

# **Coaching Manual**

## **Week 9 Under 10 and 11**



# Session Plan



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



# Warm up

If you have 2 coaches have coach 1 demonstrate the warm up as coach 2 calls out the colours.

Coach calls out a colour. Players jog to that colour and touch the ground before returning to the line. Coach calls out the next colour and now the players jog to that colour.

After 90 seconds change to a sideward jog

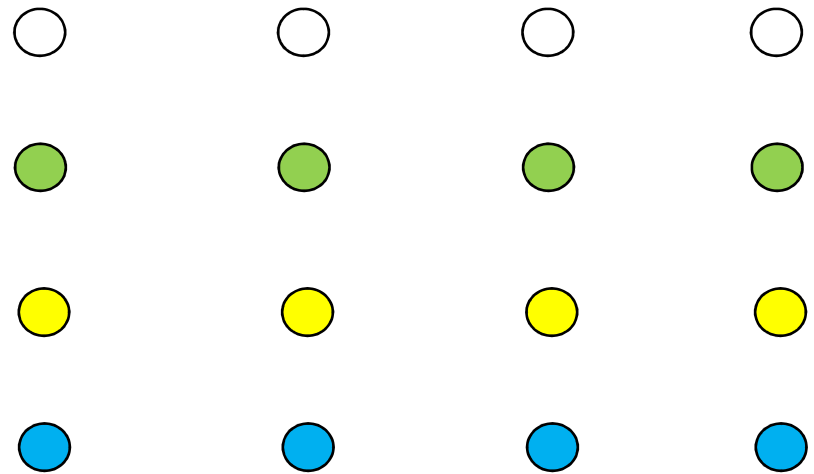
After 90 seconds change to a backwards jog

After 90 seconds change to a hop

After 90 seconds change to a sprint

### Coaches note

Players will be keen and will try and sprint as fast as they can. Encourage them to warm up gradually



All players start behind the line and they all do the warm up at the same time. Blue cones are 5 metres from the line. Each row of cones are 5 metres from the adjacent colour



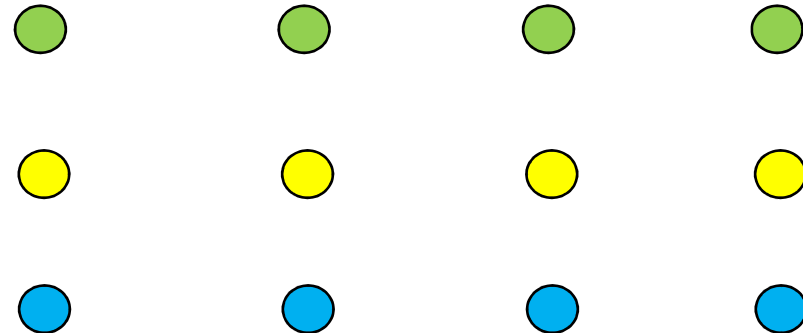
# Drill 1

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 instead of jogging to the colours the players dribble the ball and stop it at the colour. Then they turn around and dribble the ball back to the line.

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All players start behind the line with their ball

# Drill 2



## **Dribble and pass**

This drill works on dribbling and passing

Set up 2 red cones 20 metres from each other  
Place a green cone 10 metres from the red cones

Now divide the teams into 3s. Each team of 3 needs 1 ball

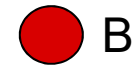
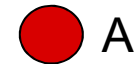
Players 1 and 3 start at cone A  
Player 2 starts at cone B

Player 1 dribbles the ball to the green cone and then passes the ball to the player 2. Player 1 then runs on to cone B

Player 2 controls the ball then dribbles it to the green cone before passing the ball to player 3. Player 2 then runs on to cone A

Player 3 controls the ball then dribbles it to the green cone before passing the ball to player 1. Player 3 then runs on to cone B.

The sequence continues. Once the players get the hang of the drill try and do it at a quicker pace





# Drill 3 if you have time

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

Divide players into 4 teams. Cones are 10 metres from the goal.

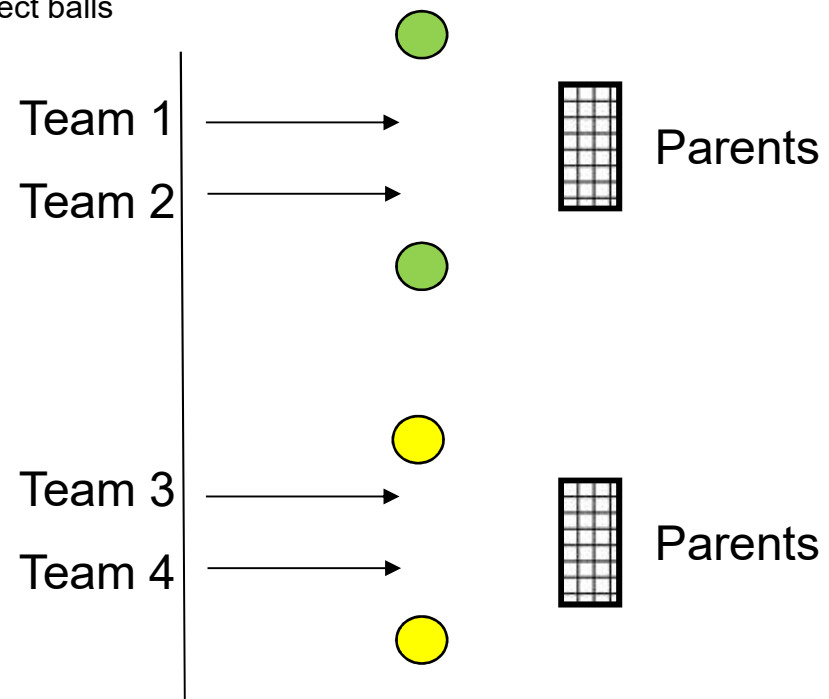
The drill

A players from each team dribble the ball towards the cone. When they reach the cone they shoot for goal

Players should dribble at their own pace

After a player has shot the next player in the line can start

After 3 minutes stop and explain that now it's a race to see which team score first in each pair. To win the leg a team must score a goal. If both miss it's a tie



# Game



Play a game for the last 15 minutes

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

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

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

