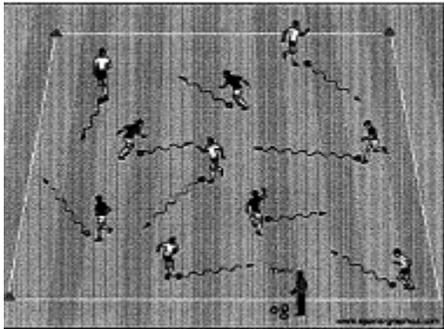
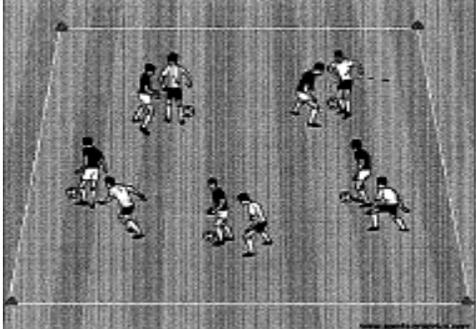
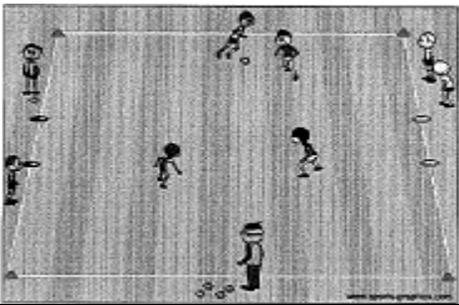
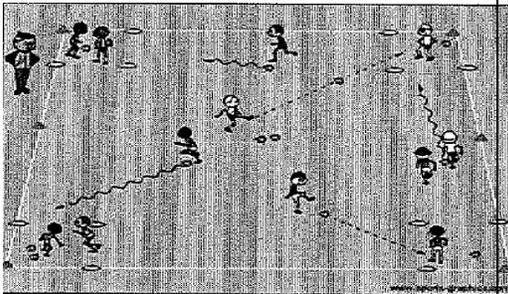


# U10 Session Plan – Week #1

Start Time: 6:30

Set up a grid (20m x 20m) using your pylons to show your team members their part of the field for the team activities before the scrimmage.

6:30 5-8 minutes	<p><b><u>Warm Up</u></b></p> <p><b><u>Technical Box:</u></b> All players dribbling in a defined space. Players should use all surfaces of their feet, and react to prompts “turn”, “pull back”, “accelerate”, “step over”.</p> <p><b>Coach:</b> Prompt players to work on change of direction, fake left/go right, etc. Extend by walking around and pressuring the players.</p> <p><b>Coaching Points:</b> Keep ball close, keep head up, be creative &amp; try something new</p>	
5-8 minutes	<p><b><u>Activity 1</u></b></p> <p><b><u>Steal-Shield:</u></b> Pair up players with one ball. One player starts with the ball and the other tries to steal the ball away. Player with the ball tries to shield it from their partner.</p> <p><b>Coach:</b> Show proper shielding technique, fix errors during activity.</p> <p><b>Coaching Points:</b> Body sideways to opponent, turn as defender attacks</p>	
5-8 minutes	<p><b><u>Activity 2</u></b></p> <p><b><u>2v2 to Small Goals</u></b> Divide the grid into 2 equal areas with a one yard buffer in between. Place a 2 yard goal with cones on each end line. Players score by dribbling or passing through the goal they are attacking.</p> <p><b>Coach:</b> have two games going at the same time. Remember to sub in extra players</p>	
5-8 minutes	<p><b><u>Activity 3</u></b></p> <p><b><u>Bank Robbers:</u></b> Divide the group in 4 equal teams and position each team in a corner of the area marked by cones. Place all the balls in the middle of the area (the bank). On coach command players rob the bank and bring the money (soccer ball) back to their home. When the bank is empty take from the other homes. Players can only have one ball at a time and can only take from the bank or homes not other players. Count the money in each house at the end of the time period. Play 2 or 3 rounds.</p>	
7:10	<p><b>Scrimmage (15-30 minutes)</b></p>	<p>Coaches referee. Play against the other team, 6v6 with a goalie. Make sure playing time is equal for all. Use this time to help your team with playing defense and spreading out.</p>
Approx. 7:30- 7:45	<p><b>Wrap up</b></p>	<p>Stress good points from session, do a team cheer and talk about the next night of soccer</p>