

Coaching Manual

Week 2 Under 10 and 11



Session Plan



- 6:00pm Introductions
- 6:10pm Warm up
- 6:20pm Drills
- 6:45pm Game, 9 v 9 inter squad 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

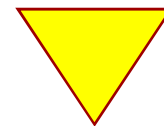
Repeat the game but change up the drill

Start with normal running

Then side wards running

Then bunny jumping

Then running again



Drill 1



Set out a square with the cones 25m x 25m

Ask the players to get their ball.



In an area adjacent to the cones get the players to practice pushing the ball with their laces like they learned last week



As they push the ball they are learning to dribble the ball.

On your whistle ask them to change direction by 90 degrees



Repeat with both feet



Then work on inside of the foot. Followed by outside of the foot

Now ask the players to enter the square starting in the middle. Call out a colour. Players dribble the ball to a cone of the colour called and stop the ball behind the cone.



Now call out another colour and they re enter the square dribble to that colour and stop the ball behind the cone. Start this drill with a push of the laces before switching to inside of the foot and then outside of the foot. Don't forget to repeat the skill with both feet

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

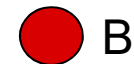
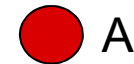
Players 1 and 3 start at cone A
Player 2 starts at cone B

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.

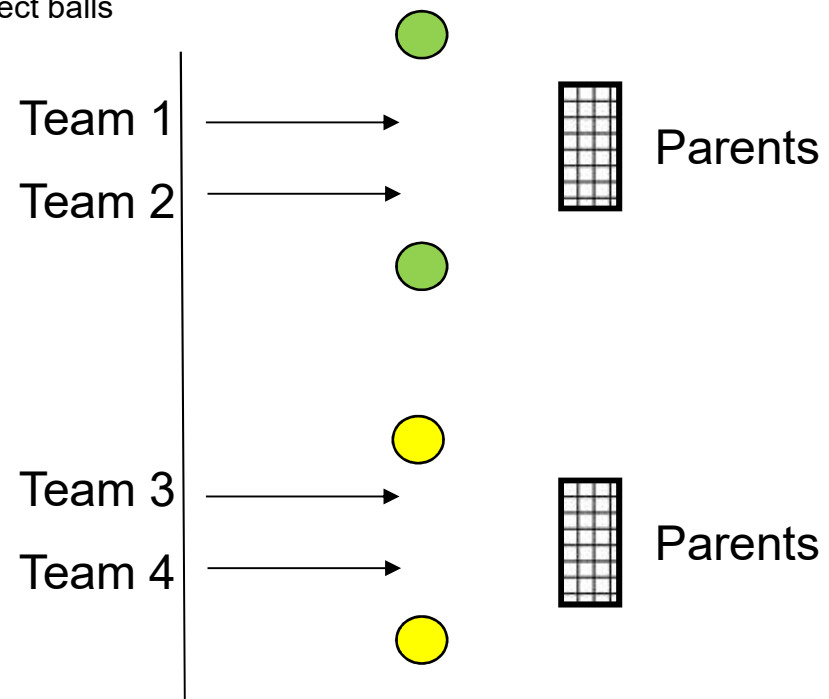
The drill

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



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

