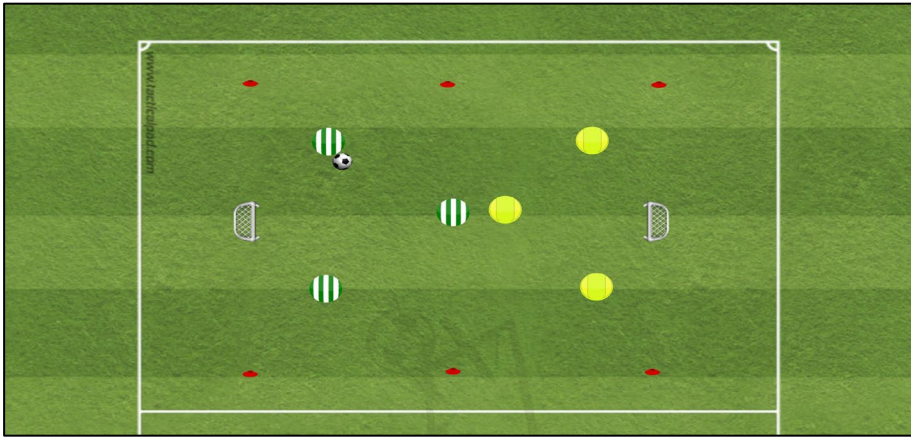


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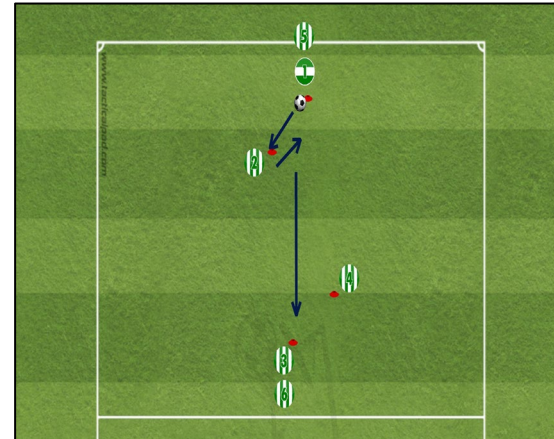


**U10 | WEEK 3 | PASSING & RECEIVING/POSSESSION**



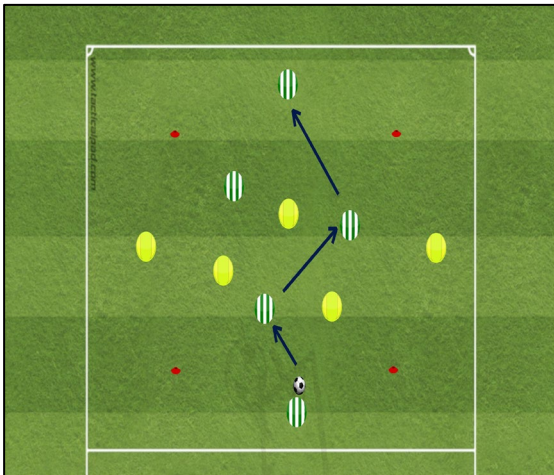
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**WARM UP  
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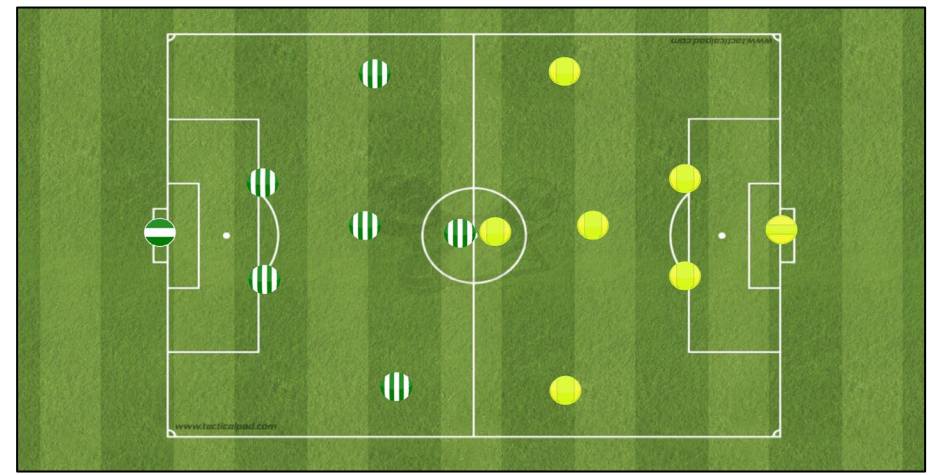
- Players should be on the balls of their feet and not be static at cones.
- Look to pass the ball with a maximum of two touches, players should be communicating.

- Organize team as shown in picture. Two lines with a player placed in front to the right.
- Player 1 plays a 'give and go' to Player 2 before making a long pass to Player 3. Player 1 will replace Player 2 whilst Player 2 will follow the long pass to join Player 3's line. Keep repeating process back and forth.
- Progression: Add a second ball in to increase repetition.



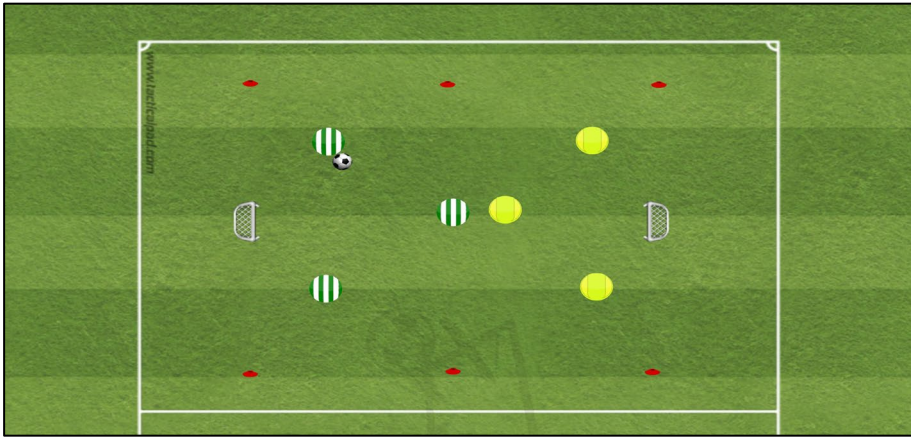
- Bounce players must look to use their whole area between cones to give passing lanes.
- Players in center must move at all times creating passing angles for teammates.
- Play the simple pass even if it is backwards.

- Players are split into two teams.
- Each team will have two 'bounce' players on outside of area. These players have a free pass and cannot be challenged when they are in possession of the ball.
- Team, utilizing their bounce players must look to pass the ball from one side to the other without losing possession.
- Progression: If player from center passes to a bounce player they must switch positions with them.



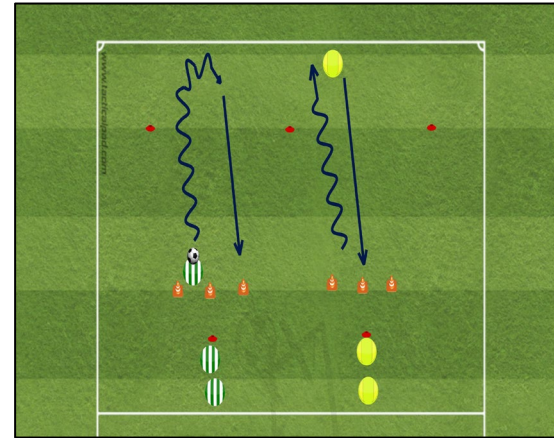
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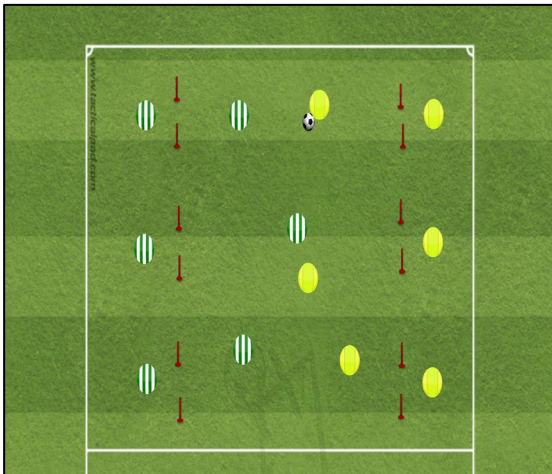
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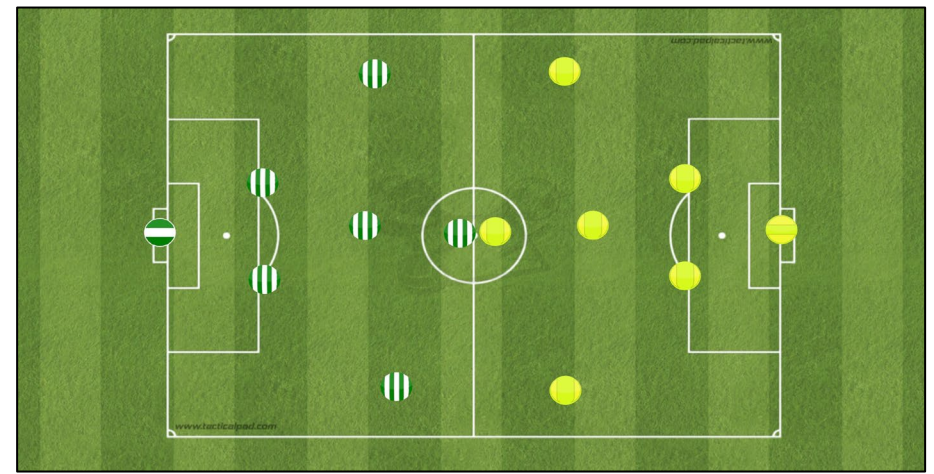
- Make sure players dribble past the coned line in order to have more space to touch the ball before they pass.
- Quick touch and pass after turn, don't stop.

