



Session Plans

U9/10 Age Appropriate Session Example 2

Topic: Passing and Receiving
Age: U9/10

Duration: 75 Minutes
Players: 8

Warm Up



Description:

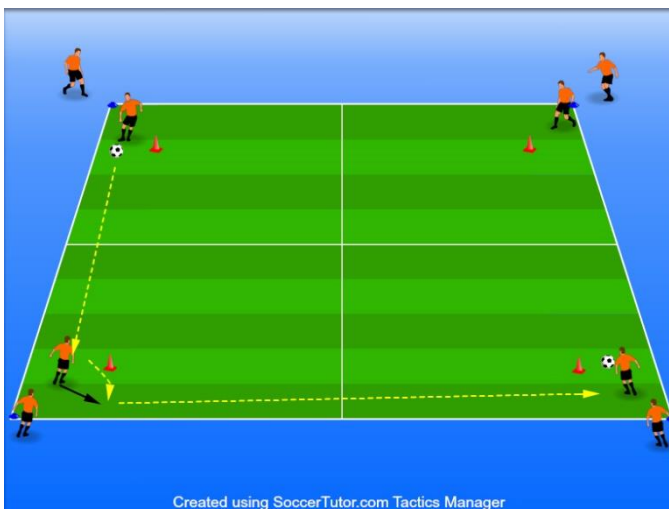
Coach passes a ball out and calls a colour to identify team that needs to retrieve the ball. Each player must touch the ball before it is passed back to the coach.

Progress by adding in a defending player who can intercept the passes and play back to the coach. Keep scores. 1 point for a success, 1 point for a steal.

Coaching Points:

- Communication
- Body Position
- Supporting Angles
- Weight of Pass

Passing and Receiving Square



Description:

2 balls in diagonal opposite corners. Pass and follow. Specific touches could include: Inside of foot across body, Inside of foot open up, Outside of foot, Sole of foot.

Coaching Points:

- Communication
- Weight of pass
- On toes
- Body position ready to receive with specific surface

Possession Activity



Description:

4v1. 1 player presses the ball and tries to win it back to pass to their team. 1 goal is given for every 5 passes connected by the team in possession. Possession is lost when the defending player wins the ball or the ball goes out of bounds.

Progress to 4v2.

Coaching Points:

Communication
Make the area big in possession
Weight of pass
Speed of support players
Good supporting angles

Practice Game



Description:

4v4 Possession. 1 goal for every 4 passes connected.

Coaching Points:

Reiterate points from session

Small Sided Game



Description:

Small Sided Game 7v7 Inc GK