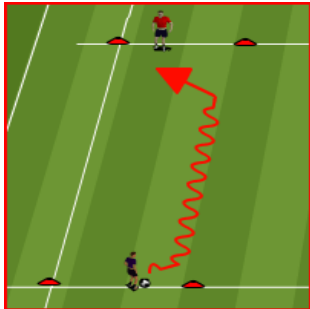




AGE GROUP/PROGRAM: U10 TOWN WEEK # 1		THEME: RUNNING WITH THE BALL AT SPEED/ARSENAL
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Improve running with the ball technique ★ Changes in direction at speed ★ Shooting on the move	★ Use both feet so don't have to break stride. ★ Positive 1st touch into space with laces. ★ Keep ball in front but under control. ★ Head up between touches to see space.	★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told

WARM UP: RUNNING WITH THE BALL	SET UP: 25 X 10 YARD AREA	PROGRESSION
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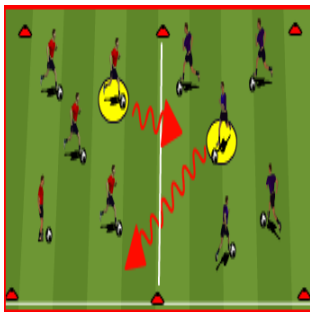


Put players in groups at each end of the area. First players in line runs with ball at speed down their lane then pass it to the next player in the opposite line and join back of new group.

Receiving player takes positive 1st touch and repeats the exercise in opposite direction.

1. Make sure that players use both feet to pass the ball to next player.
2. Have player running with the ball pass with the outside of the foot.
3. Player making pass follows pass to put passive pressure on receiving player. Receiving player needs to get ball immediately out of feet.
4. Have both ends start with ball

CORE GAME 1:	SET UP: 10 X 10 YARD AREA	PROGRESSION
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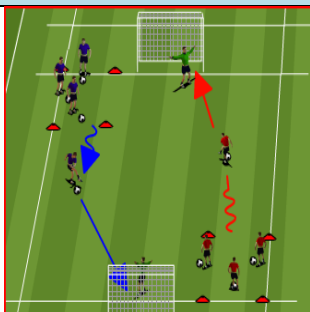


Make two 10x10 squares, 20 yards apart. Each player has a ball. Coach numbers players and puts same number of players in each square. On the half way line between the areas put a cone on each touch line.

Coach calls out number and that player runs the ball across the space to opposite square and continues dribbling. First player across wins point

1. Players must go around cone on side before getting to other grid.
2. When coach calls the number players leave their ball, run to the other square, get the ball that was left and bring it back to their area.
3. Put 4 attackers and 2 defenders in each area. 4 attackers make 3 consecutive passes which allows 1 of them to run the ball across the area and combine with 3 attackers in other area which also has 2 defenders. Repeat.

CORE GAME 2: FAST BREAK	SET UP: 40 X 30 YARD AREA	PROGRESSION
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Create 2 squares to one side of goals. Each player has a ball. Number players 1-4.

Have 2 GK's in goal. Coach calls out number and player dribbles out of square, towards goal and shoots. If goalkeeper saves it can they start a counter attack the other way?

They then stay in opposite square and continue dribbling.

1. Place touch restriction – must shoot within 5 touches to increase speed of play.
2. when coach calls number, a defender from opposite square advances to create a 1v1 before shooting (coach calls 1, then number 2 advances as defender without ball)
3. Call 2 numbers out at the same time

SMALL SIDED GAME	SET UP: 60 X 40 YARD AREA
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6v6 with normal rules. Play 2 periods of 12-15 minutes.

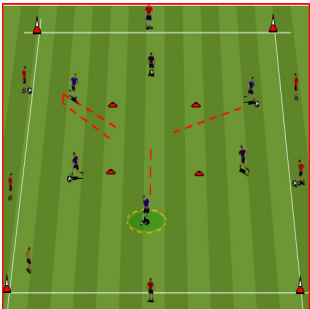
HOMEWORK:
ISOCCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U10 TOWN WEEK # 2		THEME: BALL CONTROL/CHELSEA
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Develop a quality 1st touch on the move ★ isoccer	★ Keep eye on ball ★ Use different surfaces to control and receive ★ Get in line with the ball, and choose surface early. ★ Receive ball with a purpose – take touch into space. ★ Soft touch to keep ball under control.	★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told

WARM UP:	SET UP:	PROGRESSION
	Each player has a ball and dribbles around the area. On coaches command they perform a particular turn you they have been working on. The coach shouts out a part of the body and player picks up ball, throws it up in the air, and controls it with the body part and carries on dribbling. When using feet to control introduce wedge as well as cushion control, thigh, chest and head.	1. Put the players in pairs and give each pair a number. Have player continue to dribble and when coach shouts out number and body part, players in that pair dribble toward each other, pick up own ball and toss to partner who must control in air and move on. 2. Coach shouts out number but player tossing ball shouts out body part. 3. Shout more than 1 number so players have to be aware of others around them.

