

Coaching Manual

Week 4 Under 10 and 11



Session Plan



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

Warm up



The warm up

Line up a large object in a circle. Eg Kit bag, bike flag, coach, whatever you can find that is safe

Players line up around the circle and jog around the outside. When you blow your whistle they sprint to the large object and touch it. Then they jog back outside the circle to continue the jog

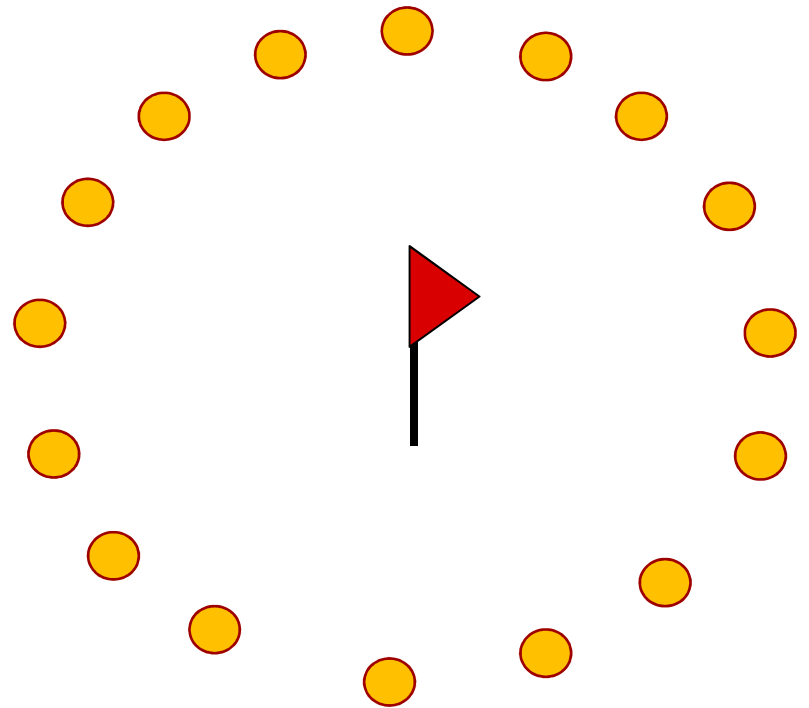
Switch it up by

1. Changing directions of the jog
2. Jogging in and out of the cones
3. Sideways around the cones
4. Backwards around the cones
5. Backwards in and out around the cones
6. Hopping around the cones

Etc

Watch the video here

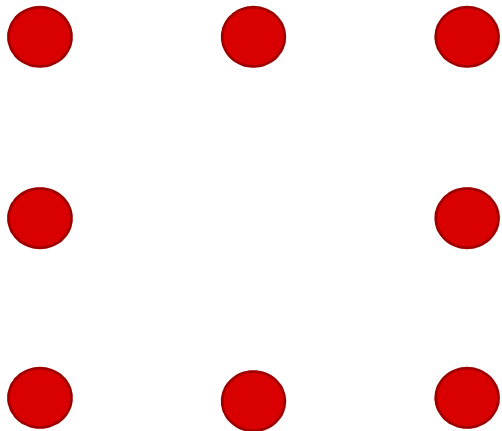
<https://www.youtube.com/watch?v=9SKdO6K8lko&t=127s>



Drill 1



Stay in the Box or Jump



Set up 3 boxes about 10m x 10m with cones

Place up to 5 players into each box. Each player needs a ball. You will need 3 boxes in total. Colour code the boxes so its easy for players to know their box

The players have to dribble the ball inside the box without the ball leaving the box. As there are 5 players in ach box they have to keep changing direction to stay out of each others way.

If the ball leaves the box they collect it but can not rejoin the box until they have done 5 jumps eg star jumps, bunny jumps, tuck jumps, knee jumps etc

Switch it up with the coaches being a defender to kick out the ball ask a parent to help so each box has a defender



Drill 2

Set up the cones in 3 groups as shown. Players are divided into 3 Teams.

A player from each team take it in turn to dribble the ball to the cones. They stop the ball and pick up a cone. They dribble back to their team and they deposit their cone.

They must dribble the ball at all times. Lose the ball and loose the cone

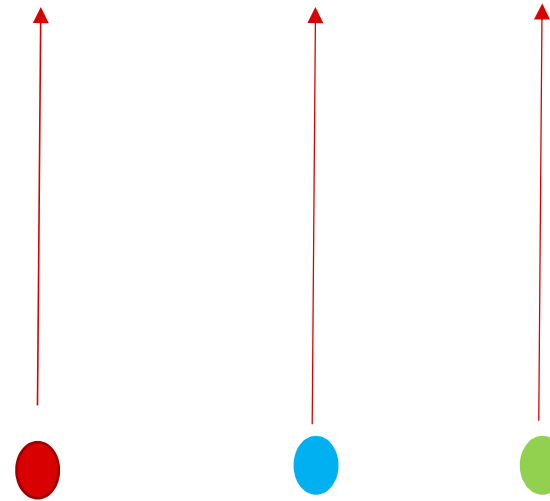
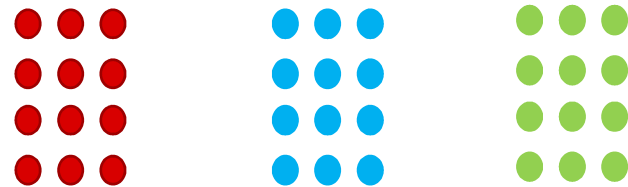
The next player then leaves and repeats. Players can only take 1 cone at a time

See which team gets all their cones first

Then
Repeat at speed but each player just gets one cone. The first team which returns all their players with a cone wins

Then
All players leave at the same time. The first team to return all their cones wins

Cones



The players



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

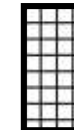
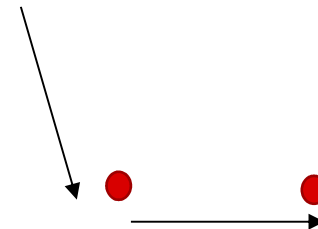
Player starts and dribbles the ball around the cone before turning to dribble towards the goal. At the 3rd cone the player shoots for goal. The player now returns to his team and the next player goes

Skills earned

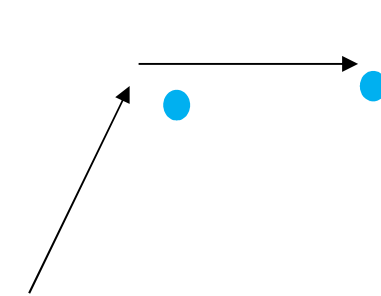
- Dribbling
- Changing direction
- Shooting

Switch teams after 4 minutes so players learn to turn from each direction

● Team 1 start



Parents



Parents

● Team 2 start

Game



Play a game for the last 15 minutes

9 v 9 on the full field for
Lime v Maroon
Neon Blue v Sky Blue

6 v 6 inter-squad game on half a field for Orange

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

