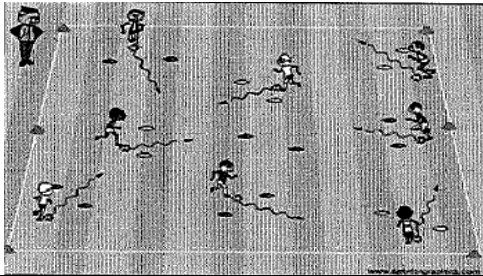
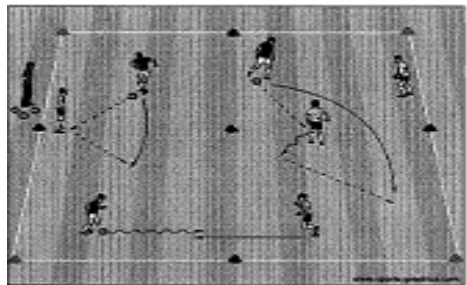
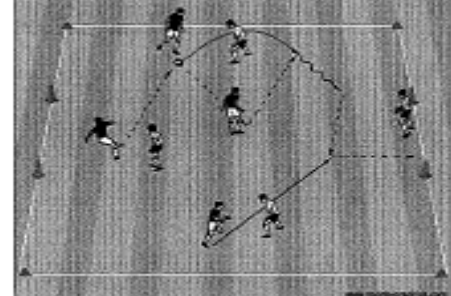
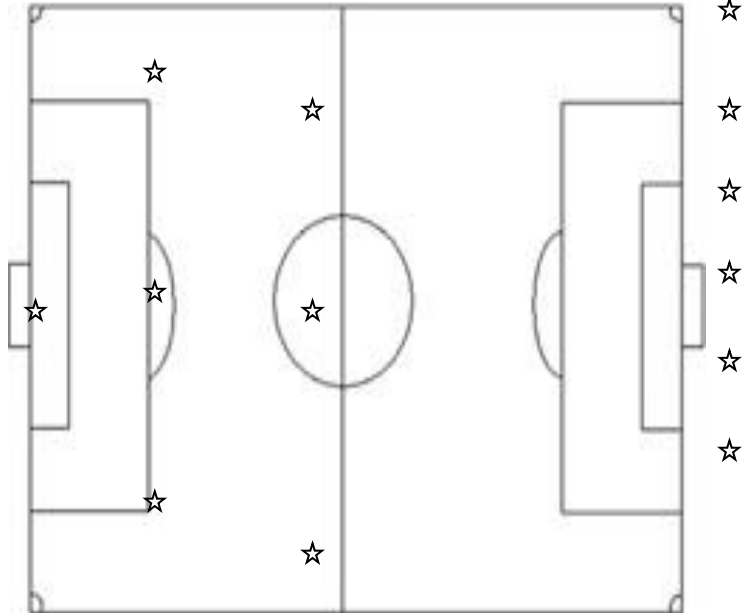


U10 Session Plan – Week #8

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>Gate Passing: Set up as many gates (two cones 2 yards apart) as you can in your area and have the players in groups of 2 with a ball. They must pass the ball through the gate to their partner to score a point Coach: Have players count the points they score in 1 minute. Repeat asking the players to beat their previous score each round</p>	
5-8 minutes	<p><u>Activity 1</u></p> <p>Support Square: In your grid have 4 players wearing a piney. These are the support players. The rest of the team dribbles in the area. Support players get into a support position and call 'support' and complete a give and go pass with that player</p>	
5-8 minutes	<p><u>Activity 2</u></p> <p>4v3(+keeper) Use 5 meter goals and play 4v4 with the defending team using a player as keeper. When the defending team wins the ball they regain their 4th players and the other team must play with 3 and a keeper.</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>