CORE GAME 1: RECEIVING THE BALL	SET UP: 20 x 20 YARD AREA W/ 5 YARD SQUARE IN MIDDLE	PROGRESSION
	Half the group has soccer balls around outside 20x20 square. The other players stand inside smaller square without a ball. Players in middle run to any of the outside players to receive a ball, pass it back and then run through the middle box before receiving a pass from a different player. Players must shout to receive the ball from an outside player. Make sure that as the players receive the ball they take a look behind them to check for pressure. Switch outside players with inside players.	1. Receiving players are limited to 2 touches. 2. Outside players start with ball in hands and throw ball in air. 3. Receiving player must receive, turn and pass to an open outside player. 4. Introduce a passive defender in the middle of the area that puts pressure on the receiving player from behind. 5. Put 6 players on the outside and play 3 v 3 in the middle. Team that has ball can use outfield players who have 1 touch only. Try to score a goal by making 5 passes in a row.

ISOCER	TEST: 8 DRIBBLING CONTINUED	TEST: 9 DRIBBLING CONTINUED
For more information visit www.isoccer.org	Duration is 20 seconds. SET UP: Place each player in a 10x10 yard square with one cone in the middle. Dribble the ball back & down the designated lane using either foot. Use only your right foot at the far line and the left foot at the start line. Use any turn. Each completed turn counts as 4 points. Partially counted turns count as 1 point. Restart if you turn with the wrong foot or if the ball does not cross the line before you turn.	Duration is 20 seconds. SET UP: Place each player in a 10x10 yard square with one cone in the middle. Treat the middle cone as a defender. Start to the left of the 1st cone and dribble towards the defender. Scissor around the ball with your left foot and push the ball with the outside of your right foot. Dribble around the far cone and repeat the scissor move in the opposite direction. Each completed loop counts as 4 points. Partially completed sections counts as 1 point. Restart if you do not complete the scissor properly or if the ball does not go around either of the outside cones.

SMALL SIDED GAME	SET UP: 60 x 40 YARD AREA
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6v6 with normal rules. Play 2 periods of 12-15 minutes.

HOMEWORK:

ISOCER TEST:

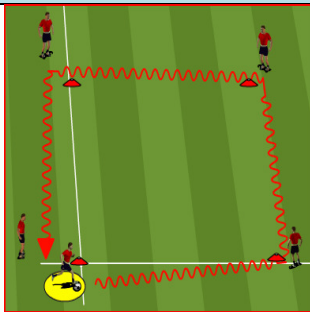
BALL MASTERY:



AGE GROUP/PROGRAM: U10 TOWN		WEEK # 3	THEME: PLAYING OUT FROM THE BACK/MAN UTD
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Moving the ball up field from defense to attack ★ Players being comfortable receiving the ball close to their own goal ★ Quality of passing	★ Use both feet. ★ Receive ball on the front foot – GK throw must be in front of receiving player. ★ Look up – awareness of field. ★ Positive touch into space and accelerate. ★ Weight and accuracy of pass. ★ Be aggressive to attack the space in front.	★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told

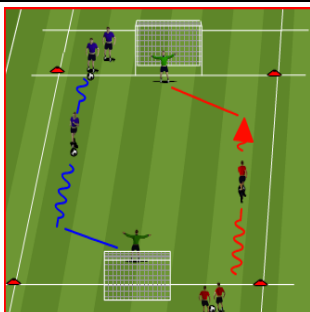
WARM UP: DRIBBLE AROUND THE SQUARE	SET UP: 15 x 15 YARD AREA	PROGRESSION
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In groups of at last five per area ask the players to dribble around the square and make a short pass into the next player when they arrive at the cone. Make sure players use both the outside and inside of their foot to make the pass. Make sure that players use both feet.

1. On coaches command of 'CHANGE' player with ball performs a turn and goes back the way they came.
2. After making the pass put pressure on the receiving player to get the ball out of their feet.
3. Receiving player can now decide which direction to go or even go across the area to the opposite corner.
4. Now go back to 1st progression but Introduce 2 balls.

CORE GAME 1: PLAYING OUT WITH ATTACKING	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Place 2 groups to the side of each goal as shown.

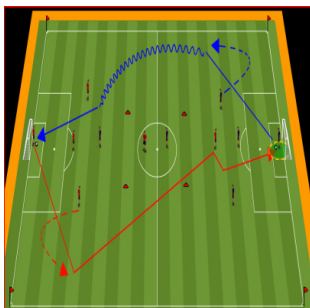
Each GK starts with ball – keep supply of balls in each goal. GK's roll ball to the side and a player runs onto the ball and dribbles before passing to opposite GK.

