

Coaching Manual

Week 6 Under 10 and 11



Session Plan



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



Warm up

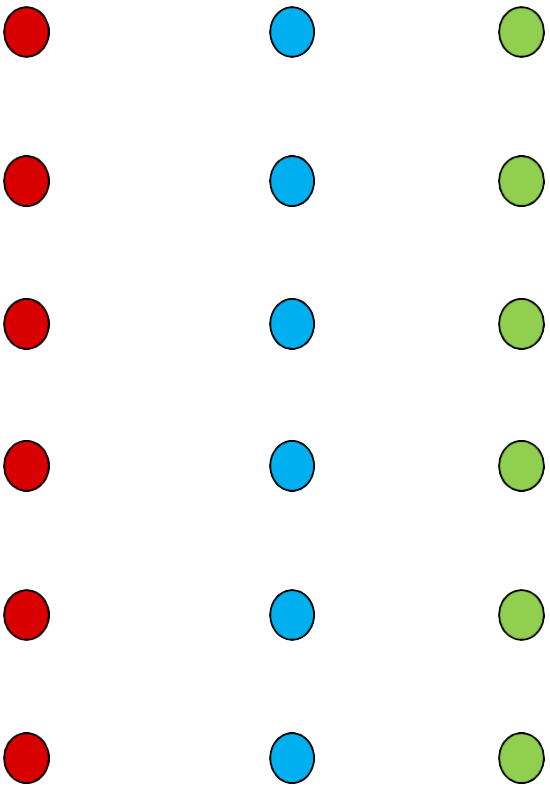
Set up 3 lines of cones and divide the players into 3 teams

On your whistle the team jog one after the other along the right side of the cones. Turn around the last cones and jog back along the left side

Repeat this 3 times then change it up as follows performing 3 repeats of each exercise

- 1. Jog side wards facing your cones
- 2. Jog side wards facing away from the cones
- 3. Jog backwards around the cones
- 4. Jog in and out of the cones
- 5. Sprint around the cones

Leave the cones when you finish you will use them later



Drill 1



Ball Skills

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

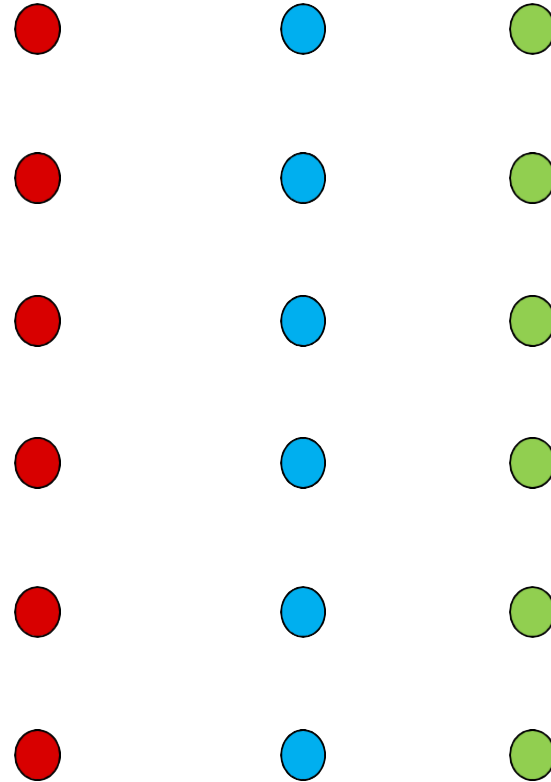
Spend 10 minutes getting the players to know the ball by

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

Now return to the cones

This time players in their teams

1. Dribble around the outside of the cones
2. Dribble in and out of the cones



Drill 2



Passing Triangle

Place 3 cones in a triangle with each cone 8 metres from the other cones

Place 2 players at 1 cone and 1 player at the other two cones

Player 1 starts the drill by passing to player 2 then after the pass player 1 runs towards player 2

Player 2 controls the pass then passes the ball to player 3, player 2 then runs towards player 3

Player 3 controls the pass then passes the ball to player 4, player 3 then runs towards player 4

