

Coaching Manual

Week 1 Under 10 and 11



Session Plan



- 6:00pm Introductions
- 6:10pm Warm up
- 6:20pm Drills
- 6:45pm Game, 6 v 6 inter squad game

Tonight is session 1 and the first time to meet everyone. Spend some time finding out each players name and don't forget to introduce yourself

In tonights game you just play amongst yourselves. Split your team into 2 and use the pinneys provided



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

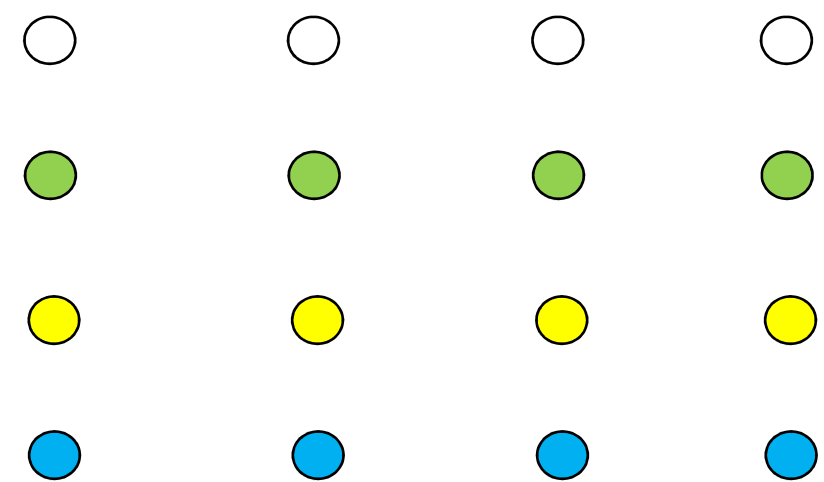
After 90 seconds change to a backwards jog

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

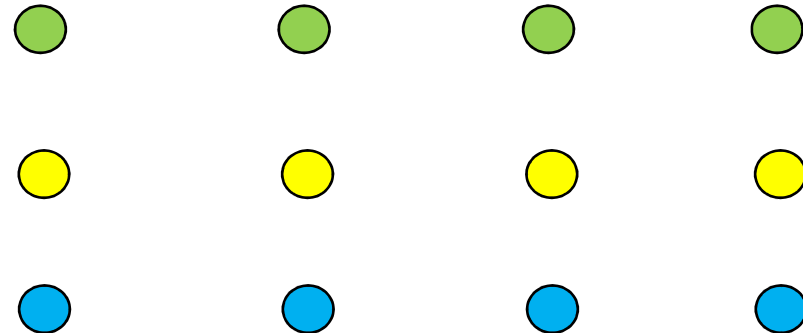


Now ask the players to get their ball and find some space away from the cones



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.

All players start behind the line with their ball

Drill 2



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

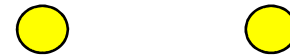
Watch a video here

<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

Divide players into 3 lines. Yellow cones are 10 metres from the goal. Parents are behind the goal collecting the balls

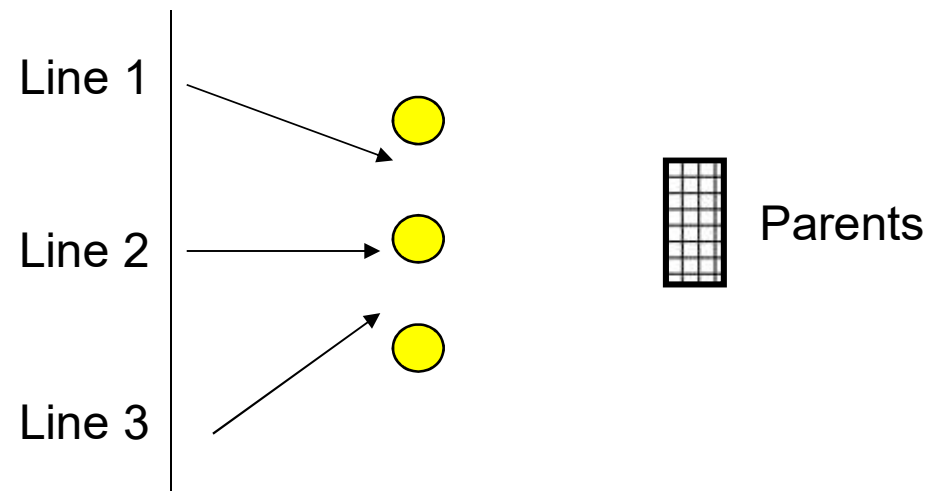
The drill

3 players, 1 from each line, dribble the ball towards the yellow cone. When they reach the yellow 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 move the lines so players get a chance at shooting from each angle, left, centre and right



Game



Start your game 15 minutes from the end of the session

Divide your team into 2 squads

1 squad to wear pinneys

Set up a field with the cones and use the pugs

No goal keepers

Finish your session with a 15 minute scrimmage