Player joins back of opposite group.

Switch GK's after a few minutes.

1. Switch to other side of goal so players use both feet.
2. Place 2 players in middle of area. Player who receives ball now must pass to player in middle who turns and shoots. Passing player moves to middle and repeat.
3. Passing player performs give and go with middle player and shoots – then replaces middle player.
4. Introduce a defender in middle and now middle player passes back or turns and shoots. Follow in for rebounds.

CORE GAME 2: TACTICAL 6 v 0	SET UP: 60 x 40 YARD AREA	PROGRESSION
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Set up 2 teams of 6 in the same formation – 3-1-1. Each GK starts with a ball. On coach command, each GK throws ball to one of the 2 full-backs and the team tries to score using as few passes as possible.

The other team is NOT ALLOWED to defend. Progress to see which team can score fastest and play first team to score 5 goals so non stop play! Make sure the teams keep their shape pass then move to support.

1. Place certain restrictions on the pattern of play – e.g. full back must pass to center mid before team can shoot.
2. Full-back must pass to central defender before team can shoot.
3. All players, except GK, must be across half-way line before team can shoot.
4. Now play 1 ball only and both teams try and win the ball.

SMALL SIDED GAME	SET UP: 60 x 40 YARD AREA
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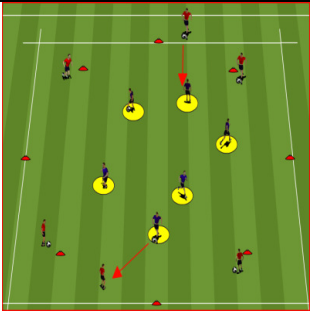
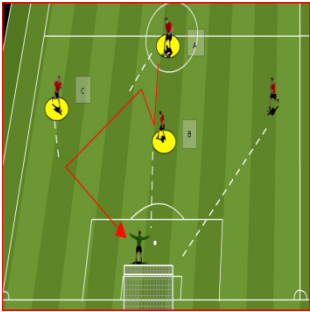
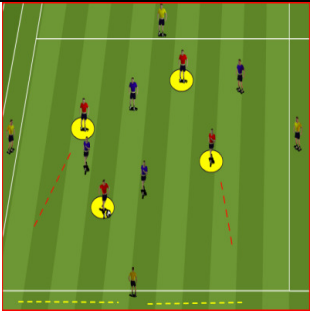
6v6 with normal rules. Play 2 periods of 12-15 minutes.

HOMEWORK:

ISOCCER TEST:

BALL MASTERY:



AGE GROUP/PROGRAM: U10 TOWN		WEEK # 4	THEME: COMBINATION PLAY/SPURS
SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:	
★ Develop communication skills ★ Passing sequence ★ Work as a team to create goal scoring opportunities	★ Communication ★ Weight and accuracy of passing ★ Movement to support. ★ Change of speed and direction. ★ Be aggressive. ★ Can players disguise their intentions by using different surfaces and movements?	★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told	
WARM UP: COMBINATIONS	SET UP: 30 YARD CIRCLE	PROGRESSION	
	Half the group inside the circle with a ball with the other half on the outside as target players. Players on the inside run up to an outside player and pass, then receive the ball back before looking to pass to someone else on the outside. Get players to approach outside players at an angle and can they receive ball on their back foot, on a half turn with hips sideways on. Receiving players need to look behind them as they receive. Outer players should shout 'TURN' as they pass ball in. Look at quality of pass and body shape to receive of all players.	1. Inside player passes to outer player then runs around them to receive a pass in front to run on to. 2. Put players in middle in pairs, player passes to outer player who plays to other inside player. Outer players limited to 1 touch only. 3. Can middle players use a wall pass or a take over before making a pass to the outside.	
CORE GAME 1: 4 v 0 TO GOAL	SET UP: HALF FIELD	PROGRESSION	
	Half a field with wide players on the sideline. Player A will pass into player B's feet who returns the ball back to A. A passes out to a wide player, C. This player takes a touch and shoots on goal whilst A follows up with the opposite wide player. • When player A takes a touch, this should be a visual cue for B to check away • Play should be one or two touch • A's pass to C should be in front into space • Head up for passing, crossing and shooting • C's should check away also to create space	1. Coach feeds the ball to A in the air so they must control before passing to B 2. Player C should start more central and nearer the half way line. When A takes their touch, C should get high and wide 3. A should join the attack when C strikes across goal 4. Play 4v1 and then introduce another defender.	
CORE GAME 2: 4 v 4 + TARGET PLAYERS	SET UP: 40 x 40 YARD AREA	PROGRESSION	
	Play 4v4 in the middle with 4 Target players on the outside. The two teams in the middle must try and play to a target player to get a point. When they find a target player that player must maintain possession with that team i.e. any of the four team members that initially passed them the ball. Look to see if after a forward pass the player makes a forward run to support in front of the ball. Players without the ball need to support the ball in front or behind.	1. Limit target players to 2 touches only and can not pass ball back to same player that passed it to them. 2. Play so that each team has 2 target players only that they can link with. 3. Introduce 3 points for a pass to a target player, 2 points for 3 passes in a row and 1 point for an overlap, wall pass or takeover. First team to 10. 4. Move two target players into the middle	
SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA		

6v6 with normal rules. Play 2 periods of 12-15 minutes.

