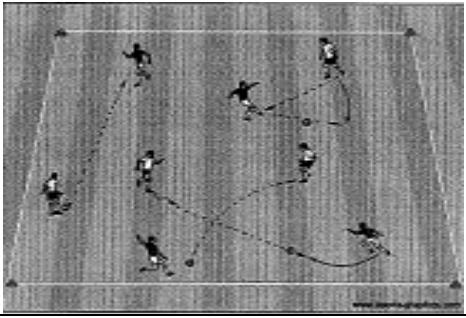
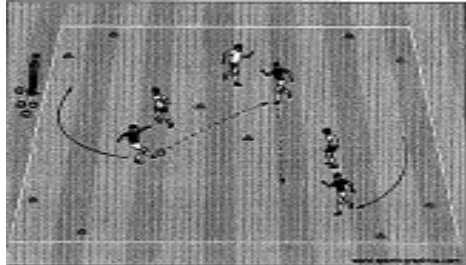
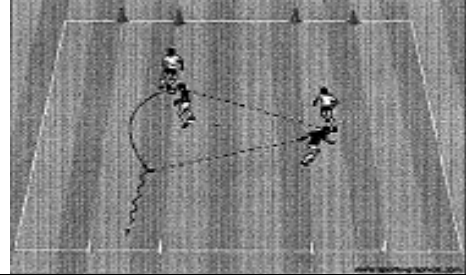
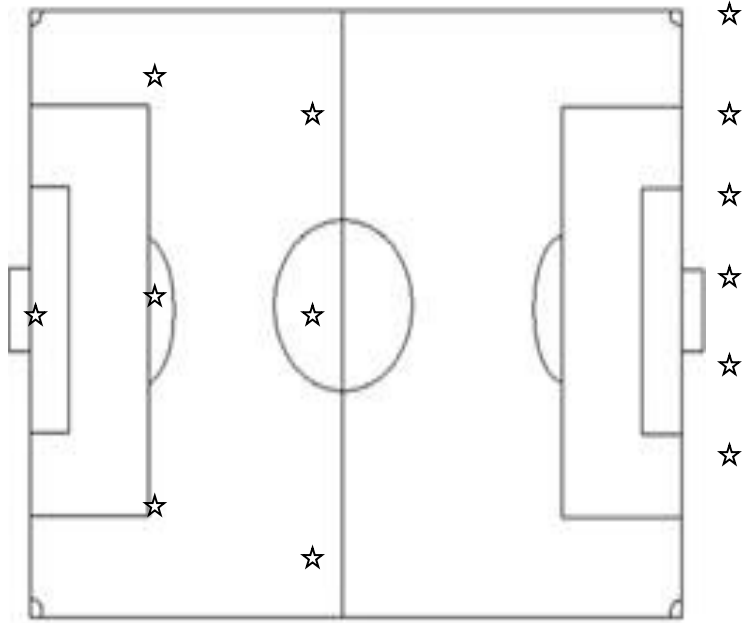


U10 Session Plan – Week #10

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><u>Warm Up</u></p> <p><u>Paired Passing:</u> Two players passing and moving a ball between them in the grid. After passing the ball the player should move to open space to receive a return pass.</p>	
5-8 minutes	<p><u>Activity 1</u></p> <p><u>3v3 5 goal game:</u> Set up 5 two meter goals spread around the area. Teams score by passing and receiving through any goals to a teammate. First team to 10 wins.</p>	
5-8 minutes	<p><u>Activity 2</u></p> <p><u>2v2 to 4 Goals:</u> Place 2 sets of cone goals on the end lines. Players attack both nets and defend the other 2 nets. Set up several 15x20 meter areas so all team members can play simultaneously. Coaching Points: Find open space, pace of passes should be fast</p>	
6:50	<p>7 v 7 Full field Scrimmage Vs Other team</p>	<p style="text-align: right;"><u>Subs</u></p> 
Approx. 7:40- 7:35	<p>Wrap up</p>	<p>Stress good points from session, do a team cheer and talk about the next night of soccer</p>