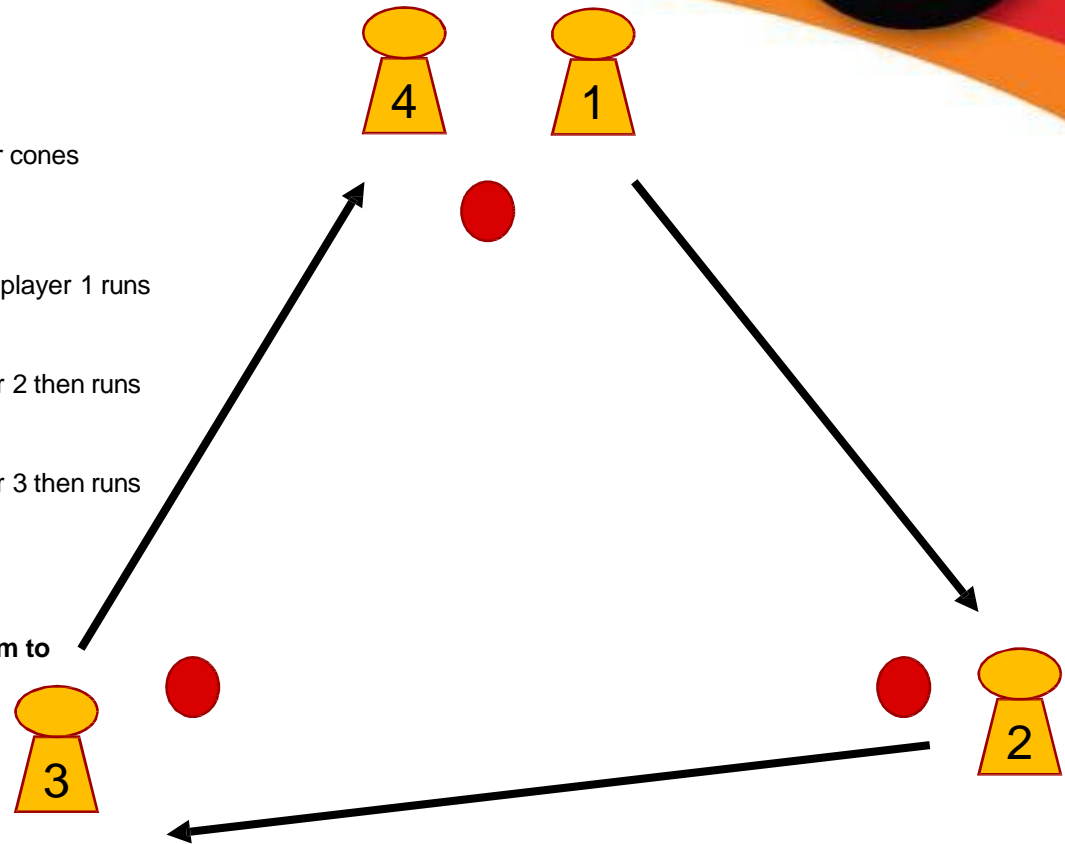
This continues.

Players have a habit of passing and standing still so get them to move to position. Emphasize "Pass and Go"

Video here it starts at 2:15

<https://www.youtube.com/watch?v=tiuwLDvpMFg&t=63s>

1. 2 minutes in clockwise
2. 2 minutes anti clockwise
3. 3 minutes of alternating direction on your whistle



Make sure that they play 2 touch i.e. control the ball with 1 touch then pass it with the 2nd touch

Emphasize **"Pass and Go"**



Drill 3 if you have time

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

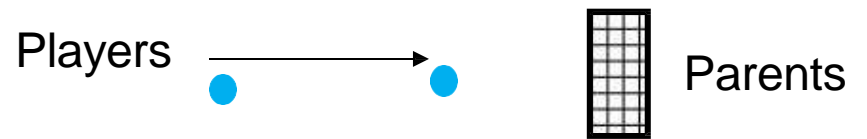
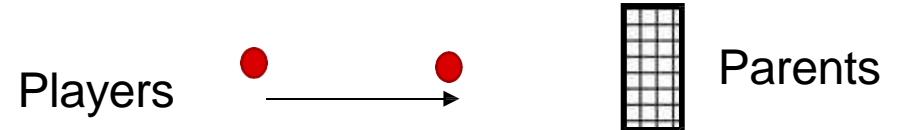
Divide players into 2 teams. One player goes from each team at a time

The drill

Players dribble the ball from the first cone. When they reach the 2nd cone they shoot for goal

Start slowly and then get the players to dribble at speed

Try to get the players to shoot without stopping the ball



Game



Play a game for the last 15 minutes

9 v 9 on the full field for

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

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