HOMEWORK:

ISOCCER TEST:

BALL MASTERY:

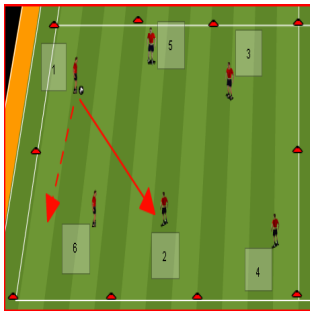


AGE GROUP/PROGRAM: U10 TOWN	WEEK # 5	THEME: POSSESSION/LIVERPOOL
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
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- | | | |
|---|--|--|
| <ul style="list-style-type: none"> ★ Communication skills ★ Movement of players within the team ★ Shape ★ Speed of play | <ul style="list-style-type: none"> ★ All players on their toes ★ Players must look for space to move into ★ Communication ★ Quality 1st touch ★ Smooth passing | <ul style="list-style-type: none"> ★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told |
|---|--|--|

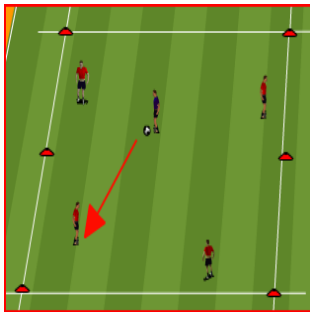
WARM UP: SEQUENCE PLAY	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Split group into 2 teams and number 1 through 6 (use whatever numbers you have). Players must pass in sequence. Player 1 passes to Player 2 who passes to 3, etc. Start with players passing the ball using their hands – insist that no ball should hit the ground. Develop the game so that the players now play with the ball on the ground. How much of the playing area can the team cover? After making a pass the players must move to occupy a different space. Can receiving player get open and close to player before them?

1. On coaches shout of 'CHANGE' the play is reversed so now 3 passes to 2, 2 passes to 1 etc.
2. Put 2 groups of 6 into same area so now must be aware of players around them.
3. Now remove the numbers but play 1 pass short, next pass long, then short, then long etc. Can players about to receive make correct runs either into space away from ball (long pass) or towards ball (short pass)

CORE GAME 1: 4 v 1	SET UP: 10 x 15 YARD AREA	PROGRESSION
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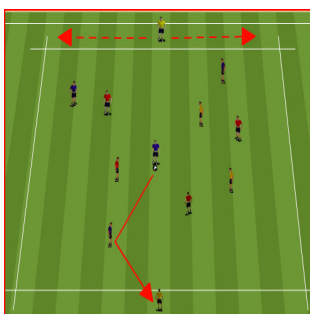
4 attackers vs. 1 defender in the area. Defender starts with ball and passes to an attacker to start exercise. Attackers look to keep possession and score a goal for making 4 consecutive passes.

If defender wins ball, they score a point by dribbling to any of the outside cones.

Change defender after 2 minutes.

1. Limit touches of team of 4 – each player is allowed no more than 3 touches.
2. Limit to maximum of 2 touches per player in possession.
3. Now put another area with 5 players in 10 yards away from first area. If defender wins ball can they get it across to the team of 4 in other area.
4. Allow a player from first area to go in and assist defender so now a 4 v 2.

CORE GAME 2: 4 v 4 + 2 NEUTRAL PLAYERS TO END ZONE	SET UP: 60 x 40 YARD AREA	PROGRESSION
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Have two teams of 4 inside the area with two neutral players inside making it 6v4 to the team in possession.

Neutral player plays for team in possession – put them in a different colored pinney from 2 teams.

To score a goal a team must pass the ball to one of the target players and get the ball back to retain possession.

1. Players have to make 3 passes inside before they can pass to a target player
2. 5 passes inside also equals a goal.
3. Team must go from one target player to the other to score a goal.
4. Can only play to a target player from your own half to reinforce longer passing.
5. Take out the neutral players and make it 5v5

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA	
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6v6 with normal rules. Play 2 periods of 12-15 minutes.

