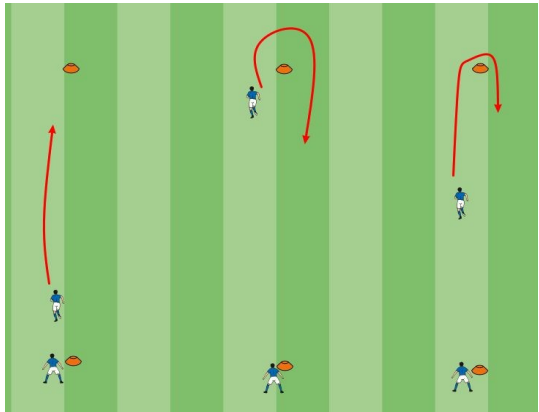
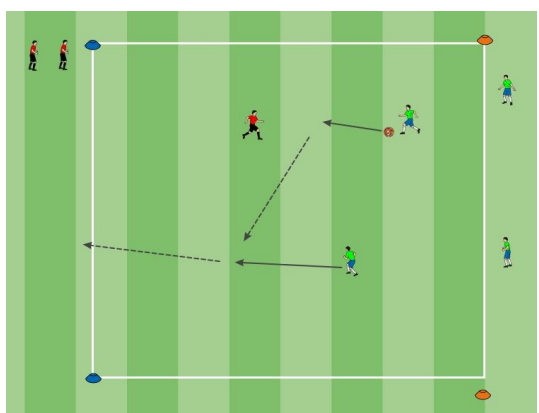



U9 - U10 Lesson Plan



Topic: Dribbling

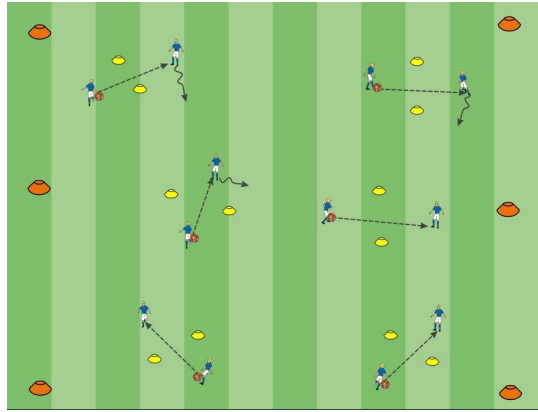
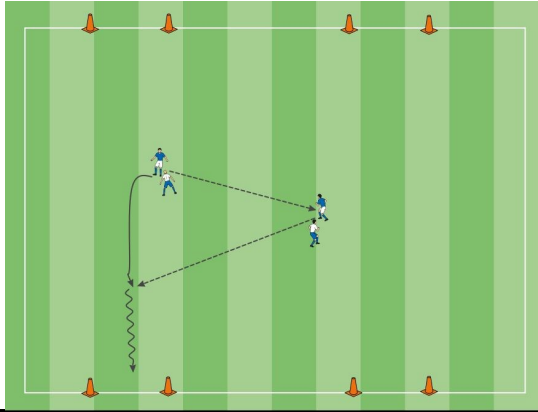
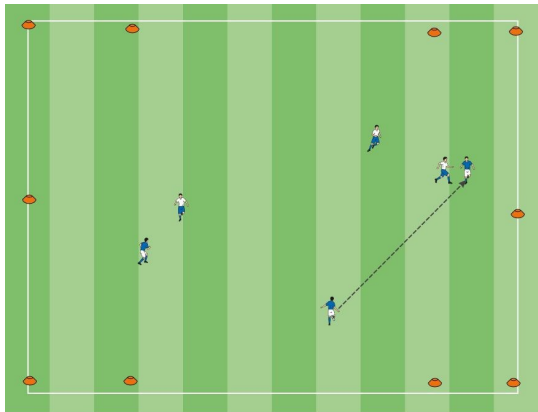
Objective: To improve the player's ability to run with the soccer ball