- Split into two or three teams dependent on numbers.
- First player in line will dribble past the coned line where they will turn and try to pass the soccer ball back towards their tall cones, trying to hit one.
- Next player will retrieve ball and repeat process.
- Progression: Set challenge for which team can knock all the cones down the quickest.



- Attack quickly. If positive, forward pass is on they should be encouraged to make it.
- If defenders are organized look to be patient in possession. Look to make a free pass back to own team if nothing on forward.

- Split players into two teams. 3v3 or 4v4 in center playing area.
- The remaining players occupy a spot behind one of the gates.
- Team must look to score on any of the three gates they are facing by passing to an opposition stood behind it.
- If you score you and your team stay on the field, team behind gates that receives ball will move into area. Conceding team will replace the new team by occupying a gate.

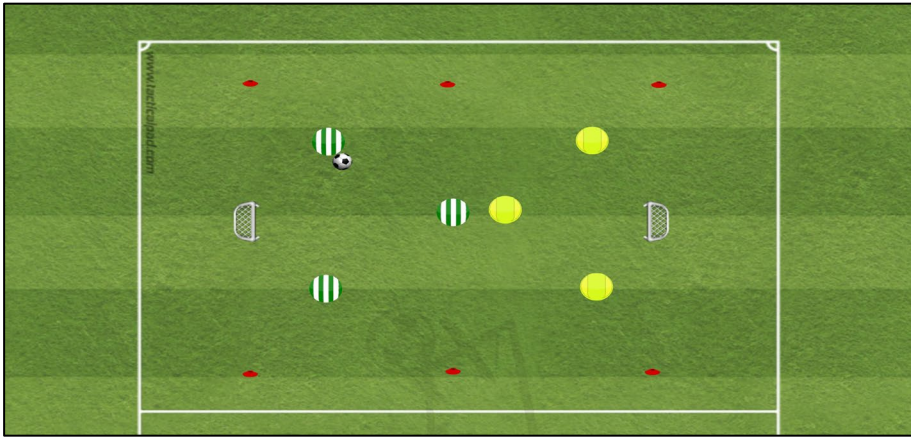


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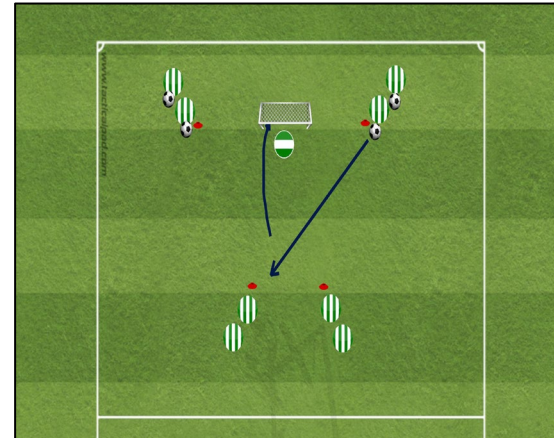


**| U10 | WEEK 4 | FINISHING**



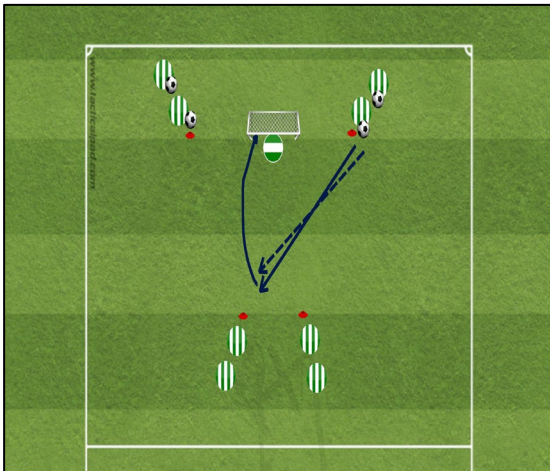
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**WARM UP  
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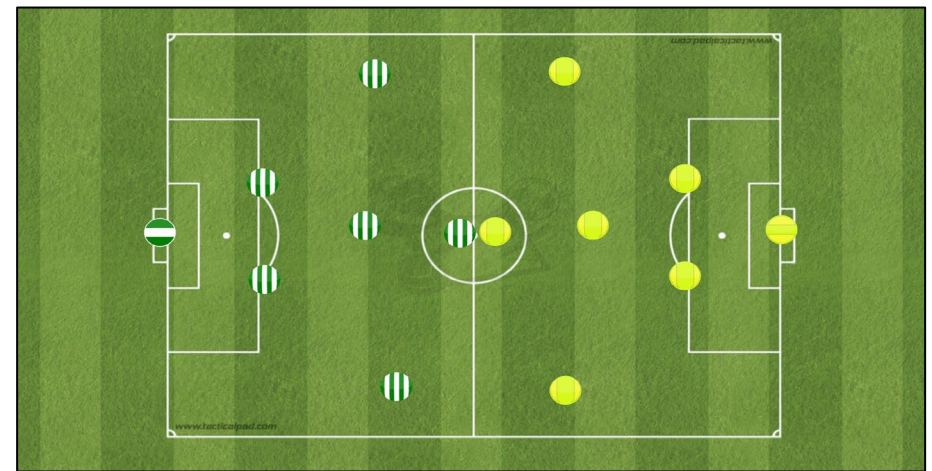
- Players either finish with the inside of their foot or strike with their laces. Power comes through their hip flexors so the plant foot must be placed side of the ball, with knee bent.

- Split into four equal lines.
- Player passes across goal to open line, first person in line will respond to pass and shoot on net.
- Players will follow their pass and attackers will join line they received ball from.
- The line on the opposite post will repeat process within their two lines.
- Start with two touch shooting then progress to shooting first time.



- Attackers should be on balls of feet and ready to receive ball. First touch should either be a shot or be placed into space so their second touch can be a shot at goal.

- Same exercise as previous however this time the player passing the ball must follow and act as a defender.
- Defender should shadow at first and should not be allowed to challenge for the ball but instead force the attacker into making a more difficult shot.
- Progression: Defender can now challenge the attacker and try to win the ball. If they win the ball they can in turn shoot.

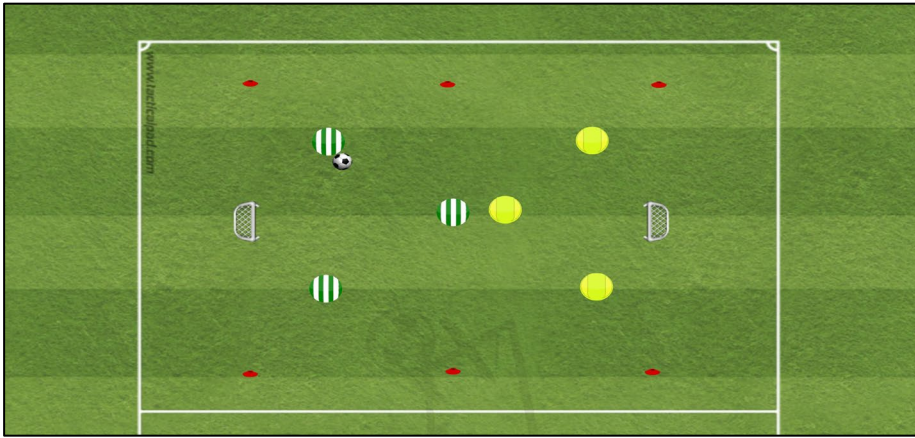


- Encourage players to have shots on goal if they feel they are in a position to do so
- Be positive, don't stop and start with coaching points, let them play & be positive.