HOMEWORK:
ISOCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U10 TOWN	WEEK # 6	THEME: ATTACKING 2 v 1/MAN CITY
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Dribbling at speed ★ Angles of support ★ Quality of finish	★ Speed of play ★ Quick decisions ★ Quality in execution ★ Awareness	★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told

WARM UP: BALL MASTERY	SET UP: 20 x 15 YARD AREA	PROGRESSION
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Each player has a ball and performs the required ball mastery, turns and moves. As players dribble the ball around the area can they try and kick another player's ball out. If ball is kicked out player only allowed back in the area after they juggle the ball with their feet or thighs 10 times (alter depending on ability of players). When coach shouts "FREEZE" any player outside area gets minus 1 point, inside area gets 2 points. First player to 10.

1. Players still have a ball each but identify pairs, which pair can keep their balls in the area and kick others out?
2. Remove 1 of the balls from the pair. 1 is dribbling, other trying to kick the ball out. On command of change dribbler leaves the ball and partner must get to it to protect and start dribbling.
3. Make 1 pair defenders. If 1 of these players can win a ball and keep it they join the other player and player who lost ball becomes a defender.

CORE GAME 1: 2 v 1 COMBOS TO GOAL	SET UP: 25 x 15 YARD AREA	PROGRESSION
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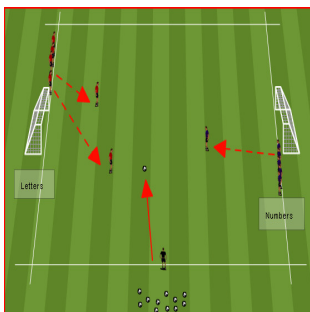


In a 25 x 15 yard area with 4 players have 2 attackers, a goalkeeper and put the 4th player behind the goal to retrieve shots. 2 attackers start at 1 end of the field and pass to each other before taking a shot on goal. Now goalkeeper and retriever attack in other direction and rotate positions.

Vary starting position by having attackers receive the ball in different situations – side by side, one in front of the other etc.

1. Retriever now becomes a defender and starts by passing ball to either attacker and then defends the goal. Create a counter goal for defender to score in if they win possession.
2. Introduce certain combinations – overlap, give and go that attackers must do before they can attack goal.

CORE GAME 2: NUMBERS & LETTERS	SET UP: 60 x 40 YARD AREA	PROGRESSION
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Split group into 2 teams. Put GKS in each goal. Place each team next to a goal at opposite ends. Give the players of team 1 numbers 1-6 and players of team 2 letters A-F. When the ball goes out of play, all players go back and another number and two other letters are called out.

The coach rolls out a ball and shouts out one number and two letters to create a 2v1 scenario. Call 2 numbers and 2 letters so 2 v 2.

1. Introduce an attacking player in the middle of the field as a center forward who combines with whichever team has the ball so now a 3 v 2 in the middle.
2. Introduce a marking defender on the attacker so now a 3 versus 3 in the middle. Can players use combination plays to create space?
3. Play 4 v 4 and identify a target player or center forward for each team. Attacking team must play to center forward before they can shoot on goal. Target player limited to 2 touches and can not score.

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA	
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6v6 with normal rules. Play 2 periods of 12-15 minutes.

HOMEWORK:
ISOCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U10 TOWN WEEK # 7		THEME: ATTACKING IN THE FINAL 3RD NEWCASTLE
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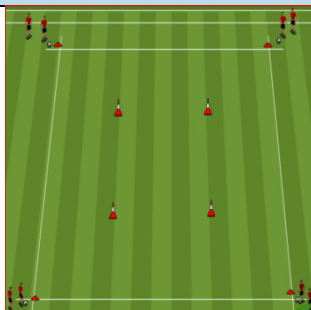
SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
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- ★ Dribbling at speed
- ★ Angles of support
- ★ Quality of finish
- ★ Combinations

- ★ Speed of play
- ★ Quick decisions
- ★ Quality in execution
- ★ Awareness

- ★ Lengthened attention span
- ★ Refined gross & motor skills
- ★ Developing an understanding of team play
- ★ Desire to play rather than being told

WARM UP: FOUR CORNERS	SET UP: 25 x 25 YARD AREA	PROGRESSION
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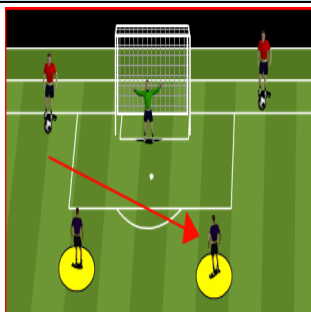


Each player has a ball at the corner of the area. Within the larger area make a 10 x 10 yard area. Split into four groups, one at each corner.

First player in each group dribbles to cone in middle, performs a move and then accelerates to the next group. Everyone goes the same direction. Begin with Matthews where player lunges in one direction and pushes ball away with outside of opposite foot. Introduce scissors. Introduce double scissors. Introduce Ronaldo chop.

