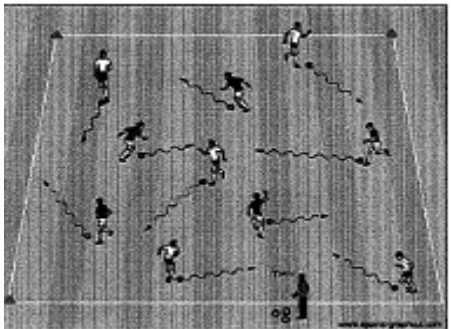
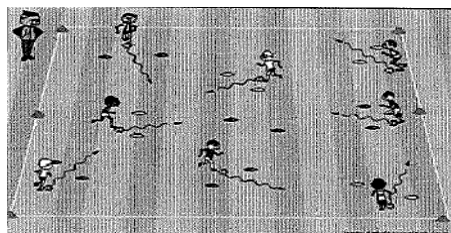

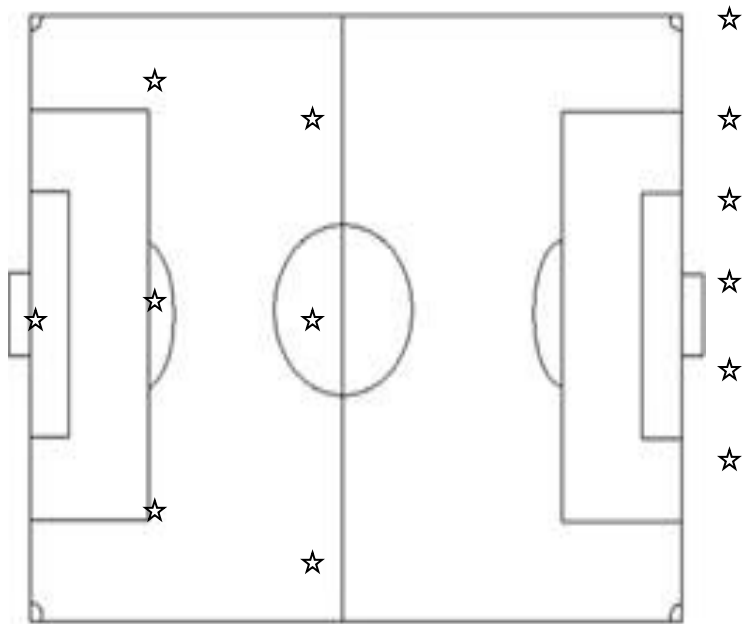


# U10 Session Plan – Week #7

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><b><u>Warm Up</u></b></p> <p><b>Technical Box:</b> All players dribbling in a defined space. Players should use all surfaces of their feet, and react to prompts “turn”, “pull back”, “accelerate”, “step over”.</p> <p><b>Coach:</b> Prompt players to work on change of direction, fake left/go right, etc. Extend by walking around and pressuring the players.</p> <p><b>Coaching Points:</b> Keep ball close, keep head up, be creative &amp; try something new</p>	
5-8 minutes	<p><b><u>Activity 1</u></b></p> <p><b>1 v 1 Gate Soccer :</b> Set up 2 meter wide `gates`. Have groups of 2 players with one ball. Players compete against their partner trying to stop the ball inside a gate and do a ball control or footwork move before their partner stops them to score a point</p>	
5-8 minutes	<p><b><u>Activity 2</u></b></p> <p><b>2v2 to Small Goals</b> Divide the grid into 2 equal areas with a one yard buffer in between. Place a 2 yard goal with cones on each end line. Players score by dribbling or passing through the goal they are attacking.</p> <p><b>Coach:</b> have two games going at the same time. Remember to sub in extra players.</p>	
6:50	<p><b>7 v 7 Full field Scrimmage Vs Other team</b></p>	<p style="text-align: right;"><b><u>Subs</u></b></p> 
Approx. 7:40- 7:35	<p><b>Wrap up</b></p>	<p>Stress good points from session, do a team cheer and talk about the next night of soccer</p>