Technical Warm Up	Organization	Coaching Points
	<p><u>Cone running competition:</u> Players are split up into small groups. First player in each line will dribble out and do an inside cut around the cone once back to the start line, the other player will go out an repeat.</p> <p>Variations: Outside cut, pull back</p>	<ul style="list-style-type: none"> What part of the foot should players be using Where on the field should this be used <p>Time: 10 minutes</p>
Small Sided Game	Organization	Coaching Points
	<p><u>2v1 to end lines:</u> Two attackers against the one defender. Attacking team can dribble across the end line for a point. The defender acts as a "floating" off-sides line so the attacking team stays true to the rules of the game</p>	<ul style="list-style-type: none"> When should attacker continue on dribble What part of the foot will attackers use to go forward Where should supporting player be <p>Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Points
	<p><u>3v3 to goal with gates:</u> If a player scores on the goal, 1 point. If a player dribbles through one of the cones & passes to a teammate to score, 5 points. If a player dribbles through one of the 2 gates and then scores, 10 points. 30L x 20W grid</p>	<ul style="list-style-type: none"> When should the gates be utilized What are the visual cues to attack on the dribble <p>Time: 20 minutes</p>
Game	Organization	Coaching Points
6v6 Scrimmage	Play with goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above
Cool down	Static stretching, review	

U9 - U10 Lesson Plan

Topic: Passing and Receiving

Objective: To improve teams' passing technique and to recognize the correct timing and opportunity to pass

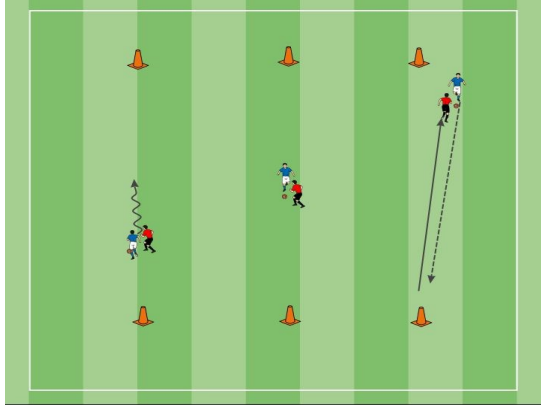
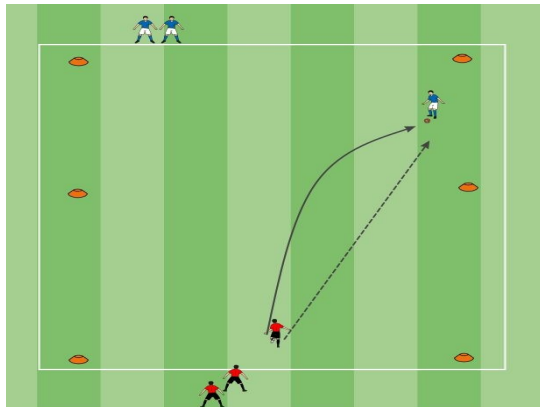
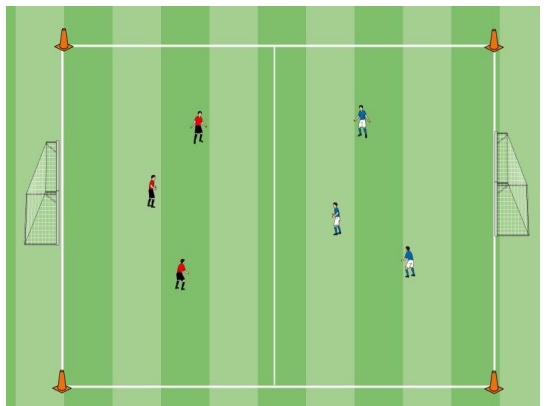
Technical Warm Up	Organization	Coaching Points
	<p><u>Gate Passing:</u> In a 25x30 yard grid, set up gates (two cones about 1 yard apart). Players are in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point. Variations: have them pass with only their left or their right foot, or the outside</p>	<ul style="list-style-type: none"> Technique of passing: Locked ankle, Follow through, strike ball solid-through the middle, receiving touch - directional Communication for the ball <p>Time: 10 minutes</p>
Small Sided Game	Organization	Coaching Points
	<p><u>2v2 to 4 goals:</u> In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals on the ground.</p>	<ul style="list-style-type: none"> Technique of passing and receiving Pace of the pass First touch—directional Clear communication (demand the ball) Supporting shape <p>Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Points
	<p><u>3v3:</u> Split up into two fields of 3v3 games with fields of 20L x 25W no goal keepers. When ball goes out on the endline: corner kick or goal kick. Out of bounds on the side line: throw in. Play 7 minute games then switch opponents</p>	<ul style="list-style-type: none"> Keep the ball under close control If teammate has the ball, other players should spread out Rules of the game <p>Time: 25 minutes</p>
Game	Organization	Coaching Points
6v6 Scrimmage	Play with goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above
Cool down	Static stretching, review	

