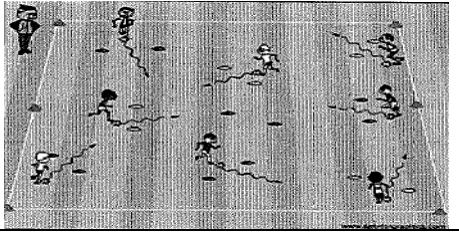
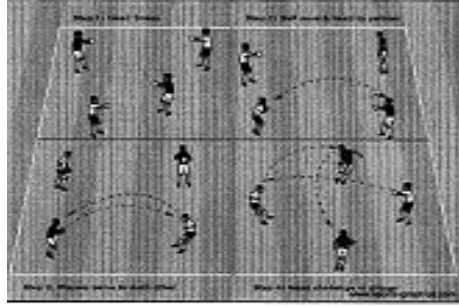
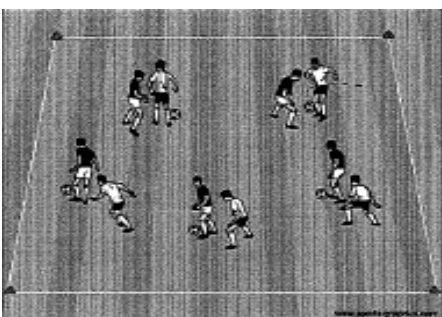
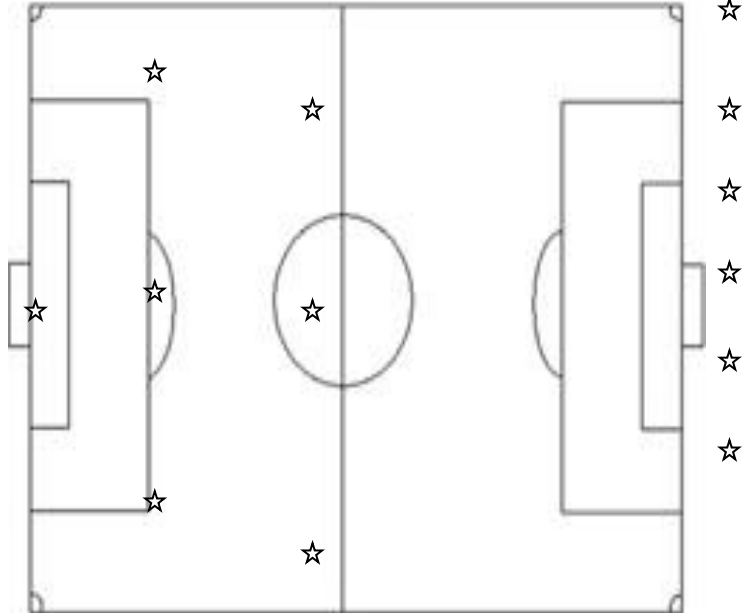


U10 Session Plan – Week #3

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 5-6 minutes	<u>Warm Up</u>	
10+ minutes	<p style="text-align: center;"><u>Activity 1</u></p> <p><u>Heading Introduction:</u> Divide team into groups of two with one ball.</p> <ul style="list-style-type: none"> • Step 1: Player heads ball to teammate from his/her own hands • Step 2: Player tosses ball for other partner to return head the ball • Step 3: Players try to keep the ball up continuously with head juggling <p>Coaching Points: eye on the ball, contact the ball with top of forehead not top of head</p>	
5-6 minutes	<p><u>Steal-Shield:</u> 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>Coach: Show proper shielding technique, fix errors during activity.</p> <p>Coaching Points: Body sideways to opponent, turn as defender attacks</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	Wrap up	Stress good points from session, do a team cheer and talk about the next night of soccer