

# **Coaching Manual**

## **Week 6 Under 8 and 9**



# Session Plan



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



# Warm up

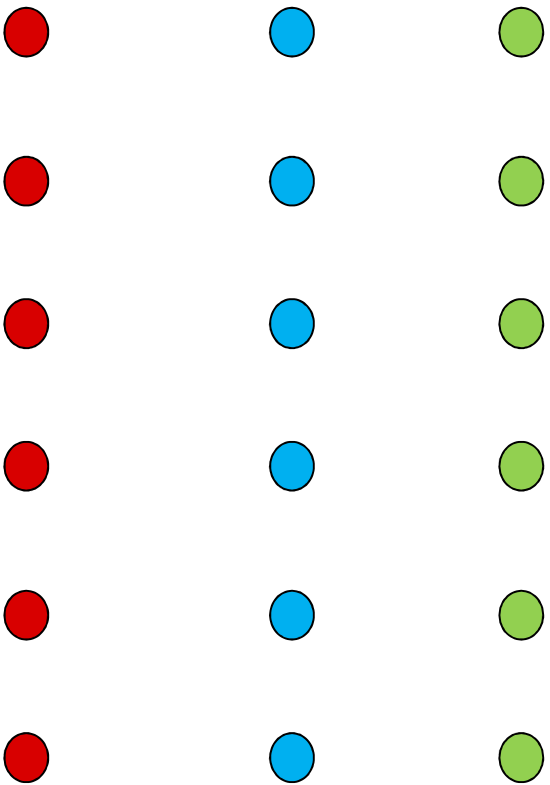
Set up 3 lines of cones and divide the players into 3 teams

On your whistle the team jog one after the other along the right side of the cones. Turn around the last cones and jog back along the left side

Repeat this 3 times then change it up as follows performing 3 repeats of each exercise

1. Jog side wards facing your cones
2. Jog side wards facing away from the cones
3. Jog backwards around the cones
4. Jog in and out of the cones
5. Sprint around the cones

Leave the cones when you finish you will use them later



# Drill 1



## Ball Skills

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

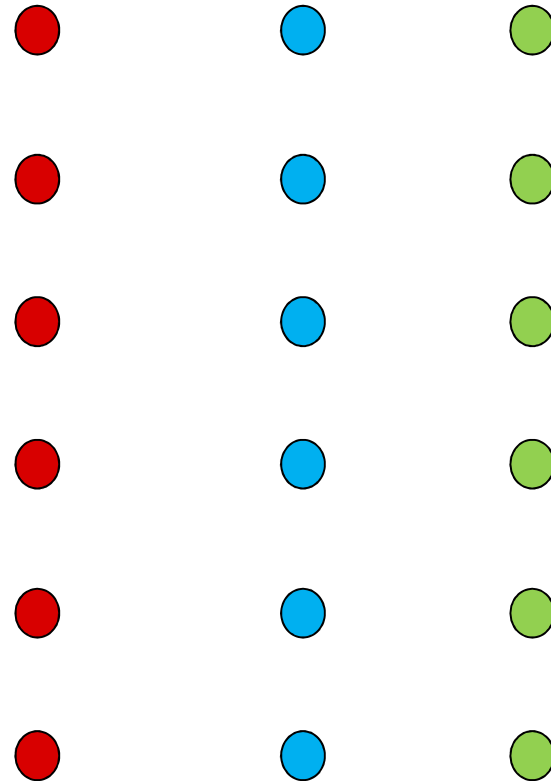
Spend 10 minutes getting the players to know the ball by

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 players in their teams

1. Dribble around the outside of the cones
2. Dribble in and out of the cones



# 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

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

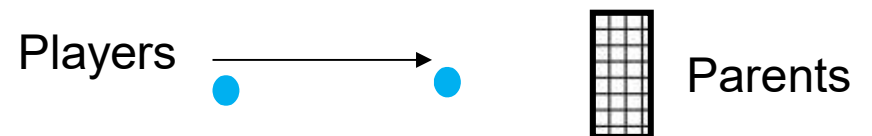
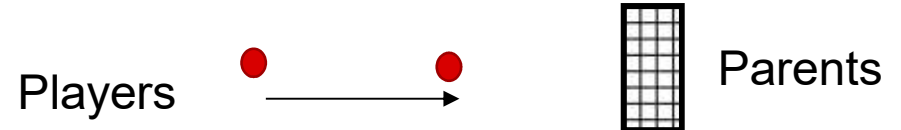
Divide players into 2 teams. One player goes from each team at a time

### The drill

Players dribble the ball from the first cone. When they reach the 2<sup>nd</sup> cone they shoot for goal

Start slowly and then get the players to dribble at speed

Try to get the players to shoot without stopping the ball



# Game



Play a game for the last 15 minutes

9 v 9 on the full field for  
Neon Blue v Kelly Green  
Yellow v Purple  
Lime v Orange  
Teal v Forest Green  
Royal Blue v Maroon