U9 - U10 Lesson Plan



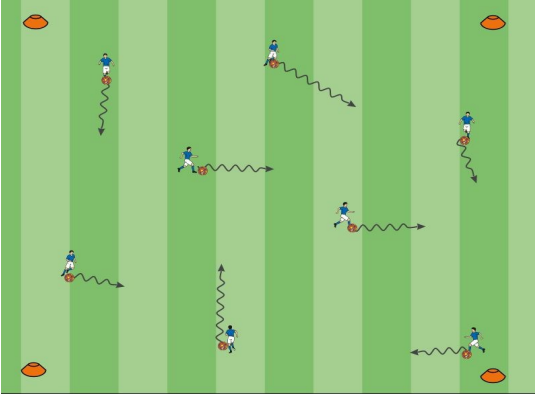
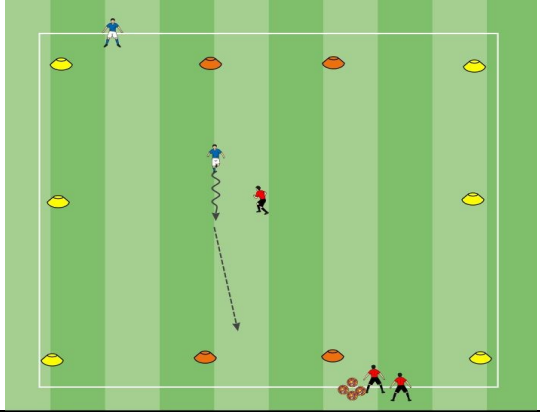
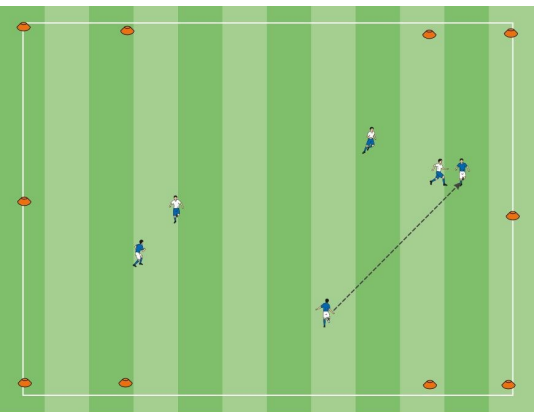
Topic: Individual Defending

Objective: To teach players when and how to pressure the ball

Technical Warm Up	Organization	Coaching Points
	<p><u>Defend the Cone Warm-Up:</u> Two players at cones 10 yards apart facing one another with a ball. The player with the ball passes the ball to his opponent who tries to hit the cone where the ball was served from. The passing player defends his cone.</p>	<ul style="list-style-type: none"> 1st defender should bend their run to block direct path to cone Force opponent in direction you want them to go Defensive stance <p>Time: 10 minutes</p>
Small Sided Game	Organization	Coaching Points
	<p><u>1v1 to Line:</u> In a grid 12x12 yards a player passes the ball diagonally across the grid to his opponent who then attacks the line on the opposite side. The player scores by dribbling across the line under control. If defender gains possession of the ball he immediately attacks the opposite goal line.</p>	<ul style="list-style-type: none"> Delay progress of the opponent by jockeying the attacker with the ball Read attackers 1st touch <p>Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Points
	<p><u>3v3 to end zones</u> If a player scores on the goak, 1 point. If a player dribbles through one of the cones & passes to a teammate to score, 5 points. If a player dribbles through one of the 2 gates and then scores, 10 points. 30L x 20W grid</p>	<ul style="list-style-type: none"> When should the gates be utilized What are the visual cues to attack on the dribble <p>Time: 20 minutes</p>
Game	Organization	Coaching Points
6v6 Scrimmage	Play with goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above
Cool down	Static stretching, review	