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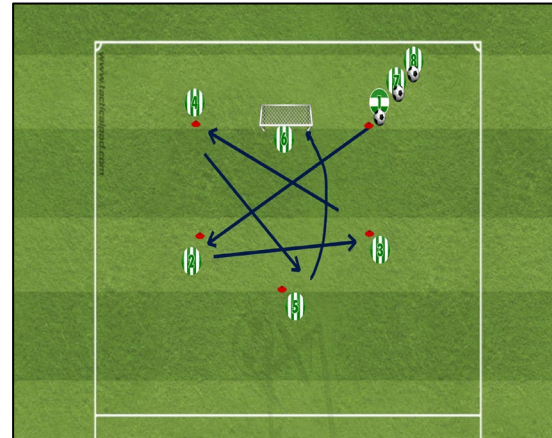


**U10 | WEEK 4 Part 2 | FINISHING**



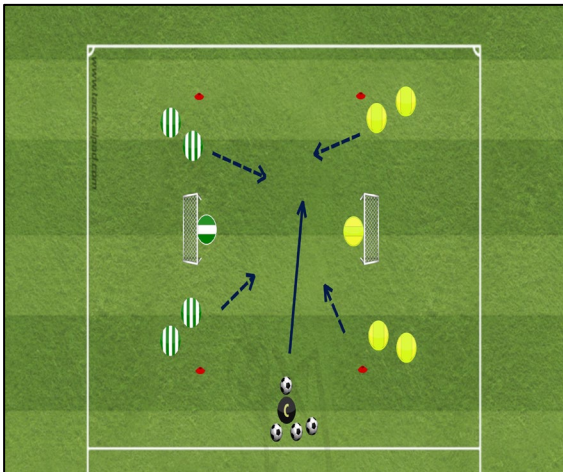
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**WARM UP  
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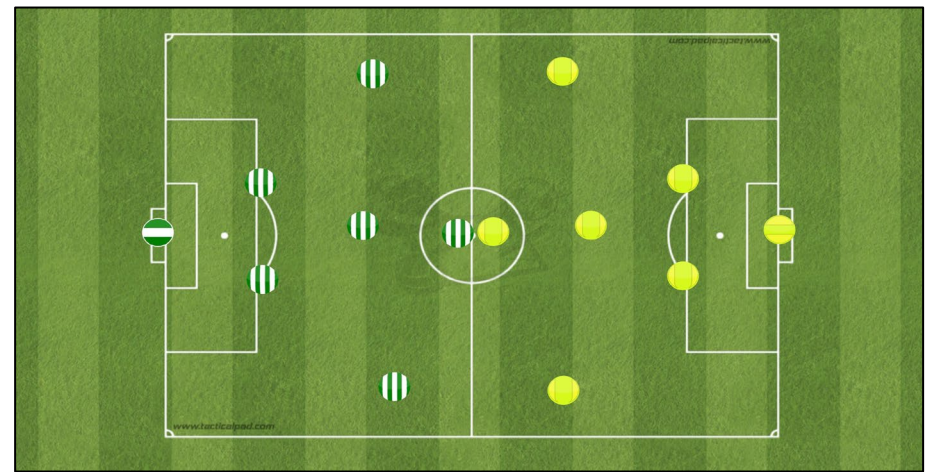
- Make sure that 4<sup>th</sup> pass is a leading pass in front of the attacker so they can hit first time.
- Attacker should meet ball rather than wait for it to get to them, be more aggressive for shot.

- Each player stands on a cone, the remaining player's then stand behind player 1 with a soccer ball.
- Simple passing sequence where players follows their pass.
- 4 total passes with the fourth pass been a leading pass so that player 5 can shoot on goal first time.
- Next ball is passed after shot is made at goal.
- Progression: First player passes second ball in after third pass is made.



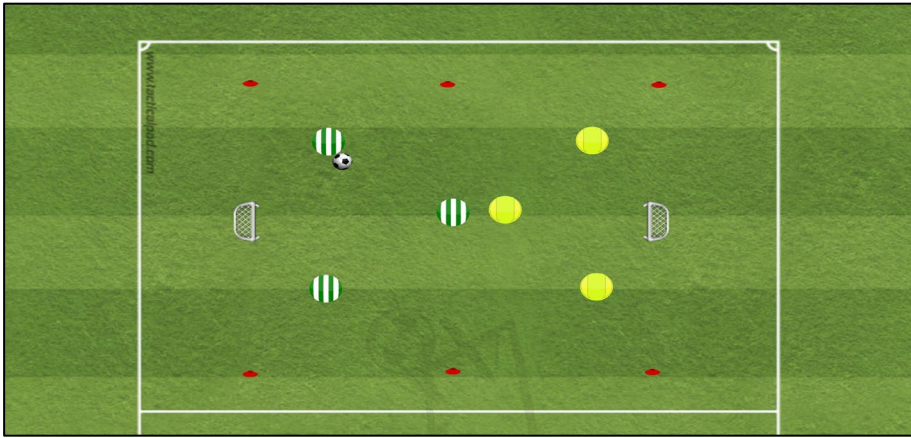
- Attackers should be on balls of feet ready to accelerate into area after coach passes.
- Attackers should be aggressive toward goal and first thought should be to shoot, players are allowed to be greedy and shoot!

- Split into two teams and separate into four lines.
- Coach will pass ball into area (pass into any space)
- The first player in each line will run into area and try to attack the ball forcing a 2v2.
- The first player that gets to the ball will be on the attacking team with their teammate whilst the other two players will be forced into defending.
- Play ends after a shot is made or ball goes out of play.



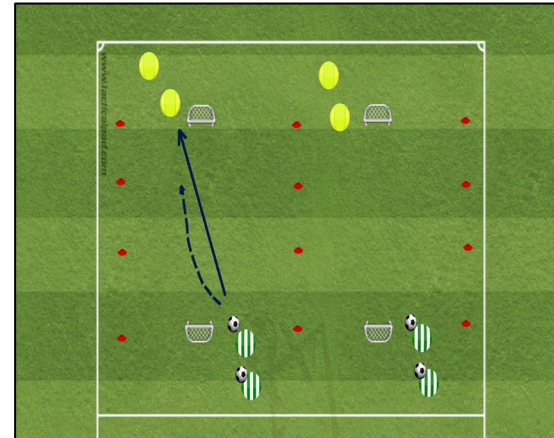
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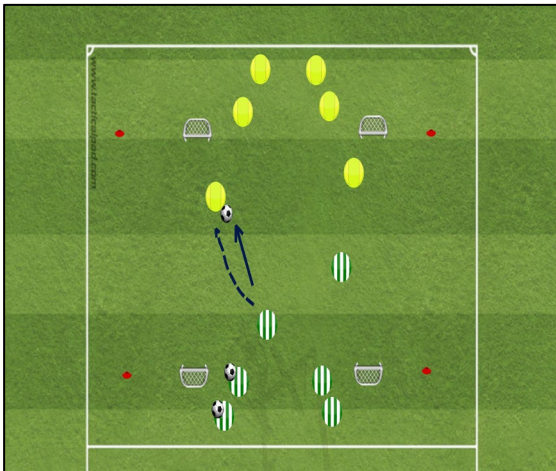
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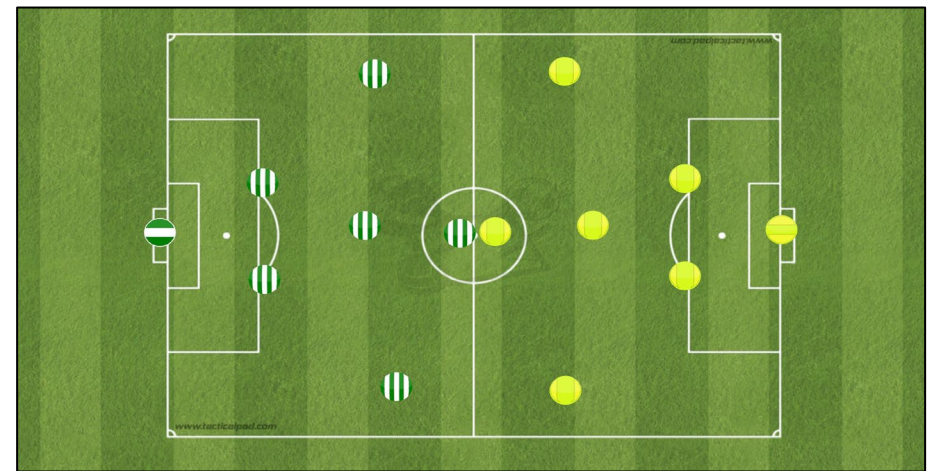
- Defenders should sprint & follow pass immediately. When close they should slow down & start to shuffle back on an angle and challenge when player makes a move.