1. Stand a player on each side of the inner area between the cones. Player on outside plays a give and go with the player on the middle and then passes to next player. Repeat around area.
2. Introduce 2 balls and move around area with give and goes.
3. Player on outside plays to player on the edge of inner area who plays to player in next corner. First player continues their run to next corner. Play 1 touch only!

CORE GAME 1: 2v1/3v2 TO GOAL	SET UP: 35 x 30 YARD AREA	PROGRESSION
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Using the final 3rd of the field and width of penalty area, defender starts the activity by passing from the side of the goal to one of the 2 attackers. On the attackers first touch then other defender may move and close down the attackers to make a 2v1 situation. Can the attackers combine and shoot on goal. Attackers should decide whether to pass, dribble or shot based on position of defender. If defender drops back then dribble towards them. If defender pressures the ball use a give and go.

1. Introduce a 3rd attacker and play a center forward and 2 wide players. Both defenders now pressure the ball. Defender can decide which attacker to play towards. Can attackers use combination plays (give and go, take overs, overlaps) to attack and score.
2. Introduce a 4th attacker on who starts in penalty area with a marking defender now play a 4 versus 3. Can attacking 3 play through the center forward.

CORE GAME 2: 3 ZONES	SET UP: 60 x 40 YARD AREA	PROGRESSION
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Split the playing area into 3rds with a goal at each end. In the two end zones place a player from each team. In the middle zone, set up a 3v3 + 2 support players. The coach will start the play by passing a ball into the middle zone; the team in possession will be able to use the two support players to create a 5v3 situation. When a team has made 3 passes then can go forward to their designated goal. Only two of the 3v3 can go forward to create a 3v1 in the final 3rd.

1. Team in the middle zone with the ball can only release 2 players into the end zone once they play into the target player.
2. Play 3 v 3 in the middle area and 2 v 2 in the end areas. Player that passes the ball into the end area can go into end zone to support and make a 3 v 2.
3. When ball is played into the end zone a different player to passer can enter to support to develop "3rd man run".

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA	
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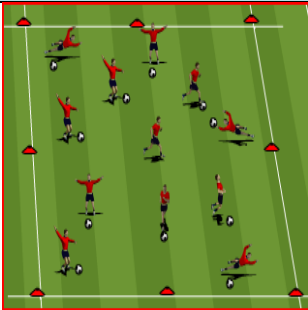
6v6 with normal rules. Play 2 periods of 12-15 minutes.

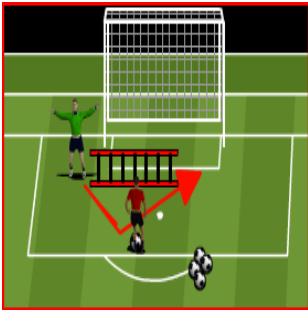
HOMEWORK:
ISOCER TEST:
BALL MASTERY:

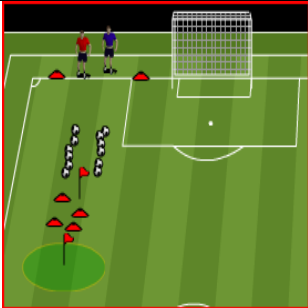


AGE GROUP/PROGRAM: U10 TOWN	WEEK # 8	THEME: GOALKEEPING/DIVING
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Awareness of GK position ★ Diving technique ★ Confidence	★ Watch the ball all way in to your hands before moving on. ★ Get the footwork right. ★ Absorb the shot. ★ Gain psychological edge over opponent.	★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told

WARM UP: BALL FAMILIARITY	SET UP: 30 X 30 YARD AREA	PROGRESSION
	Each player has a ball and on coach command they are asked to perform the following whilst moving lightly on their toes within the area. Juggling with different parts of the hands whilst on their toes, Palms, Backs of hands, Fingers, Fist, Arms only	1. Players move around the area on their toes moving the ball: 2. Figure of 8 through legs without the ball touching the ground 3. Moving the ball around their waist. 4. Players dribble (on the ground) around the area and on coach command keepers dive on top of ball smothering it two hands on ball bringing it close in to chest. 5. Players launch the ball and then catch the ball at their highest point with one knee raised and shouting 'Keeper!'

CORE GAME 1: LADDER	SET UP:	PROGRESSION
	The goalkeeper side shuffles through the ladder (OR CONES) and get his/her feet set on the other side. The server strikes the ball as soon as the goalkeeper gets their feet set. The server hits 6-8 balls. Looking for good footwork, make sure legs do not cross. Ensure the goalkeeper sets themselves with a good starting position, balanced, on balls of feet, hands ready, standing tall. Goalkeepers need to use good footwork and absorb the shot into the body.	1. Vary the serves from throws, to passes, to volleys. 2. Remove the ladder and have the players move from side to side across the goal, server can strike to either side of keeper. Is keeper balanced with good footwork so they can change direction? 3. Now position a server at each corner of goal area and 1 penalty mark. Keeper starts at center of goal and must move across to stop a shot from each point.