U9 - U10 Lesson Plan

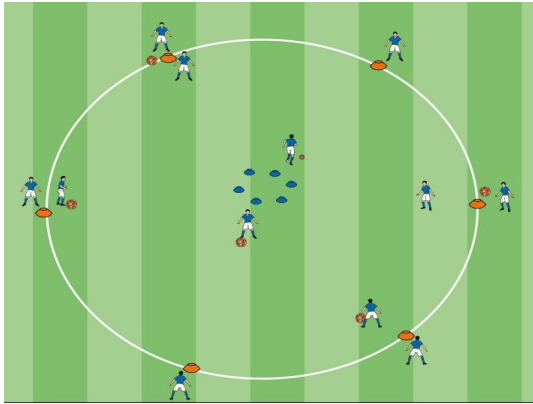
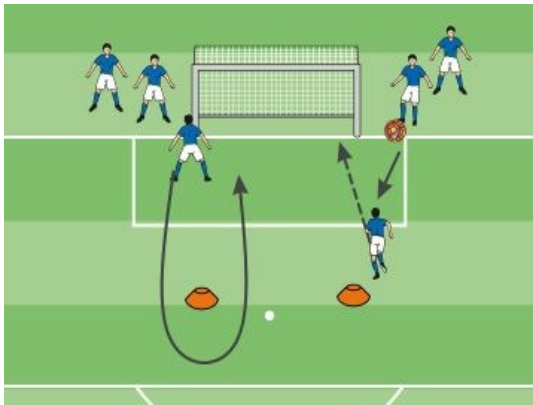
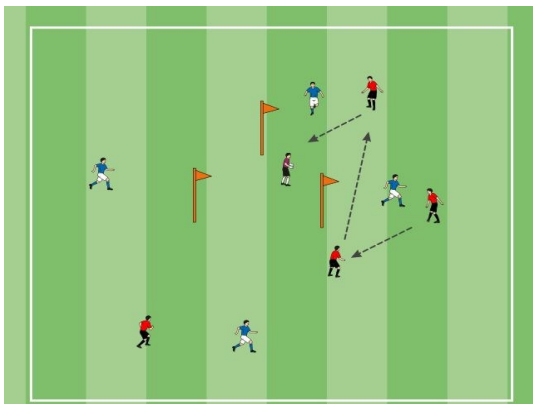
Topic: Attacking

Technical Warm Up	Organization	Coaching Points
	<p>Technical Box: All players dribbling in a defined space. Players should use all surfaces of their feet.</p> <p>Coach: Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back. Walk around and put pressure on players</p>	<ul style="list-style-type: none"> Keep the ball close Use all surfaces of the foot Keep your head up Change of direction and speed Be creative <p>Time: 10 minutes</p>
Small Sided Game	Organization	Coaching Points
	<p>1v1 to Two small goals: In a grid 10x15 yards with small goals on the end lines. A player passes the ball diagonally across the grid to his opponent who then attacks the small goal. Passing through the goal on the ground is 1 point. Dribbling through the goal is 3 points. Set up multiple fields.</p>	<ul style="list-style-type: none"> Know what your options are Execute a feint to unbalance the defender and dribble past Encourage player to be creative with the ball at their feet <p>Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Points
	<p>3v3: Split up into two fields of 3v3 games with fields of 20L x 25W no goal keepers. When ball goes out on the endline: corner kick or goal kick. Out of bounds on the side line: throw in. Play 7 minute games then switch opponents</p>	<ul style="list-style-type: none"> Keep the ball under close control If teammate has the ball, other players should spread out Rules of the game <p>Time: 25 minutes</p>
Game	Organization	Coaching Points
6v6 Scrimmage	Play with goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above
Cool down	Static stretching, review	

U9 - U10 Lesson Plan

Topic: Shooting

Objective: To improve the technique and confidence of shooting

Technical Warm Up	Organization	Coaching Points
	<p>Technical Circle: Two players to a cone. Players complete skill all the way to the center. When they reach the center they turn towards partner and complete a throw in to them wanting the ball to land at their partners feet. Partner controls the ball to there feet and repeats drill.</p> <p>Skills: Volley off thigh to catch, volley foot to catch, volley thigh to foot to catch</p>	<ul style="list-style-type: none"> Not trying to boot the ball Go over technique <p>Time: 10 minutes</p>
Small Sided Game	Organization	Coaching Points
	<p>Target Shooting: Player starts with hands on the goal post and backpedals out and around the cone. Once player comes around the cone first player in line passes ball to shooter who takes a shot on goal. Passer becomes shooter.</p> <p>Variation: hang pennies or cones in the net for targets to hit.</p>	<ul style="list-style-type: none"> Proper technique & foot-work Good passes to shooter What part of foot to strike the ball <p>Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Points
	<p>Triangle Goal: Create grid 35x35 and a triangle in the middle of the grid about 5 yards each side with training sticks or flags as goal. Place a goalkeeper inside the triangle and split the teams into 4v4 or 5v5. Both teams should attack the 3 sided goal. If a team scores a goal, a point is awarded and the ball is live on the other side of the goal. If keeper makes a save, he distributes the ball to open space.</p>	<ul style="list-style-type: none"> Focus on all aspects passing, receiving, moving with and without the ball, defending & attack Players need to work together to catch goal-keeper off guard Keeper moves with the ball between the triangle points <p>Time: 25 minutes</p>
Game	Organization	Coaching Points
6v6 Scrimmage	Play with goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> All of the above
Cool down	Static stretching, review	