

# **Coaching Manual**

**Week 7 Under 10 and 11**



# Session Plan



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



# Warm up

Set up a large circle with the cones

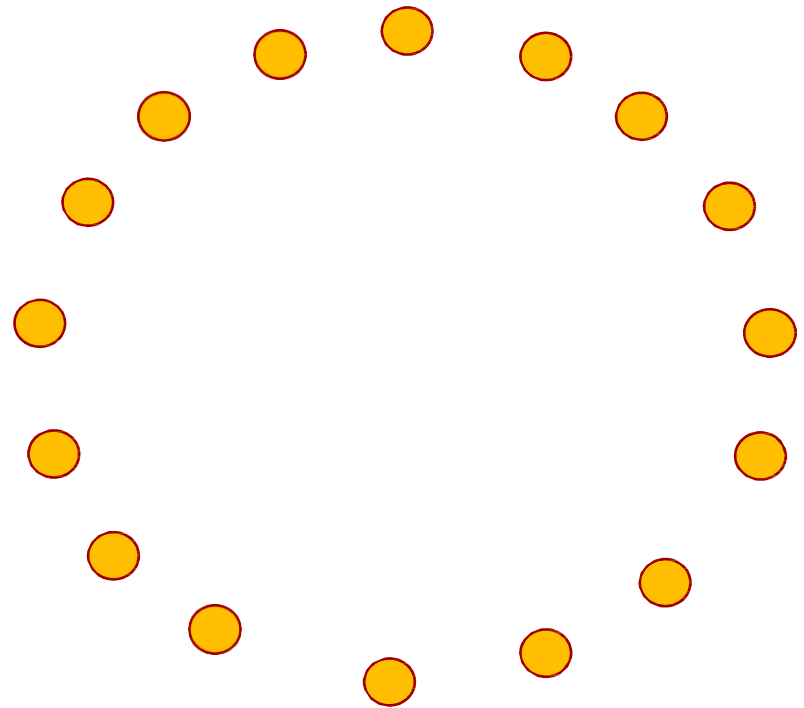
Players have their ball and dribble it around the outside in a clockwise direction

On your whistle the players stop their ball and sprint to the middle of the circle. Last person in is asked to do 3 star jumps

After the star jumps players return to their ball and continue dribbling  
But this time in an anticlockwise direction

Next time the players come in the last 2 players do the exercise

Keep doing the drill until all players are doing the exercise



# Drill 1



## Gates

Place cones in pairs around the field. Players need to dribble the ball through the gates without losing control of the ball.

Start by allowing them to pick a gate of their choice. Then you call out a colour. Eg "Orange" Players have to find an orange gate to dribble through

After a while call out two colours eg "Green then red"

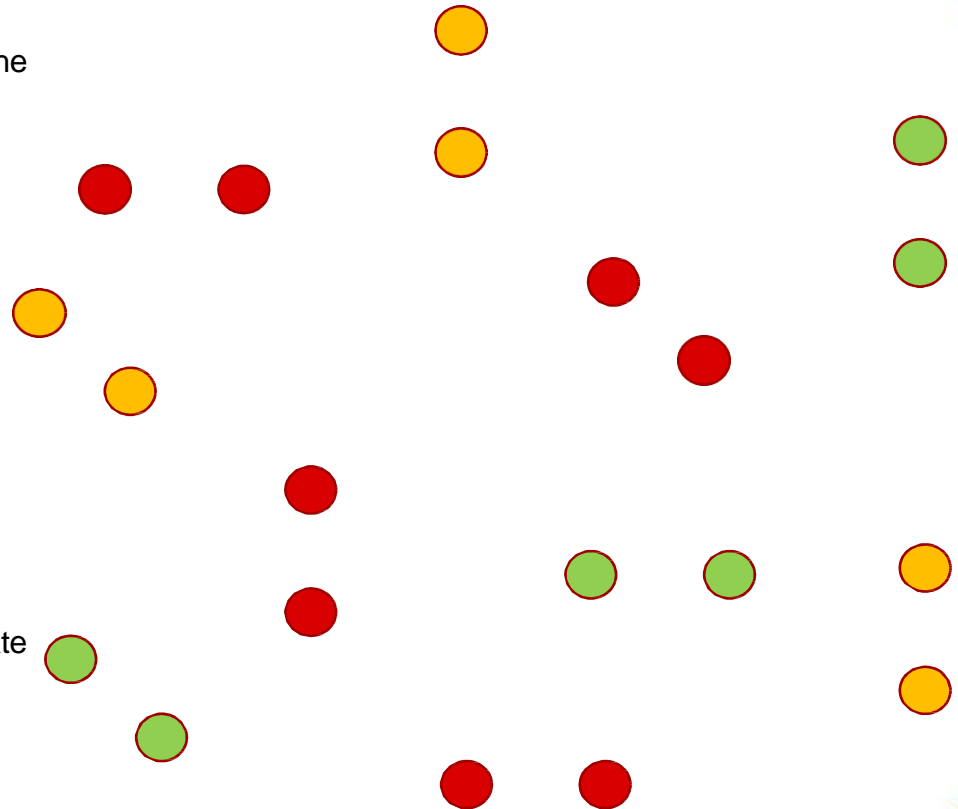
Players have to dribble through green and then look for a red