CORE GAME 2: HEAD TO HEAD OBSTACLE COURSE	SET UP:	PROGRESSION
	The two Goalkeepers start at the same time and battle each other to see who can finish at the final flag first. The exercise proceeds as follows; start at the flag behind the balls, turn and sprint to the cone and back, quick knee jumps over the balls, battle for pole position to the flag placed in the middle, side shuffle through the cones, and sprint to the final flag. Goalkeepers go through the balls and cones using different combinations.	1. Balls: circles around each ball, Cones: backwards side shuffle. 2. Balls: one leg hops, Cones: forwards and backwards. 3. Balls: high knees sideways, switch half way, Cones: forwards, backwards. 4. Start on stomach, back, and sitting (don't use your hands to assist getting up).

SMALL SIDED GAME	SET UP: 30 X 20 YARD AREA	
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6v6 with normal rules. Play 2 periods of 12-15 minutes.

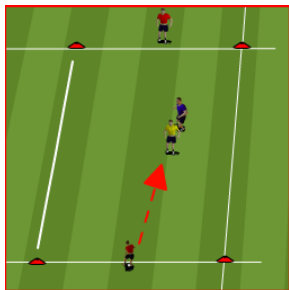
HOMEWORK:
ISOCCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U10 TOWN	WEEK # 9	THEME: DEFENDING 1v1 & 2v2/EVERTON
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Correct defending technique ★ Speed of approach ★ Decision making	★ Correct defensive technique ★ "Touch tight" marking from behind ★ Force the attackers away from goal ★ Prevent attackers turning to face the goal ★ Communicate & cover if a supporting defenders	★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told

WARM UP: 1v1 DEFENDING FROM BEHIND	SET UP: 20 x 10 YARD AREA	PROGRESSION
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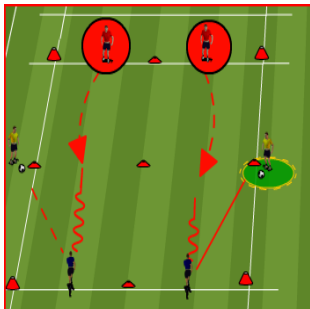


In a 10 x 20 yard area server plays the ball into the attacker's feet. Defender marks the attacker from behind. Can the attacker receive the ball and then turn and pass to the target player at the end of the area? If the defender wins the ball they play back to the server.

Defender should stay sideways on to the attacker and crouched in a position where they can see the ball. Defender should not be too close or too far away but able to reach out and touch the attacker. As the attacker turns then tackle for the ball.

1. Now start the attacker at the other side of the area. As ball is passed to their feet defender should move to get between target player and ball then get to attacker!
2. Now put players on either side of the area and serve ball in. Both players can go for the ball. First player to ball attacks and other defends. Can you get to ball first?

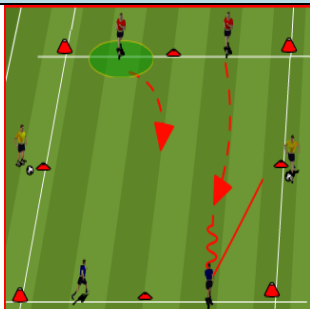
CORE GAME 1: DEFENDING 1v1 AND 2 v 1: FRONT PRESSURE	SET UP: 20 x 10 YARD AREA	PROGRESSION
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Defender is at side of area and server is at half way point. Server passes ball to attacker to start play. Defender moves as the ball is moving to close attacker down. Attackers must dribble the ball across the opposite end line to score 3 points. If defender wins the ball or forces the attacker out of bounds they win 2 points. If defender dribbles over the attacker's line they get 5 points. Rotate positions. Defender needs to cover ground quickly then slow down as they get to attacker and 'creep' forwards. Attacker's first touch dictates which way defender forces them!

1. Now defender serves the ball into the attacker and closes down.
2. Server now becomes a second defender and starts alongside first defender so now 1 attacker against 2. 2nd defender communicates with the first defender and supports about 5 yards behind so if attacker beats first defender then they go to pressure.

CORE GAME 2: PRESSURE, COVER, BALANCE	SET UP: 30 x 20 YARD AREA	PROGRESSION
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Play 2 attackers and 2 defenders who start on the side of the area. 1 server plays the ball to the attacking team and then becomes a target player for the attackers to play towards. Other player on the end line goes into support the 2 defenders so we have 3 against 2 attackers. First defender pressures the ball, 2nd defender covers and 3rd defender offer support and balance. Can attackers get the ball to the target player as soon as possible? Defenders must pressure ball immediately to prevent a forward pass.