- Split into two teams and organize into two or four lines dependent on size of group.
- Player with ball will pass to opposition they are facing and then follow their pass to force a 1v1.
- Player who receives ball will play role as attacker and try to score a goal whilst the player that passed the ball will be the defender and try to retrieve the ball away from the attacker.
- Once play is over the next player in line will pass ball.



- Closest defender should 'Press' the ball as learnt in the 1v1 scenario. The second defender should cover the space behind the defender that pressed the ball. This will ensure that a leading pass can't split the defenders.

- As before however we play a 2v2 scenario rather than a 1v1.
- Player can pass ball to either player on the opposite side.
- After pass player and teammate on side will move into area and defend setting up a 2v2.
- Attackers can try to score in either goal, defenders can steal the soccer ball and try to do the same in the opposite goals.

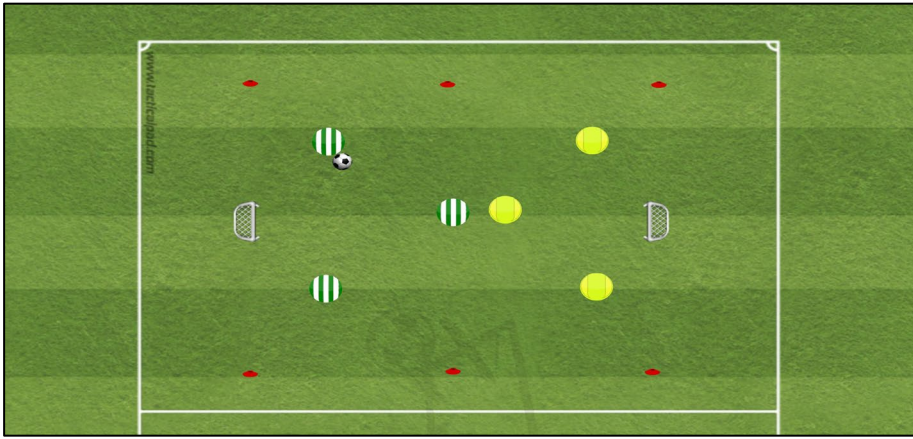


- Encourage players to Press & Cover when out of possession of the ball, this will enable a better structure when defending.
- Be positive, don't stop and start with coaching points, let them play & be positive.

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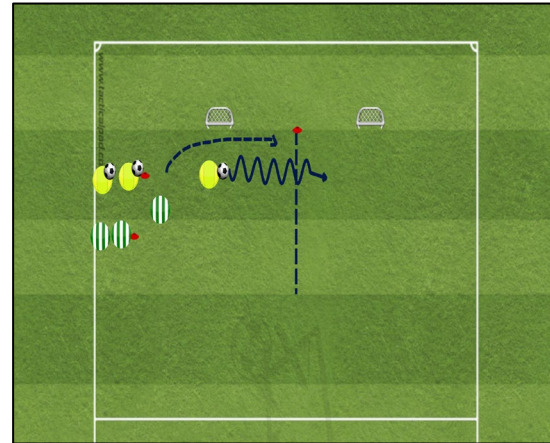


**| U10 | WEEK 5 Part 2 | DEFENDING**



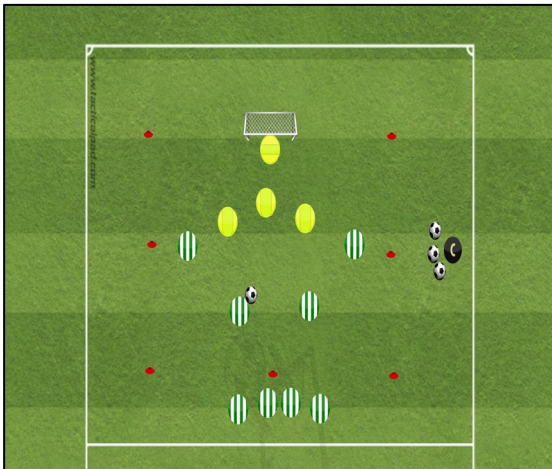
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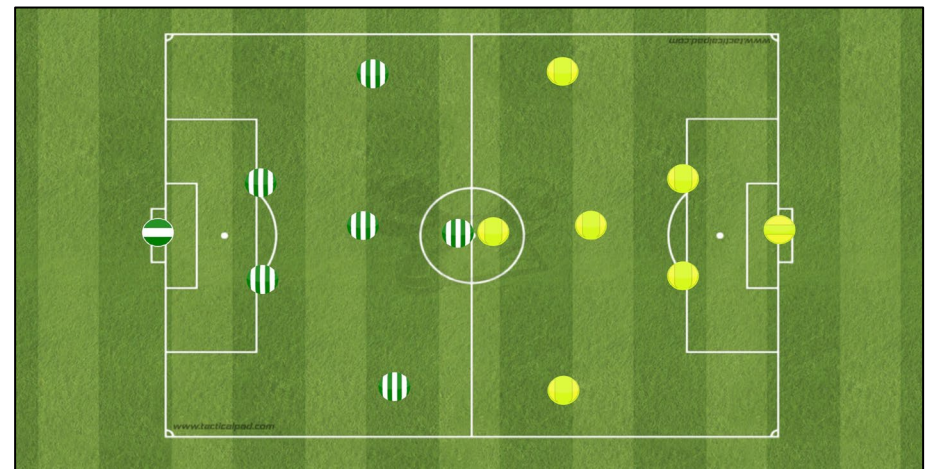
- Defender should recover to get goal side of the attacker. They should react quickly.
- When goal side defenders should apply some pressure by leaning in with their shoulder.

- Split players into two teams. Attackers start on the inside cones with a ball, defenders on the outside cone furthest away from goals.
- Attacker starts dribbling on coach's command, defender must be goal side of attacker meaning they have to arch their run behind them
- Attacker can score in either goal however they must cross the halfway if they wish to score in the nearest goal.
- Defender has to stop goal.



- Defenders should set themselves in an arch formation with the central defender been slightly behind the two outside defenders.
- The closest defender pressures ball whilst the other two apply cover.

- 4v3 meaning that defenders are outnumbered
- 4 Attackers at a time take it in turns in trying to score against the 3 defenders.
- Play is done when either defenders win the ball, attackers shoot at goal or ball leaves the area.
- Coach plays a new ball in for 4 new attackers once play before is over.
- Rotate defenders after 4 or 5 plays.
- Set challenge for which defenders can concede the least amount of goals.

