

Coaching Manual

Week 5 Under 10 and 11



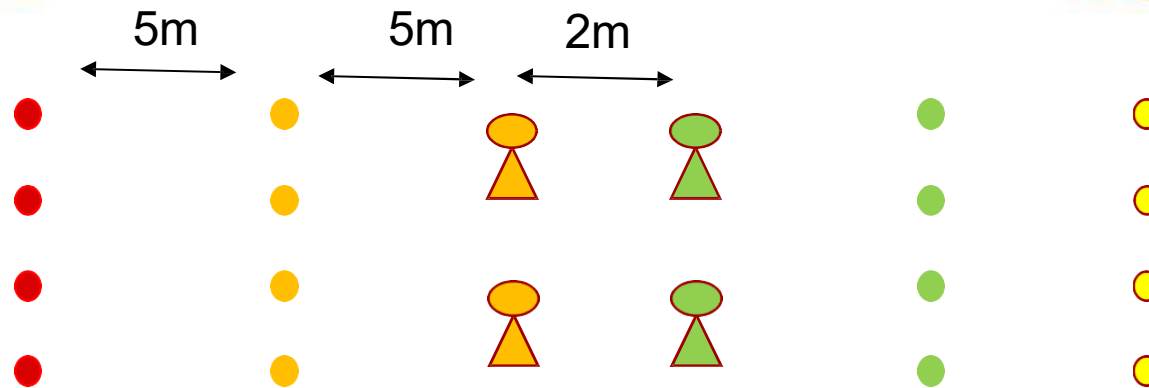
Session Plan



- 6:00pm Introductions
- 6:10pm Warm up
- 6:20pm Drills
- 6:45pm Game



Warm up



Catch your partner

Divide players into 2 teams, greens and orange. partner up the players 1 green against 1 orange. Use the pinneys for 1 team

Players should face their partner 2 metres away. Players jog on the spot as they face each other

If you shout “orange” players have to turn and sprint to their orange cone. The green player has to touch his partner to score a point. Obviously this is harder as he has 2 metres to make up on his partner

Players jog back to their starting point and jog on the spot. Then you say the next colour and the cycle is repeated. You have 4 colours to choose from. Mix them up. See who can score the most points

There is a similar drill on YouTube to watch. Its not exactly the same but it gives you an idea

<https://www.youtube.com/watch?v=G3tkNiWCCsA>



Drill 1

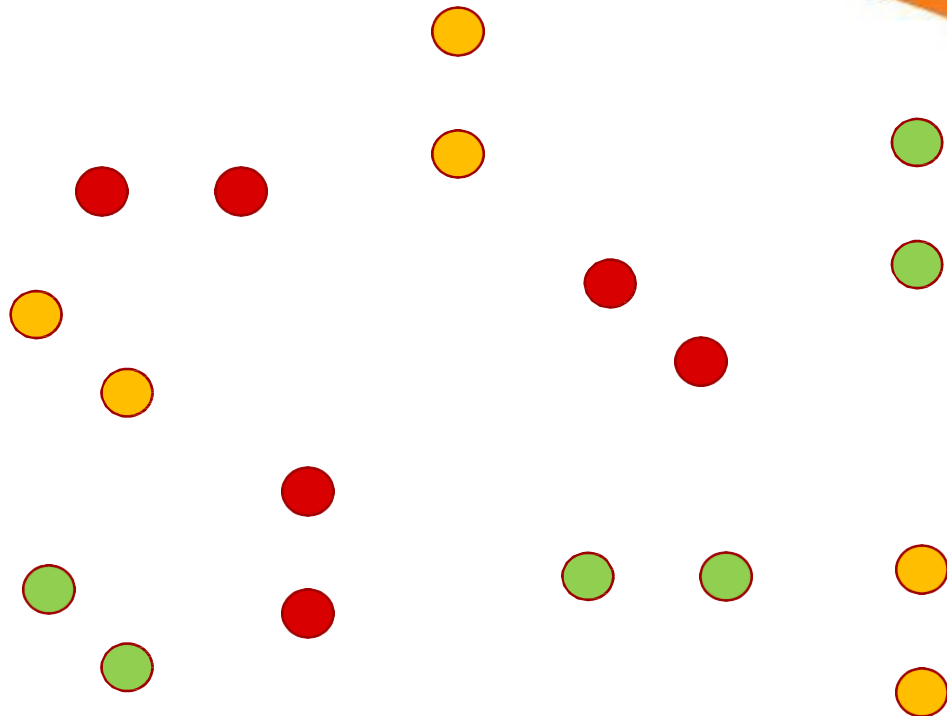
Now ask the players to get their ball and find some space. Spend 10 minutes getting the players to know the ball by

