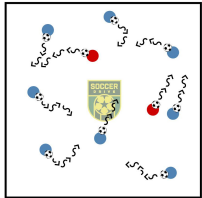
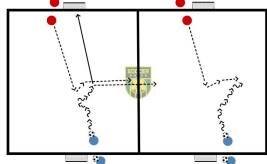
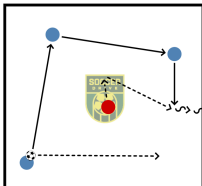
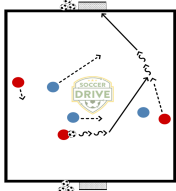
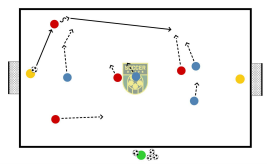


U9/U10 TRAINING SESSION 15

CYCLE 3 WEEK 3	PHASE: TRANSITION ATT > DEF	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> Win ball back quickly - 5 Second Rule Run after the attacker with the ball. 	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: Reaction				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
Freeze Tag Area: 20y x 15y Organization: The two players without a ball try to tag as many players as possible. When a player gets tagged, he/she 'freezes' and stands with the ball above their heads, feet wide apart. Frozen players are set free when another player passes a ball through their legs. The game is over when all of the players are tagged, or after a certain amount of time. Variation: Play without soccer balls. Players must crawl between the legs of a frozen player to set them free.		<ul style="list-style-type: none"> Enthusiasm Dribbling technique Passing technique. Inside foot
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1 to 2v2 Area: 20y x 15y Organization: On a split field, place small goals on each end line. The players start next to their goals. On the coach's signal, the two 1v1 games start at the same time, with the attacker dribbling onto the field. When a 1v1 has ended (a goal is scored, ball went over the endline), those two players join the other 1v1 and make it a 2v2 on that field. When the ball goes over the sideline, dribble or pass the ball back onto the field. After each turn, switch sides. Game: Keep track of individual and team scores.		<ul style="list-style-type: none"> Win the ball back quickly - 5 Second Rule Run after the attacker with the ball Quick reaction Dribbling technique 1v1 moves
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
3v1, Keep Away Area: 10y x 10y Organization: Three attackers try to keep possession versus one defender. They have unlimited touches. The defender tries to win the ball and dribble it out of the grid. When he does, another player becomes the defender. The attackers try to win the ball back before he gets out. Variation: Limit the number of touches. When an attacker takes too many, they must leave the ball for the defender, who then tries to dribble out of the grid.		<ul style="list-style-type: none"> Win the ball back quickly - 5 Second Rule Run after the attacker with the ball Passing technique Receiving technique Attackers must keep the field large
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
3v3 Tournament Area: Fields of 20y x 15y Organization: Teams play 3v3, with games lasting three minutes. When the ball goes out over the sideline or endline, dribble or pass it back in. Game: Keep track of the wins. Three points for a win, one point for a tie, zero points for a loss. One point for each goal scored.		<ul style="list-style-type: none"> Win the ball back quickly - 5 Second Rule Run after the attacker with the ball When in possession, make the field large - create a large triangle. When the opponent is in possession, make the field small
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"> Win the ball back quickly - 5 Second Rule When in possession, make the field large - create a large triangle. When the opponent is in possession, make the field small