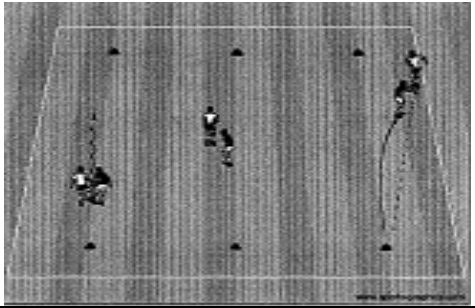
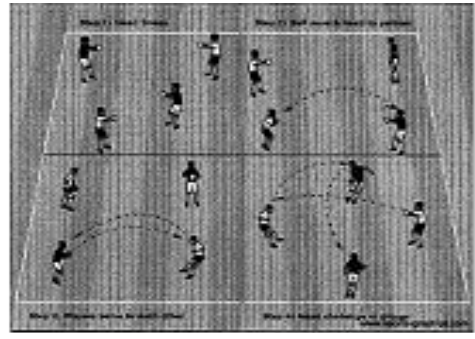
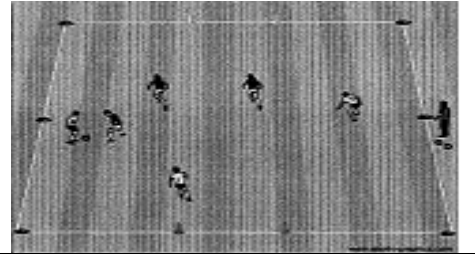
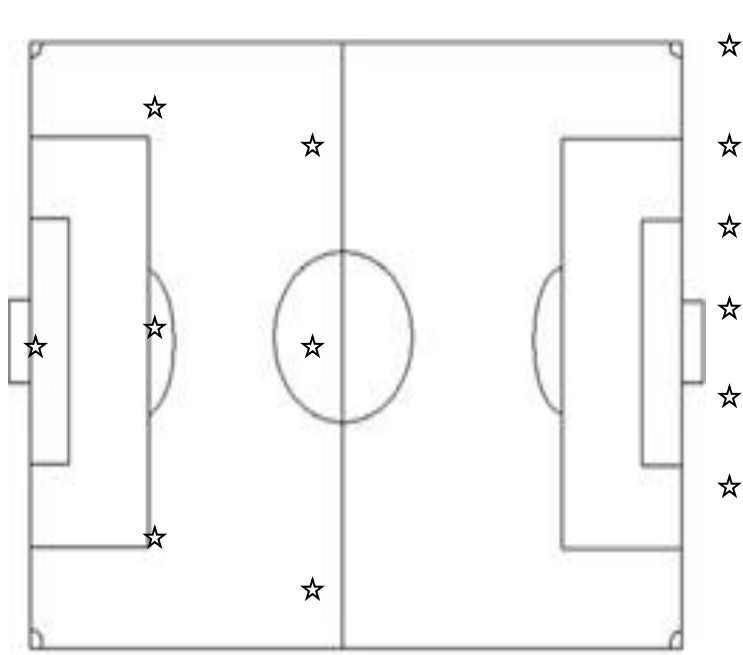


U10 Session Plan – Week #6

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>Defend the Cone:</u> Pairs of players at cones 10 meters apart with one ball. The player with the ball passes the ball to his opponent, the pair plays 1 v 1 trying to hit their opponent's cone. Set up entire team to play simultaneously.</p>	
5-8 minutes	<p><u>Activity 1</u></p> <p><u>Receiving Balls in the Air:</u> Divide team into groups of two with one ball. 5 tosses then switch at each step.</p> <ul style="list-style-type: none"> • Step 1: Player tosses ball in the air for other partner to receive with foot or thigh • Step 2: Player tosses ball in the air for other partner to receive with chest • Step 3: toss higher or make partner move to receive ball <p>Coaching Points: eye on the ball, direct ball to ground, control direction</p>	
5-8 minutes	<p><u>Activity 2</u></p> <p><u>3v3 mini-game:</u> Set up as many 3v3 games as possible with the number of players present. Teams can score by passing or dribbling through the goals. 1 point for passing goal, 3 points for dribbling 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>