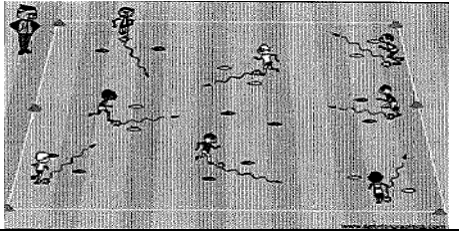
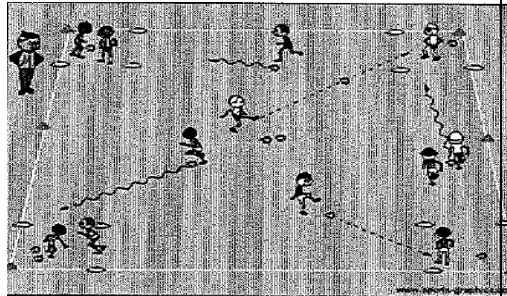
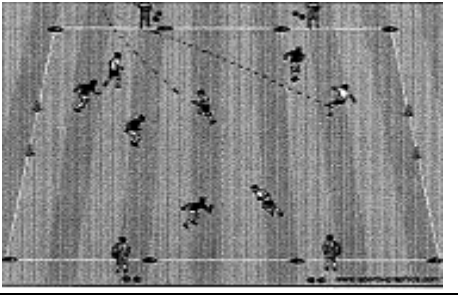
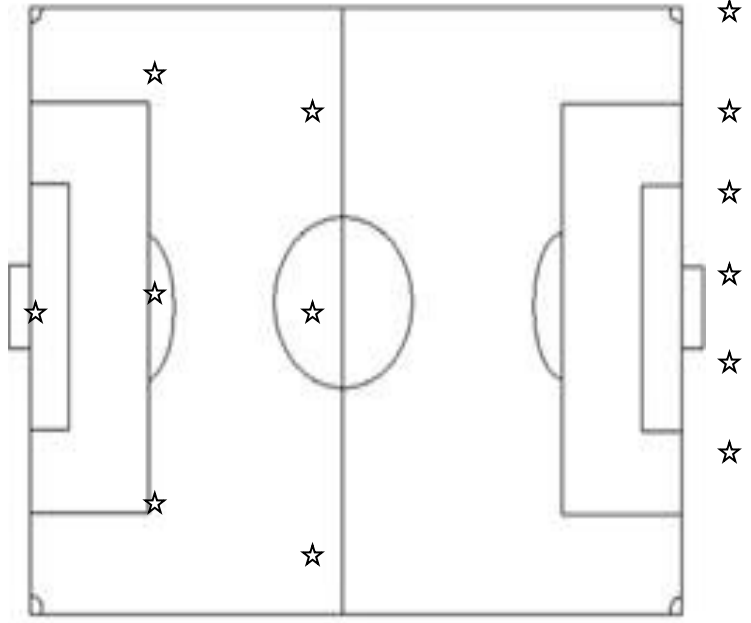


U10 Session Plan – Week #4

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	<p><u>Warm Up</u></p> <p><u>Everyone with a Ball :</u> Each player dribbles a ball. On the coach’s command the player picks up the ball and tosses it above their head and controls it with the; laces, inside or outside of foot, thigh, chest (coach calls out body part to use). Always in a controlled direction</p>	
10+ minutes	<p><u>Activity 1</u></p> <p><u>Bank Robbers:</u> 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>	
5-6 minutes	<p><u>Activity 2</u></p> <p><u>Support mini-game:</u> Two teams of 4 in a defined area with two goals. Other team members are support players on edge of area. The team with possession of the ball inside the area can use the group outside the area for support. Teams are trying to score using the support team at least 1 time.</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>