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

Gates

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

Spread out the cones randomly in pairs to form gates. Players dribble the ball through the gate before changing direction to pick another colour. Start by allowing them to pick their own but then call out a colour for them to go through. Mix it up by calling out several colours eg "Red, then green then orange"



Drill 2



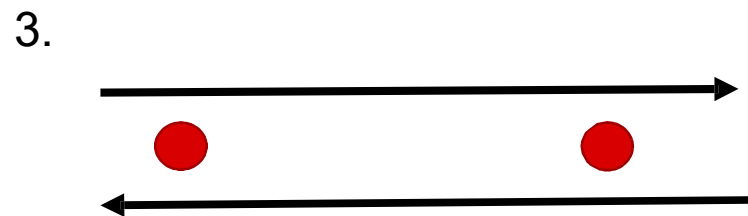
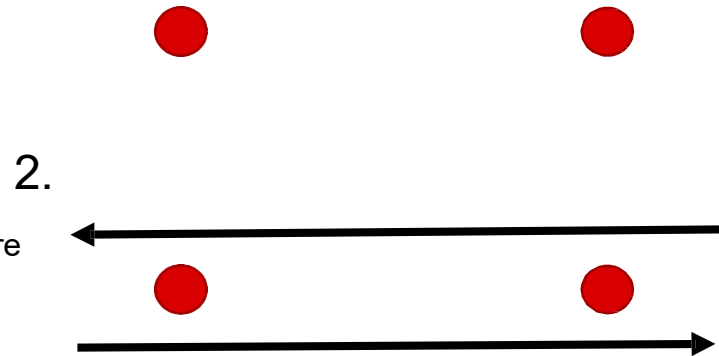
Passing

Three exercises to improve passing skills. Pair up the players then

1. Have them 10 metres apart passing the ball back and for 2 touch so emphasize control then pass. The ball must pass between the gates
2. Now remove a cone for each player. Now the passing continues but the receiving player has to drag the ball around the cone before returning the pass along the other side
3. Repeat 2 but now in the other direction

Watch the video on these drills

<https://www.youtube.com/watch?v=xvaD2AamMpU>





Drill 3 if you have time

Use your PUGS as goals with parents behind the goals to collect balls

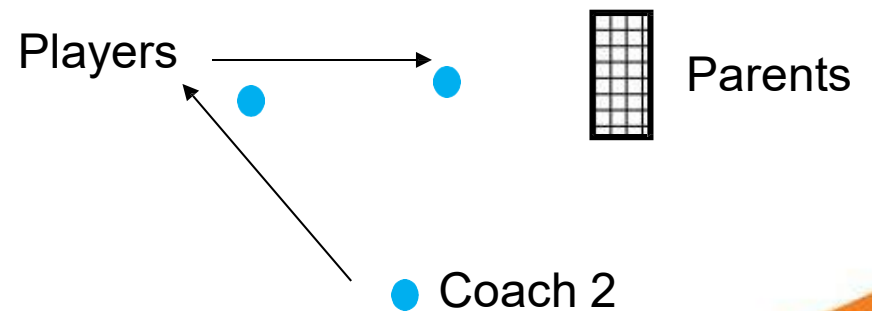
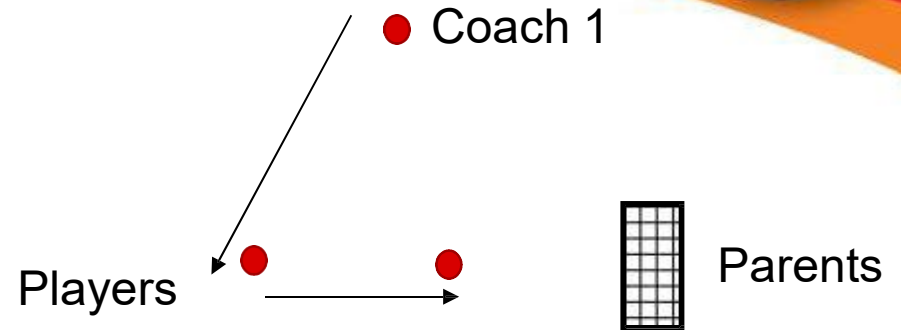
Divide players into 2 teams. One player goes from each team at a time

The drill

The coach passes the ball to the player next in line.

The players controls the ball and then dribbles it forward towards the last cone. The player then shoots for the net.

After the shot the player retrieves his ball and return to the back of the line



Game



Play a game for the last 15 minutes

9 v 9 on the full field

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

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

