

Coaching Manual

Week 10 Under 10 and 11



Session Plan



- 6:00pm Introductions
- 6:10pm Warm up
- 6:20pm Drills
- 6:45pm Game, 9 v 9 game
- 7:00pm Medal presentation

This is the final week so please present each player with a medal at the end of the session.

Please leave your kit bag with any additional medals so that they can be picked up by a club representative

We hope that you have enjoyed coaching with the Kanata Dragons. Thank you for helping to make the Kanata Dragons a success this summer

Warm up



Coach says

This is our version of Simon says

eg

Coach says touch your toes

Coach says run to a red cone

Coach says do a star jump

Now stand still

You should still be moving coach didn't say now stand still

And so on

Start the game without a ball but if you wish introduce the ball towards the end of the warm up

Be creative

Drill 1



Now ask the players to get their ball and find some space

Spend 10 minutes getting the players to know the ball by

1. Rolling it back and for, right foot then left foot
2. Dragging the ball back and stopping it, then push forward and stop it, right foot then left
3. Pushing the ball with the laces just a short distance (1 m), right foot then left
4. Pushing the ball with the inside of the foot just a short distance (1 m) right foot then left foot
5. Pushing the ball with the outside of the foot just a short distance (1 m) right foot then left foot

Red light green light

Now ask the players to find some room. They will use the skills they just earned for a quick game of red light green light

When you shout green they run and dribble, when you shout yellow they walk and dribble. When you shout red they stop the ball. No more than 3 minutes of this game as its usually a game for younger players but it's a good way to reemphasize what they have learned.



Drill 2



Set up 2 cones for each player. Each cones is 25 metres apart

Each player starts at one cone and dribbles the ball to the other cones. Rounds the 2nd cone and returns to the first cone. Player then rounds the first cone and so on.

Players should try and dribble the ball under control. Players will naturally go around in their most comfortable direction. After 2 minutes stop and ask Them to go the other way around

Start this drill slow so the players can get used to dribbling. Then ask them to speed up. Eventually they should try and sprint while dribbling





Drill 3 if you have time

Create two lanes shown here with red cones and blue cones

Divide the players into 2 teams. One team lines up with the red cones and one with the blue cones

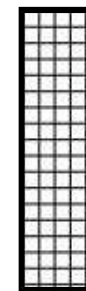
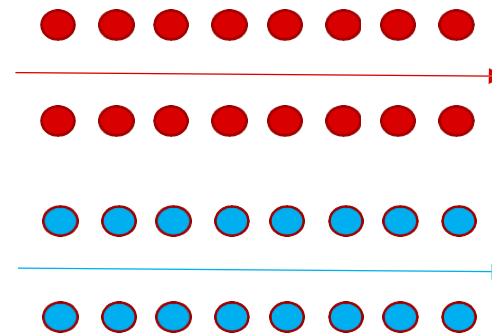
Players take it in turn to dribble the ball down the middle of the lane before shooting

Start off at an easy pace but progress to sprinting down the lane

After 4 minutes ask teams to switch colours so they get a chance of shooting from a different angle

Ideally players shoot with the right foot when going through the blue lane and the left foot when going down the red lane.

Encourage the players to shoot with the correct foot. Most will try and shoot with the right in both lanes but this is a more difficult shot when in the red lane



Parents

Game



Play a game for the last 15 minutes

9 v 9 on the full field for

- Orange V Ocean Blue
- Forest Green V Lime
- Maroon V Sky Blue

See the U10 &11 Program Guide for details on the games