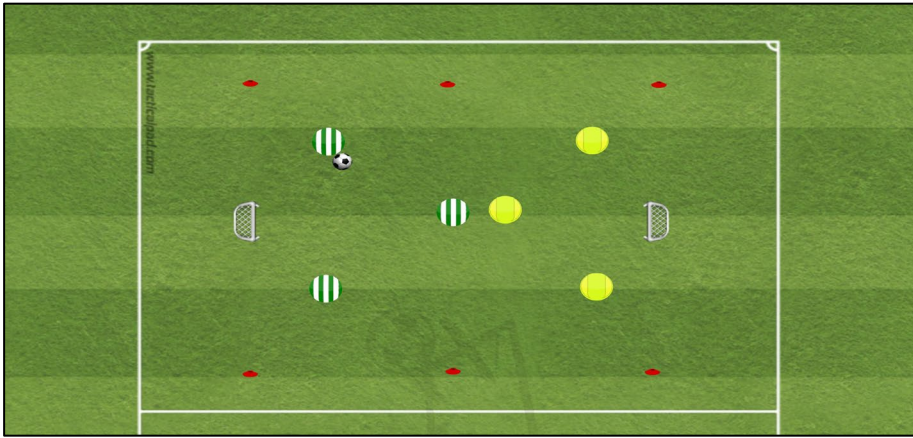


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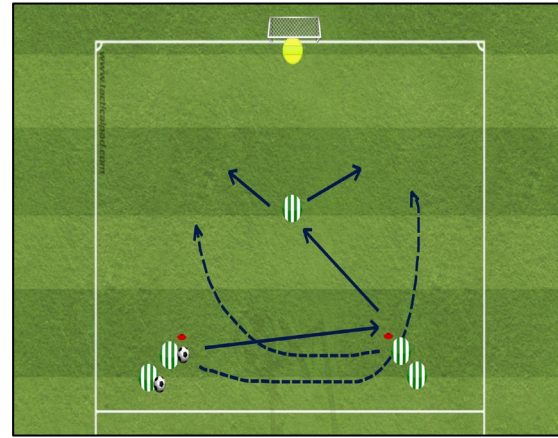


**| U10 | WEEK 6 | POSSESSION TO GOAL**



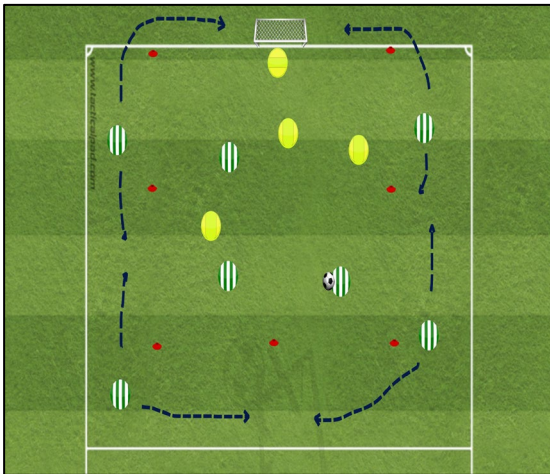
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SMALL SIDED SCRIMMAGE**



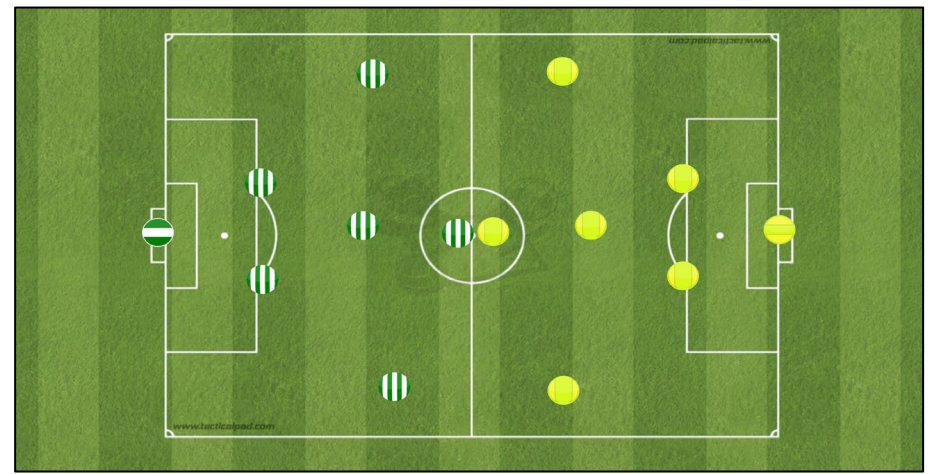
- Attackers must time their runs so they are in front of the center player when he/she receives ball. This will enable to make a positive touch or first time shot on goal.

- Players are split into two lines and one player in center.
- First player passes ball across to second line and proceeds to make an overlap run around the player they passed too.
- Second player then passes to center player and runs diagonally to the opposite side.
- Center player can then make a leading pass either left or right. The receiving player will then shoot at goal.



- Encourage bumpers to be mobile on the outside and always look to give a passing lane.
- Attackers should always be looking to shoot.
- Encourage attackers to make positive touches forward and move away from the ball.

- 3v3 in center area however attackers have 'bumper' players on outside or the area who can control the perimeter and give an extra pass option.
- Defenders cannot steal the ball from the bumper players.
- Attackers have to make 3 or more passes in order to shoot at goal.
- If defenders win ball they can look to shoot also.
- Progression: Bumper players can also shoot on goal after three or more passes.

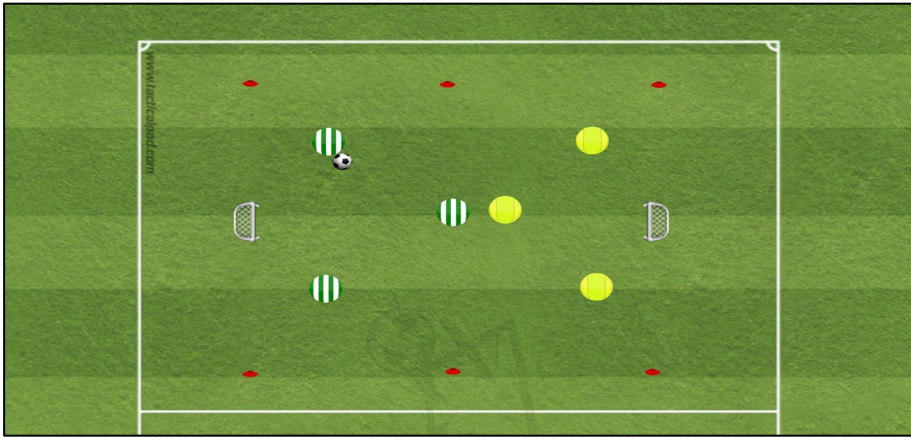


- Encourage players to pass forward and look to start possession towards goal creating opportunities to shoot.
- Be positive, don't stop and start with coaching points, let them play & be positive.

**SCRIMMAGE  
SMALL SIDED TO ENABLE  
MORE TOUCHES ON THE  
BALL.**

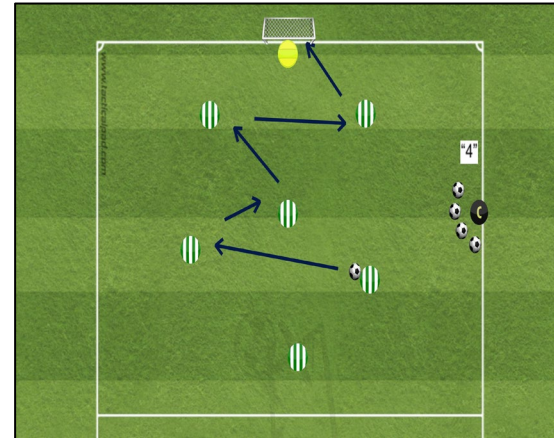


**U10 | WEEK 6 Part 2 | POSSESSION TO GOAL**



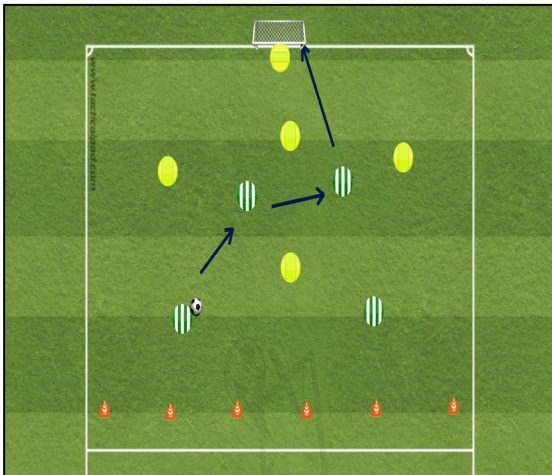
- As players turn up organize into small sided scrimmages starting with 1v1.
- Using 'Pug Nets' and no goalkeepers let the players play with limited coaching.

**WARM UP  
SMALL SIDED SCRIMMAGE**



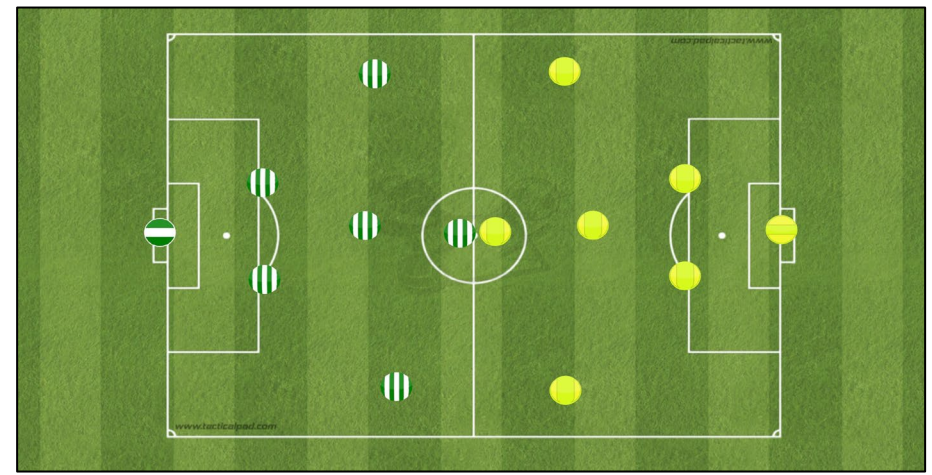
- Encourage players to open their hips so they can control the ball in the direction they want to go next, needed for first time passes.
- If hips are closed they should pass backwards.

