

Coaching Manual

Week 8 Under 10 and 11



Session Plan



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

Warm up



Volcanoes and Tornadoes

Place 12 cones normal way up – volcanoes

Place 12 cones upside down – tornadoes

Arrange the cones randomly in 20m x 20m area

Split players into 2 teams. Give team 2 pinneys

Ask team 1 to create volcanoes by turning over tornadoes

Ask team 2 team to create tornadoes by turning over volcanoes

Blow your whistle and give them 60 seconds to complete their task

Players run to identify their cone and turn it upside down if needed

After 60 seconds stop and count up the volcanoes and tornadoes to see which team won

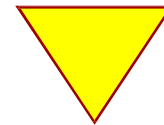
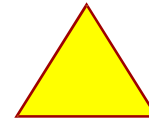
Repeat the game but change up the drill

Start with normal running

Then side wards running

Then bunny jumping

Then running again



Drill 1



Squares

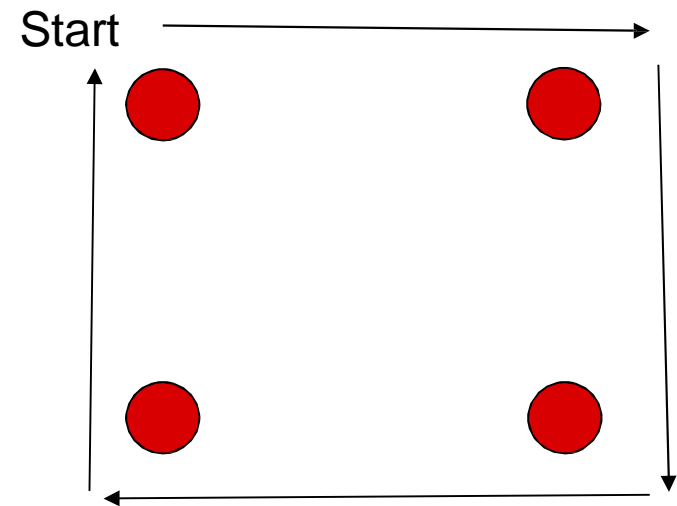
Set up 3 squares with distance between cones at 10 metres.

Split up your squad into 3 teams. Each team has a square and each player has a ball.

Players start to dribble the ball around the square. Start with the right foot

Mix it up as follows

1. Change direction to anti clockwise
2. Alternate clockwise to anticlockwise on the go by blowing your whistle
3. Now repeat but with the left foot



Drill 2



Passing pairs

Divide players into pairs. Each pair get 1 ball and a set of cones set up as follows

Player 1 stands 1 metre behind yellow cones. Yellow cones are 1 metre apart
Player 2 stands 1 metre behind green cones. Green cones are 1 metre apart
Green cones are 5 metres from yellow cones so players are 7 metres apart

Player 1 passes the ball to player 2. The ball must pass through yellow and then the green cones

Player 2 controls the ball, then passes it back to player 1 through the green and yellow cones

Watch a video here

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

Start with 2 touch passes ie control then pass

Then if going well go with a 1 touch pass as shown in the video

Player 1



Player 2



Drill 3 if you have time

Use the big goal

Divide the players into 2 teams, each player has a ball

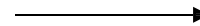
Each team send 1 player at a time, the next player starts when the previous player has shot.

The object this week is to dribble at speed and then shoot for goal when they reach the cones.

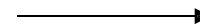
Start by players going at their own pace

But later start a race between the teams. The first team to score gets a point

Team 1



Team 2



Parents

Game



Play a game for the last 15 minutes

9 v 9 on the full field for

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

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

