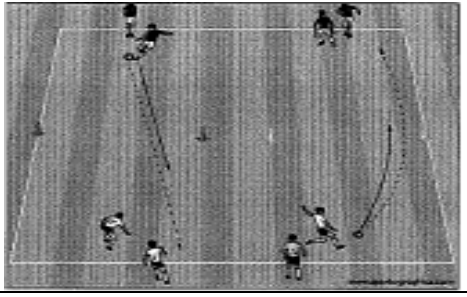
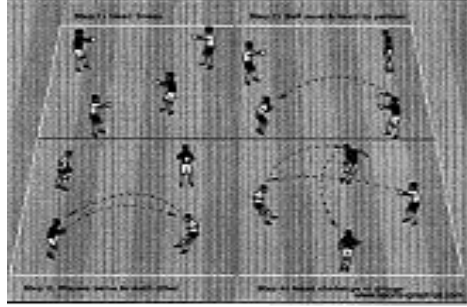
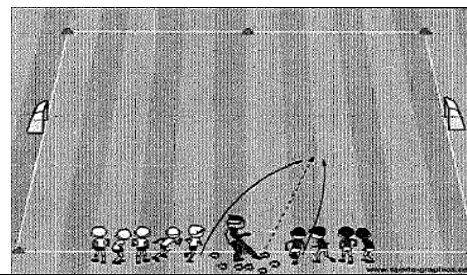
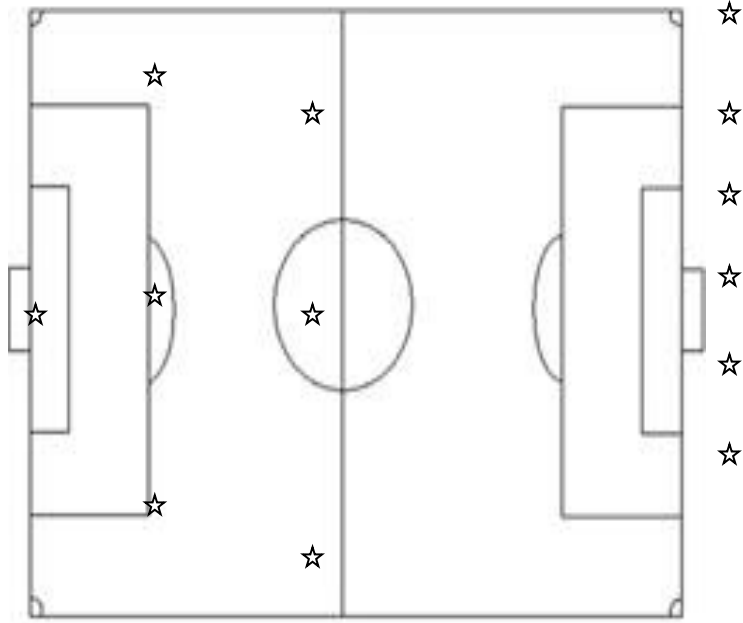


U10 Session Plan – Week #5

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>Shooting Through the Cones</u> : Arrange players in 4 lines as shown in diagram 20-30 meters apart with a ball for each side. Place 2 cones about 6 meters apart in the middle. Players shoot the ball and follow their shot to the opposite side.</p>	
10+ minutes	<p><u>Activity 1</u></p> <p><u>Heading Review:</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>Activity 2</u></p> <p><u>Numbers mini-game:</u> Divide players into 2 teams positioned on either side of coach who has soccer balls outside area. Two nets (pylons for posts will work) set up on opposite sides. The coach plays the ball into the area and calls out a number from 1-3. The number called is the number of players that enter the area for each team and try to gain possession and score a goal.</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>