- Coach starts with all soccer balls on outside of area.
- Coach will pass a ball into area and call out a number. That number represents the amount of passes a team should make before they are allowed to shoot at goal.
- Players are limited to two touch max rule, meaning they have to control the ball then pass.
- Progression: Players are limited to one touch rule meaning they should pass the way they are facing.



- Encourage players to stay spread out and hold their shape this will result in attackers having more opportunities to shoot at goal.
- If attacker has opportunity to shoot encourage them to do so, be greedy.

- Split into two teams.
- Attackers will shoot towards goal whilst defenders will try and retrieve the ball and try to score by knocking a tall cone over.
- If goalkeeper saves ball he/she will roll out to defenders so that they can try and hit a cone.
- Progression: If attacking team shoots and misses the target they must rotate and become the defending team.
- First team to score 4 goals wins.

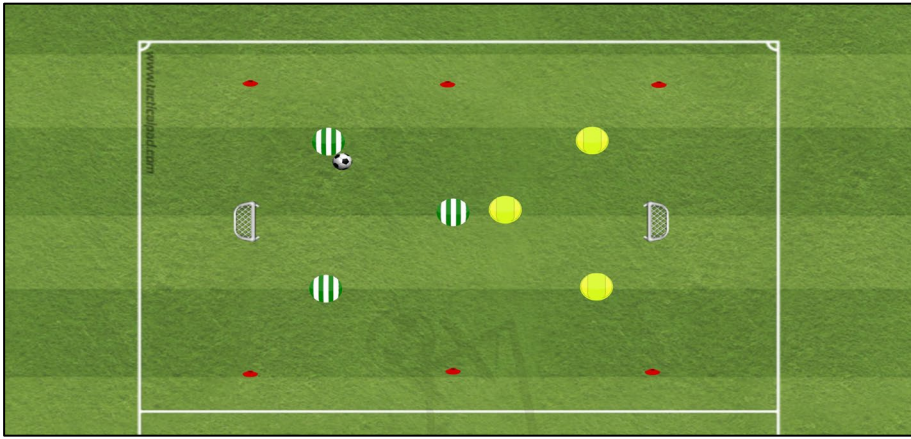


- Encourage players to pass forward and look to start possession towards goal creating opportunities to shoot.
- Be positive, don't stop and start with coaching points, let them play & be positive.

**SCRIMMAGE  
SMALL SIDED TO ENABLE  
MORE TOUCHES ON THE  
BALL.**

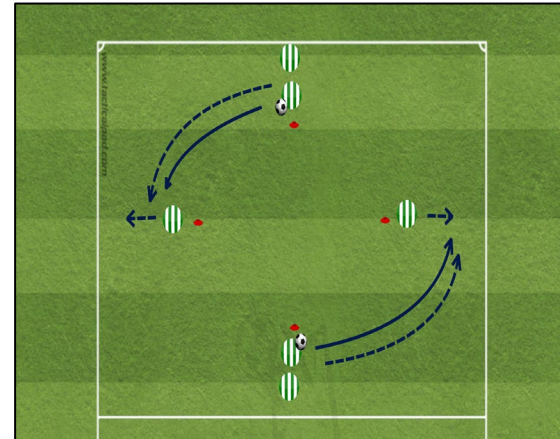


**| U10 | WEEK 7 | POSSESSION OUT FROM THE BACK**



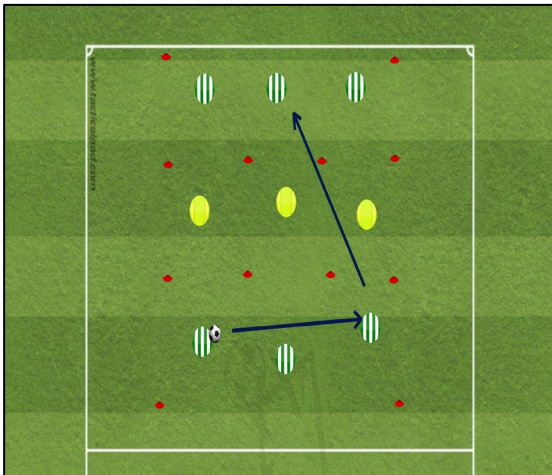
- As players turn up organize into small sided scrimmages starting with 1v1.
- Using 'Pug Nets' and no goalkeepers let the players play with limited coaching.

**WARM UP  
SMALL SIDED SCRIMMAGE**



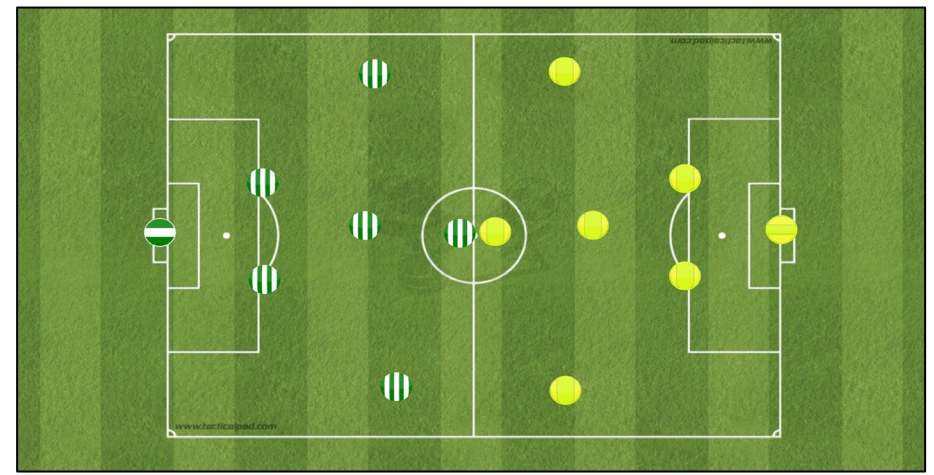
- Players should check away from the marker enabling them to receive the ball on their back foot.
- Players should be communicating throughout.

- Split into groups of 6+
- Two starting cones will have a soccer ball, whilst two cones will have one player occupying them.
- The first players pass to their right and then follow their pass.
- The player receiving the ball will control to their right and do the same.
- Players will continue the process working with two soccer balls at once.



- Players should look to keep ball moving all the time, if they control and the ball stays still the defenders have the upper hand.
- Players should be moving away from the ball creating passing lanes between the defenders.

- Players are separated into three groups. The center group are defenders whilst the two outside groups are attackers.
- Outside players must look to keep possession of the ball and try to find a through pass to opposite side.
- If defenders win ball they will switch with the team that lost possession of the ball.
- Ball is only allowed to be played on the ground no air balls throughout exercise.

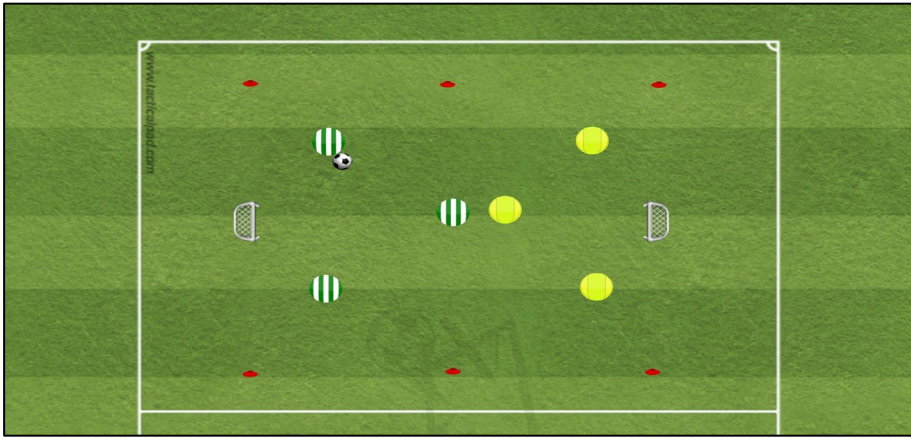


- Encourage goalkeepers to build the ball out of the back by making a short pass or rolling it out to the defenders. Short, sharp passing.
- Be positive, don't stop and start with coaching points, let them play & be positive.