And so on

Also ask the players to stop eg "Red then stop then green"

Now they have to stop the ball after they go through the red gate before they move onto a green gate.

Try and keep them moving with the ball



# Drill 2



## Dribble and score

Divide players into pairs. Each pair has 1 ball and 2 cones

Set up the cones 1 metre apart. These will act as the goal

Then make one player the attacker and one player the defender

The attacker has the ball and starts to dribble the ball from 10 metres from the goal

The defender starts 5 metres in front of the goal.

The objective of this drill is for the attacker to dribble the ball and score a goal without the defender tackling him and kicking the ball away.

Once a goal is scored or the ball is kicked away the defender and attacker switch roles.

Mix it up by adding a 2<sup>nd</sup> goal with 2 more cones about 20 metres from the 1<sup>st</sup> goal. This time once the defender has the ball he becomes the attacker and attacks the 2<sup>nd</sup> goal





# Drill 3 if you have time

## Shooting

Divide the players into 2 teams

Coach 1 passes the ball to the first player in team 1.

Coach 2 passes the ball to the first player in team 2

Each player controls the ball then dribbles it towards the goal before shooting

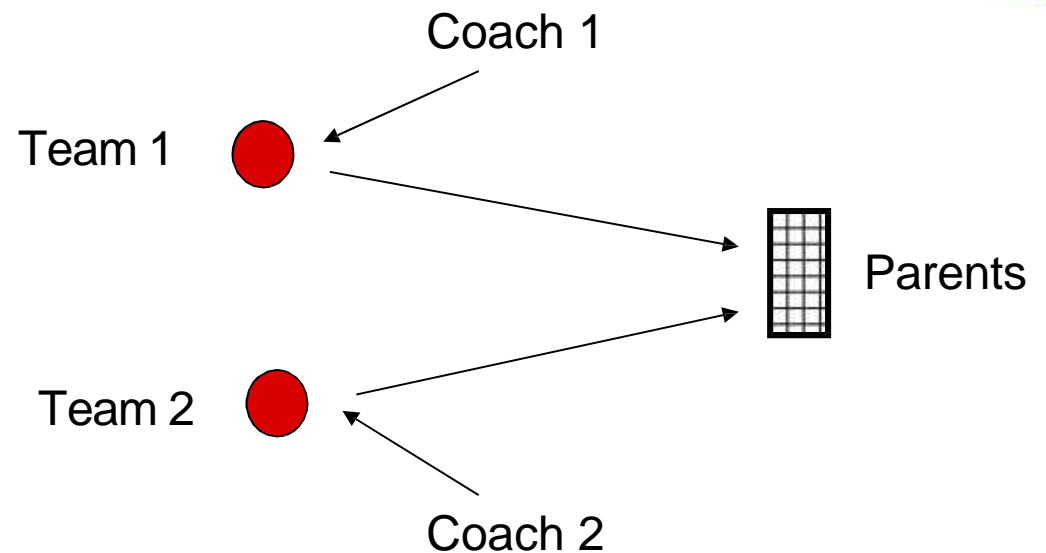
Use the big goal not the PUGs

After shooting the parents return the ball to the coach and the player returns to the back of the line.

The coach passes to the next player in the line after the previous player has shot for goal

Start by going at the players pace then speed it up by having each team race each other

Players should shoot from 5 - 10 metres from the goal





# Game



Play a game for the last 15 minutes

9 v 9 on the full field for

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

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

