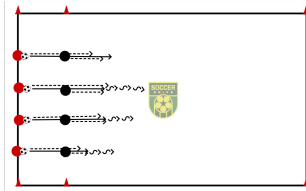
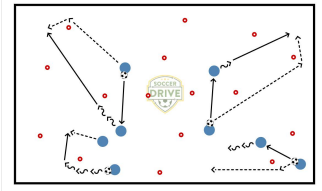
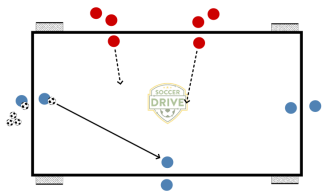
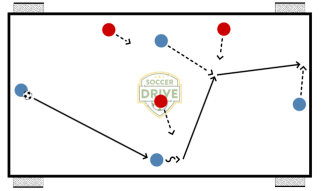
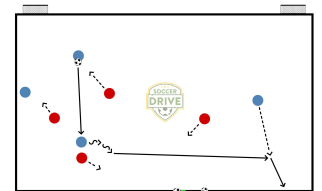


## U9/U10 TRAINING SESSION 1

|                           |  |  |  |                           |                                 |
|---------------------------|--|--|--|---------------------------|---------------------------------|
| <b>CYCLE 1<br/>WEEK 1</b> | <b>PHASE:</b><br>Attacking                           | <b>TOPIC / FOCUS POINTS:</b><br><ul style="list-style-type: none"> <li>Receiving</li> <li>Shielding the ball</li> <li>Passing</li> </ul> | <b>EQUIPMENT:</b><br>Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals. | <b>AREA:</b><br>50y x 30y | <b>TIME:</b><br>60 - 75 minutes |
| <b>AGE:</b><br>U9/U10     | <b>PRINCIPLE:</b><br>Possession play in the build up |  |  |                           |                                 |

| ACTIVITY 1 - <a href="#">Link to Activity</a>  | SET UP   | FOCUS POINTS  |
|--|--|---|
| <b>Nutmeg and Chase</b><br><b>Area:</b> 20y x 15y<br><b>Organization:</b> The players are in pairs with one ball. The passer starts on the end line, With the other player (the runner) three yards away, facing him. The passer plays the ball through the legs of the runner and the chase begins. The runner tries to reach the endline before being tagged. Players switch roles after each turn. Switch partners periodically.  |    | <ul style="list-style-type: none"> <li>Reaction</li> <li>Passing technique - Use the inside of the foot</li> <li>Dribbling technique. Running with the ball</li> <li>Enthusiasm</li> </ul>  |
| ACTIVITY 2 - <a href="#">Link to Activity</a>  | SET UP   | FOCUS POINTS  |
| <b>Gates Passing Game</b><br><b>Area:</b> 20y x 15y<br><b>Organization:</b> Set up ten gates, spread out over the field. Each player starts with a ball, working on dribbling, turning, and ball mastery moves. Work for six to eight minutes, then pair up the players. In pairs, players dribble around the field and pass the ball through the gate to each other. Continue this for eight to ten minutes.<br><b>Variations:</b> Players pass the ball through the gates three times before moving.<br><b>Game:</b> Players get one point for passing through a gate. Games are one minute.                           |    | <ul style="list-style-type: none"> <li>Passing technique. Use the inside foot</li> <li>Receiving technique. Inside or outside foot - Move the ball to the left or right with the first touch.</li> <li>Dribbling technique</li> </ul>   |
| ACTIVITY 3 - <a href="#">Link to Activity</a>  | SET UP   | FOCUS POINTS  |
| <b>3v2, Small Goals</b><br><b>Area:</b> 20y x 15y<br><b>Organization:</b> The attacking team starts with a player on the end line and two players out wide. A wide player passes to the player on the end line to start the 3v2. The two defenders leave the opposite endline with the pass. The attackers must connect at least three passes before shooting. The turn is over when the ball goes over the end line. When the ball goes over the sideline, the attackers must pass the ball in. The defenders can pass or dribble it back in. Switch roles every five minutes.<br><b>Game:</b> Keep track of the score. |  | <ul style="list-style-type: none"> <li>Passing technique</li> <li>Receiving technique</li> <li>Opening up</li> <li>Keeping possession</li> <li>When your own team is in possession, make the field large</li> <li>When the opponent is in possession, make the field small</li> </ul>   |
| ACTIVITY 4 - <a href="#">Link to Activity</a>  | SET UP   | FOCUS POINTS  |
| <b>4v3, Small Goals</b><br><b>Area:</b> 30y x 20y<br><b>Organization:</b> The attackers start in a large diamond shape, with the forward up very high. The three defenders start in a large triangle shape (2-1). The 4v3 starts with a pass in from a wide attacker. When the ball goes over the sideline or endline, the attackers must pass the ball in. The defenders can pass or dribble it back in. Switch roles every five minutes.<br><b>Game:</b> Keep track of the score.  |  | <ul style="list-style-type: none"> <li>Passing technique</li> <li>Receiving technique</li> <li>Opening up</li> <li>Keeping possession</li> <li>When your own team is in possession, make the field large</li> <li>When the opponent is in possession, make the field small</li> </ul>   |
| ACTIVITY 5 - <a href="#">Link to Activity</a>  | SET UP   | FOCUS POINTS  |
| <b>4v4 With Four Corner Goals</b><br><b>Area:</b> 30y x 20y or wider.<br><b>Organization:</b> Two teams play 4v4, with scoring on the four small goals. When the ball goes out of bounds, restart with dribble or pass from the endline.<br><b>Game:</b> Keep track of the score.  |  | <ul style="list-style-type: none"> <li>Passing technique</li> <li>Receiving technique</li> <li>Opening up</li> <li>Keeping possession</li> <li>When your own team is in possession, make the field large.</li> <li>When the opponent is in possession, make the field small.</li> </ul> |