**SCRIMMAGE  
SMALL SIDED TO ENABLE  
MORE TOUCHES ON THE  
BALL.**

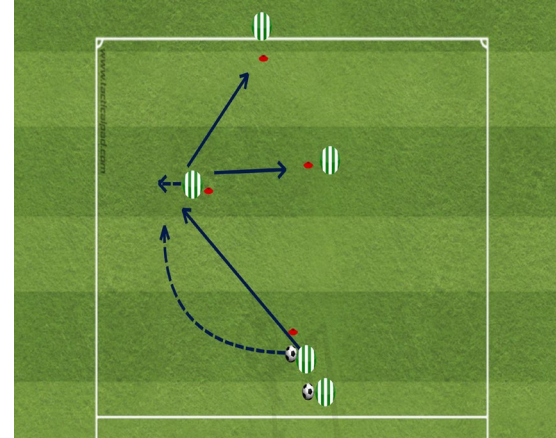


**| U10 | WEEK 7 Part 2 | POSSESSION OUT FROM THE BACK**



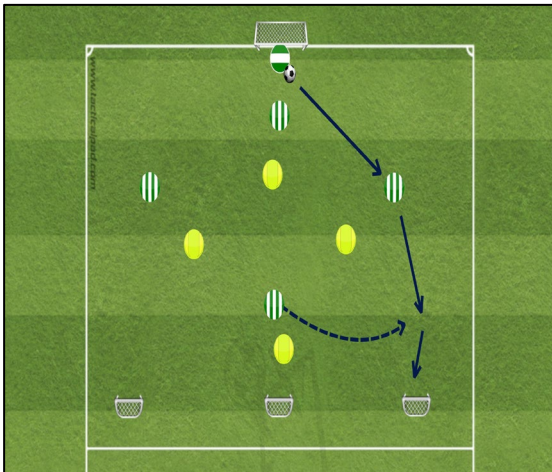
- As players turn up organize into small sided scrimmages starting with 1v1.
- Using 'Pug Nets' and no goalkeepers let the players play with limited coaching.

**WARM UP  
SMALL SIDED SCRIMMAGE**



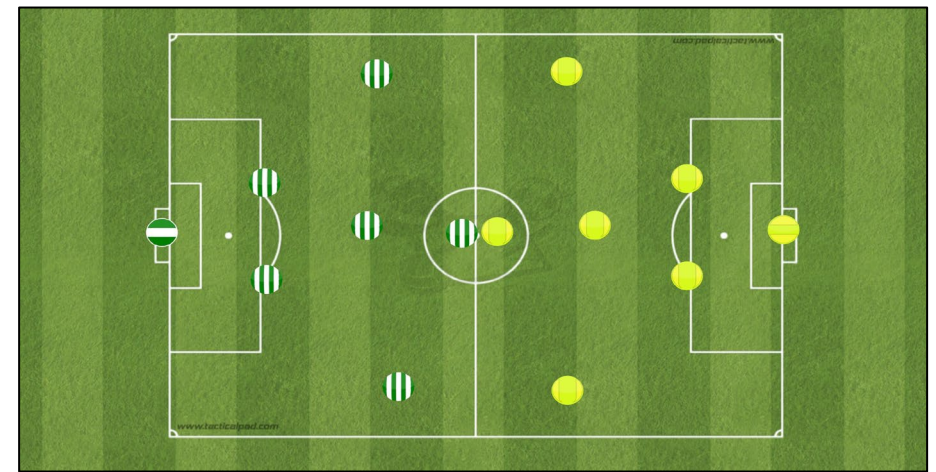
- Players should be checking away from the cone to create space and receive on back foot.
- Player 2 should control the ball in the direction they wish to pass next

- Players are split as seen in diagram
- First player will make pass to the left and follow.
- Player 2 receiving ball has the option to pass to either player ahead or to side of them. They follow their pass.
- Third pass will be a pass back to the start position, resulting in one player not receiving the ball.
- Player 2 makes their own decision in which pass to make.



- Defenders should look to maintain their shape in order to successfully possess the ball out of the back and into the goals in midfield.
- Players in possession should look to check away from defenders to receive on back foot.

- Split into teams of four.
- Defenders must look to try and possess the ball out of the back and try to score on one of three small goals.
- Opposing team must try to steal the ball and then shoot on the big goal.
- To score a point for your team you must successfully pass the ball into one of the three goals. Opposing team must score on the big goal in order to change.
- First team to score 4 goals wins.

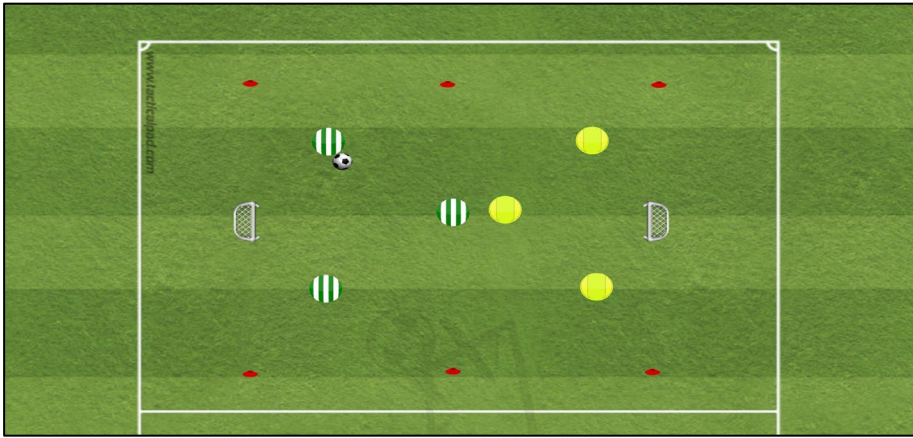


- Encourage goalkeepers to build the ball out of the back by making a short pass or rolling it out to the defenders. Short, sharp passing.
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**SCRIMMAGE  
SMALL SIDED TO ENABLE  
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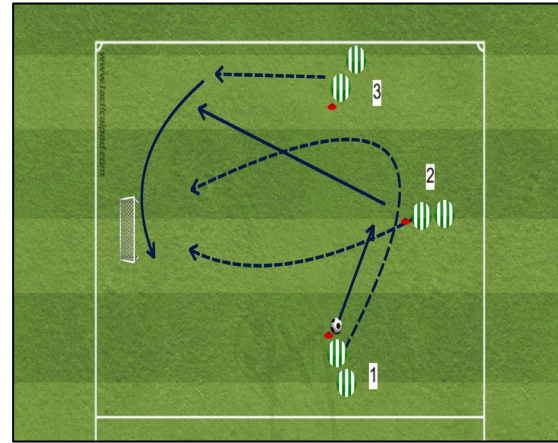


**| U10 | WEEK 8 | CROSSING & FINISHING**



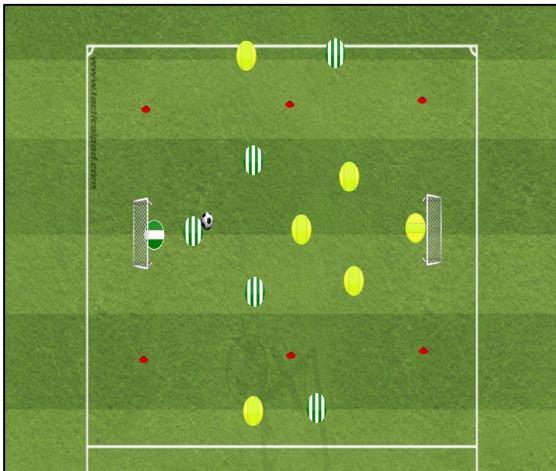
- As players turn up organize into small sided scrimmages starting with 1v1.
- Using 'Pug Nets' and no goalkeepers let the players play with limited coaching.

