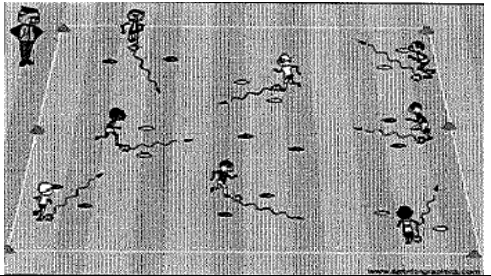
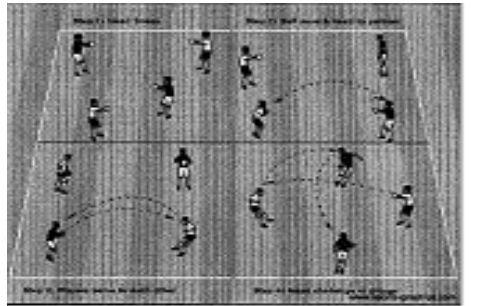
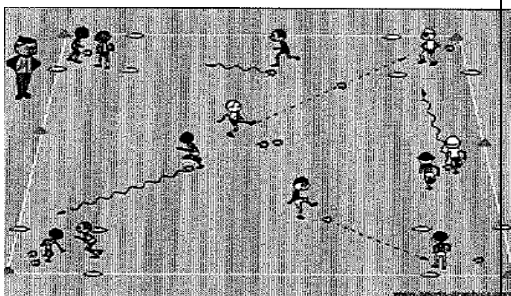
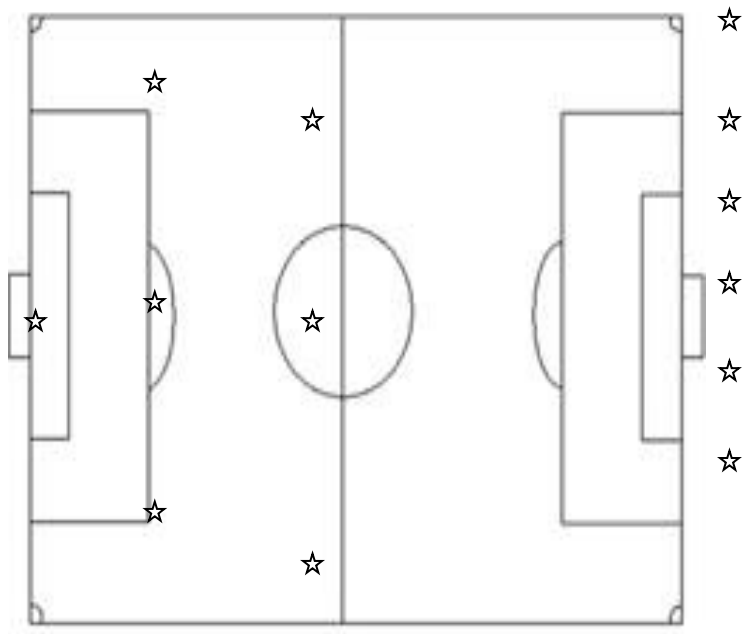


U10 Session Plan – Week #9

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>Steal-Shield:</u> Pair up players with one ball. One player starts with the ball and the other tries to steal the ball away. Player with the ball tries to shield it from their partner. Coach: Show proper shielding technique, fix errors during activity. Coaching Points: Body sideways to opponent, turn as defender attacks</p>	
5-8 minutes	<p><u>Activity 1</u></p> <p><u>Heading and receiving ball in air review:</u> Go through heading steps and receiving ball steps</p>	
5-8 minutes	<p><u>Activity 2</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>	
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>