

U9/U10 TRAINING SESSION 26

CYCLE 5 WEEK 2	PHASE: Attacking	TOPIC / FOCUS POINTS: <ul style="list-style-type: none"> ● Dribbling ● Shooting & Scoring ● Shielding 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: Beat an opponent in a 1v1 situation to create scoring chances				

ACTIVITY 1 - Link to Activity	SET UP	FOCUS POINTS
1v1 Moves and Turning Area: 20y x 15y Organization: Set up large cones in the grid. Work with two groups. Players dribble to the first cone and perform a 1v1 move, followed by a quick dribble to the next cone. At the next cone, the players make a turning move and join the opposite line to change directions. Use a variety of 1v1 moves and turns.		<ul style="list-style-type: none"> ● Dribbling technique ● 1v1 moves ● Turning technique
ACTIVITY 2 - Link to Activity	SET UP	FOCUS POINTS
1v1, Large Goals Area: 20y x 15y Organization: The defender dribbles onto the field and passes the ball across to the attacker to start the 1v1. If the defender wins the ball, they can score on the other goal. Variations: The defender makes a 1v1 move before passing the ball to the attacker. Score on small goals without goalkeepers. Game: Players keep track of the goals they score.		<ul style="list-style-type: none"> ● Dribbling technique ● 1v1 moves ● Shooting technique ● Goalkeeping
ACTIVITY 3 - Link to Activity	SET UP	FOCUS POINTS
2v2 Plus One Game Area: 25y x 20y Organization: Teams play 2v2 with one neutral player in the center of the field. This player is always an attacker, creating a 3v2 situation. Rotate the neutral player after several turns. The game starts with a pass from a Feeder to the neutral player. The neutral player can pass to either team. Game: Teams keep track of their goals.		<ul style="list-style-type: none"> ● Dribbling technique ● 1v1 moves ● Shooting technique ● When your own team is in possession, make the field large ● When the opponent is in possession, make the field small ● Goalkeeping
ACTIVITY 4 - Link to Activity	SET UP	FOCUS POINTS
Shooting for Accuracy Area: 15y x 15y or in the penalty box. Organization: Place two large cones on the goal line, two yards from the posts. The shooter starts on the 18 and receives a pass from the goal line. The shot must come from at least eight yards out. The goal counts if the shot goes between the cone and the post. Maximum of two touches for the shooter. Rotate positions. Game: Who scores the most goals?		<ul style="list-style-type: none"> ● Passing technique ● Receiving technique ● Shooting technique - inside foot
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"> ● Shooting ● When your own team is in possession, make the field large ● When the opponent is in possession, make the field small