**WARM UP  
SMALL SIDED SCRIMMAGE**



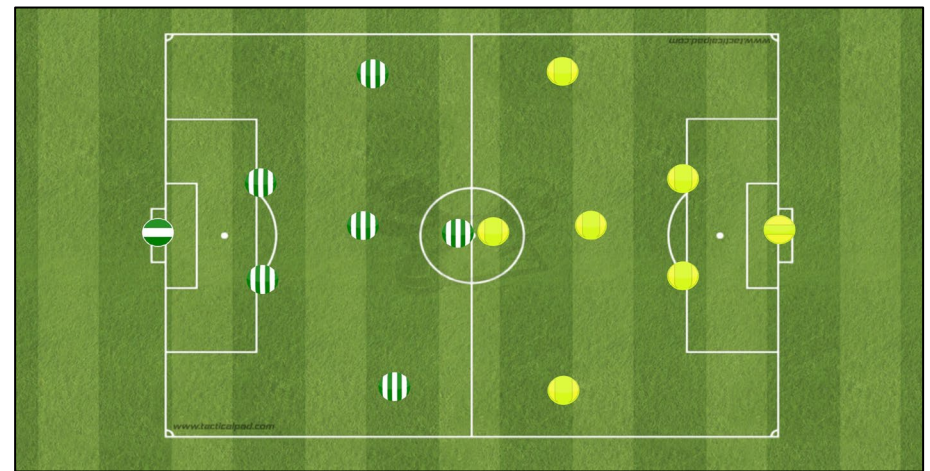
- Encourage players to lead the ball in front of the players especially when passing to line 3.
- Players 1&2 should look to time their runs so that they meet the ball at the time it is crossed.

- Split players into three lines.
- Line 1 passes to line 2 and will follow their pass with an overlapping run aiming towards the front post.
- Line 2 makes a leading pass in front of line 3 toward the corner, they will immediately follow and run towards the back post.
- Line 3 will cross the ball in front of Player 1 & 2 in the hopes they can score first time.



- Encourage players to make leading passes into the corners for bumper players to cross first time into dangerous areas near goal.
- Players within the area must attack the goal when cross is made. They cannot hide.

- Split into two teams.
- Both teams will have bumper players that are on either side of the field.
- A goal must be scored from a cross meaning that you have to involve your bumper player on either side.
- Bumper players are only allowed two touches meaning second touch has to be a cross or a pass back in dependent on position.
- Progression: Person who passes to bumper must switch positions with them.

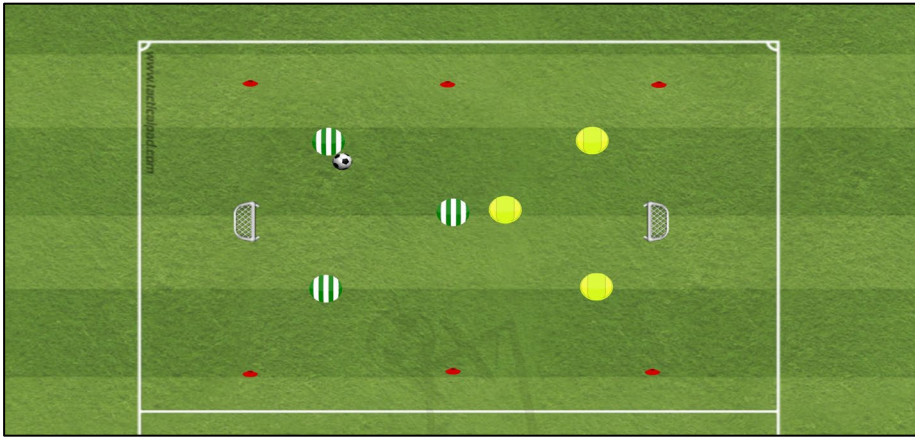


- Encourage players to use the whole field and wide players to stay on the sidelines. This will enable players to make more crosses.
- Be positive, don't stop and start with coaching points, let them play & be positive.

**SCRIMMAGE  
SMALL SIDED TO ENABLE  
MORE TOUCHES ON THE  
BALL.**

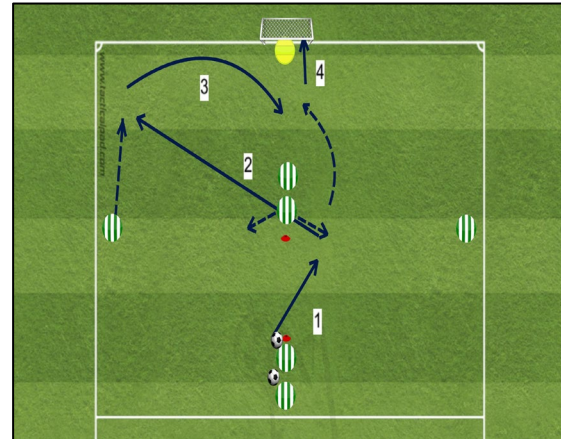


**| U10 | WEEK 8 Part 2 | CROSSING & FINISHING**



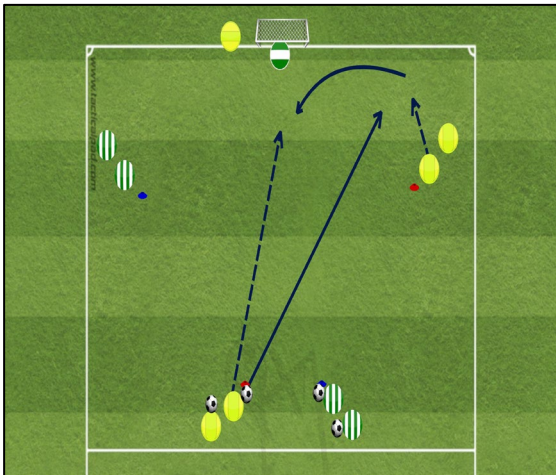
- As players turn up organize into small sided scrimmages starting with 1v1.
- Using 'Pug Nets' and no goalkeepers let the players play with limited coaching.

**WARM UP  
SMALL SIDED SCRIMMAGE**



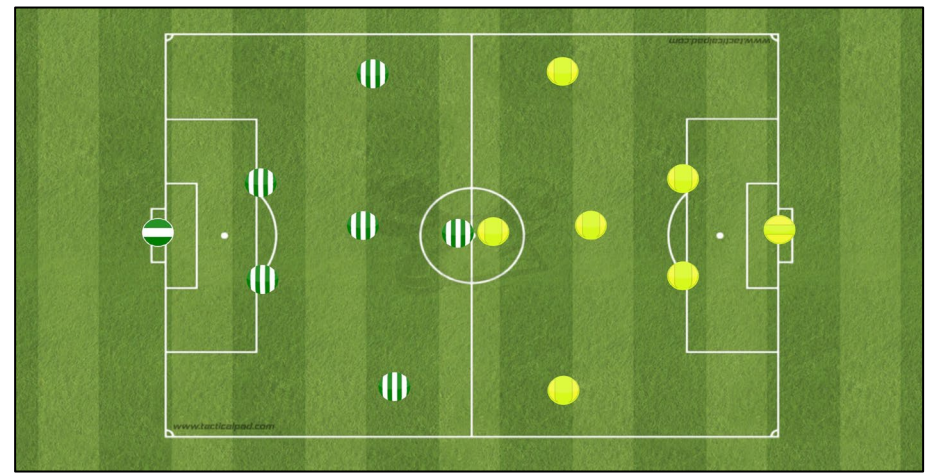
- Player 2 must check away from cone to receive ball on back foot. They should pass to the outside midfielder making sure that it is a leading pass into the corner so they can cross.

- Players will situate themselves on cone furthest away from cone. 2 players will stand on cone closest to goal and you will have two crossers on the side of the fields.
- Player 1 passes into Player 2 where they can make their own decision to pass left or right. After pass out wide they will turn and attack the goal area and try to score from cross.
- Player 1 replaces Player 2, Player 2 joins end of starting line. Wide players stay.



- Encourage first player to lead their pass into the corner for wide player to cross first time.
- Wide player should cross away from goalkeeper to ensure attacker can shoot.
- Attacker should time run to hit first time.

- Split into two teams.
- Players line up on farthest cone with two players positioning themselves on wide cone.
- First player in line will pass across to wide cone and will immediately sprint towards goal area. Outside player will cross the ball into dangerous area with first player trying to score.
- Player who shoots at goal will then move to wide cone, wide coned player will join farthest line.
- Set challenge, first team to score 10 goals wins.



- Encourage players to use the whole field and wide players to stay on the sidelines. This will enable players to make more crosses.
- Be positive, don't stop and start with coaching points, let them play & be positive.

**SCRIMMAGE  
SMALL SIDED TO ENABLE  
MORE TOUCHES ON THE  
BALL.**