

U9/U10 TRAINING SESSION 10

CYCLE 2 WEEK 4	PHASE: Defending	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> Quick pressure on the ball Make the field small together 	EQUIPMENT: Various sizes of soccer balls, large and small cones, pinnies (two colors), four small goals, two larger goals.	AREA: 50y x 30y	TIME: 60 - 75 minutes
AGE: U9/U10	PRINCIPLE: Deny the opponent to play the ball deep in the build up and defend after the opponent played the ball deep.				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
1v1 Move Plus Turning Area: 20y x 15y Organization: Set up groups of two or three players starting at the cones. The players dribble up to the large cone, make a 1v1 move, and then turn and dribble back. They perform moves and turns that they already know and add one or two new ones. Variation: After their turn, the player passes the ball back to the next player. Players call out the 1v1 move and turn they must make. Game: Relay Race.		<ul style="list-style-type: none"> Dribbling technique 1v1 moves Turning technique Passing technique (inside foot) Receiving technique (forward)
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
3v2+3, Defending the Deep Ball Area: 25y x 15y Organization: Divide the field into four zones. Three players are stationed in each zone, but one player must step out of the zone while defending. The team in possession plays the ball back and forth from zone to zone past the two defenders. The two defenders try to 'close the door' and intercept the ball. After they win the ball, their third player steps back in and the 3v2 goes the other way. Rotate players around in zones. Game: For every successful connection between two attacking lines, the team gets a point. The team with the most connections wins.		<ul style="list-style-type: none"> Quick pressure on the ball Stay connected and move side to side together Stop the opponent from playing the ball forward
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
3v2 to 3v3 Area: 25y x 15y Organization: The attacking team starts with two plus the GK in its own half versus two defenders. In the other half, three attackers play versus two defenders and a GK. Play starts in the defending half, with the attackers looking to pass to a teammate in the other half. When successful, the attackers can finish on goal. When the defenders win the ball, they can go into the other half and create a 4v2+GK. When the ball goes out of bounds, pass or dribble the ball back in. Game: Play two games of five minutes, switch sides, and keep track of the score.		<ul style="list-style-type: none"> Quick pressure on the ball Make the field small together Stop the opponent from playing the ball forward
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
Dribble, Shoot, Goalkeeper #2 Area: 20y x 15y Organization: Players start next to the goal and dribble to the halfway line before shooting. After they shoot, they become the goalkeeper. Game: Keep individual scores or team scores.		<ul style="list-style-type: none"> Dribbling technique Shooting technique Goalkeeper - use hands
ACTIVITY 5 - Link to Activity	SET UP	FOCUS POINTS
5v5 Game Area: 40y x 25y Organization: Two teams play 5v5 (4+GK), starting in 2-1-1 formation. When the ball goes out of bounds, restart with dribble or pass. Game: Keep track of the score.		<ul style="list-style-type: none"> Quick pressure on the ball Making the field small when the opponent is in possession Making the field large when your team is in possession