1. Develop the game to play 3 versus 3 in the area. Attackers can score a goal by dribbling over the end line. If defenders win the ball they try to dribble over the end line.
2. Play 2 versus 2 with 2 players on side of field who play with whichever team has ball. Outside players restricted to 1 touch only. So now 2 defenders against 4 attackers. Can 2 defenders pressure, support and cover to win ball then attack?

SMALL SIDED GAME	SET UP: 30 x 20 YARD AREA	
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6v6 with normal rules. Play 2 periods of 12-15 minutes.

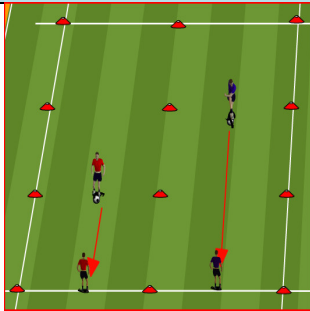
HOMEWORK:
ISOCCER TEST:
BALL MASTERY:



AGE GROUP/PROGRAM: U10 TOWN	WEEK # 10	THEME: SHOOTING/ASTON VILLA
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SESSION GOALS:	COACHING POINTS:	UNDERSTAND YOUR AUDIENCE:
★ Shooting with laces for power ★ Decision making in front of goal (composure) ★ A variety of finishes	★ Positive first touch. ★ Use laces to shoot and aim across the goal. ★ Strike through the ball and follow through.	★ Lengthened attention span ★ Refined gross & motor skills ★ Developing an understanding of team play ★ Desire to play rather than being told

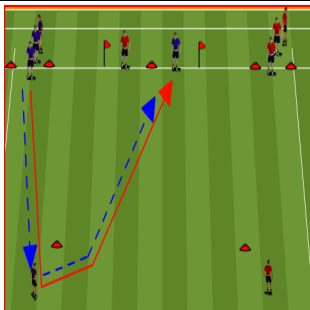
WARM UP: SHOOTING IN 2'S	SET UP: 15 X 5 YARD AREA	PROGRESSION
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Players start 5 yards away facing each other with one ball. The players volley the ball back and forth, making sure they use their laces. As striking player improves move back another 5 yards and then again until at 15 yard line.
Make sure striking player locks the ankle and uses laces. Check that head is over the ball and standing foot by the side of the ball and pointing to the target. Get players to follow through on their shot.

1. Develop to striking the ball from a side volley.
2. Make a goal at each end of the area and play 1 v 1 alternating shots. Have goalkeeper serve the ball by first rolling then bouncing the ball to the striker. Striker restricted to 1 touch only.

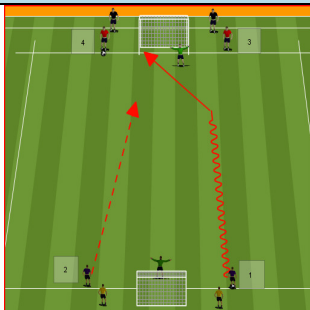
CORE GAME 1: HIT THE CORNER	SET UP: 30 X 25 YARD AREA	PROGRESSION
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Split the goal into 2 with the use of a cone, and set the blue team on one side and the red on the other, with a target player at the top facing them 25 yards from goal. Blue player passes to the blue target player and follow their pass, the target player takes a positive first touch inside and shoots at the blue GK then follows their shot to become the next GK and the old GK joins the back of the line.

1. Player passes to target player and puts passive pressure on the attacker so they must make a first touch into space to shoot.
2. Player passes the ball to target player who receives and makes a pass to server who passes back for a first time shot.

CORE GAME 2: 2 v 1 SHOOTING	SET UP: 40 X 30 YARD AREA	PROGRESSION
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GK in both goals, with pairs standing at either side of a goal at both ends. Player 1 dribbles towards the GK and Player 2 supports, Player 1 shoots across the goal and Player 2 is there for rebounds. Then they join the back of the new line and next time they go, Player 2 will shoot. After they have shot Player 3 and 4 advance towards the other goal.

Need players to be positive and dribble at speed, shoot across goal never over or wide at the near post. Follow in for rebounds.

1. Player 1 can pass to Player 2 instead of shooting
2. Alternate sides to change striking foot.
3. Limit touches to make the activity more realistic.
4. Introduce a defender to prevent the shot. Can attackers shoot on sight of goal and strike through or around defenders before goalkeeper gets positioned?

SMALL SIDED GAME	SET UP: 30 X 20 YARD AREA	
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6v6 with normal rules. Play 2 periods of 12-15 minutes.

HOMEWORK:
ISOCCER TEST:
BALL MASTERY: