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LESSON PLANS

U10 (Grade 3 & 4) SOCCER

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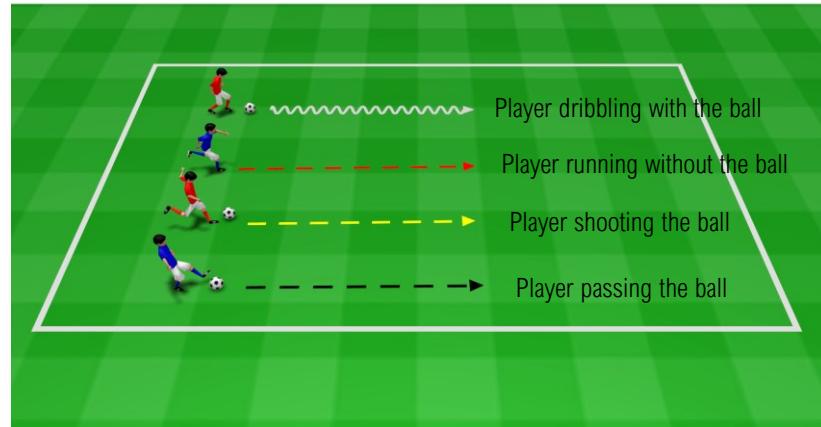
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U10 (Grade 3 & 4) Lesson Plans

- **Session 1** – Building up in Opponents Half - Role of the First Attacker
- **Session 2** – Preventing Build up in the Opponent's half – Role of the First Defender
- **Session 3** – Building up in Own Half - Role of the Second Attacker
- **Session 4** – Preventing build up in the opponent's half – Role of the Second Defender
- **Session 5** – Transitioning into the middle 3rd – Creating space and options
- **Session 6** – Finishing in the final third - Shooting
- **Session 7** – Goalkeeping Principles
- **Session 8** – Finishing in the final third – Shooting
- **Session 9** –Technical Passing Session
- **Session 10** – Possession vs Penetration

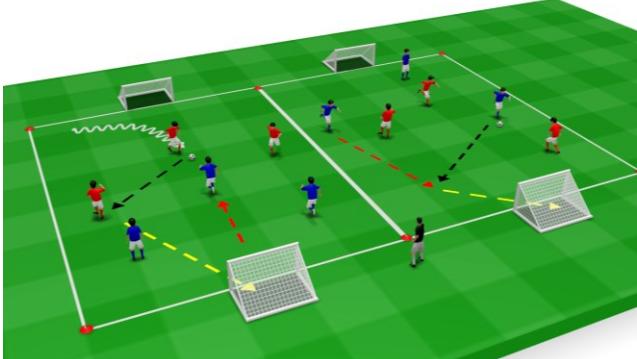
Below is a key for how to interpret the activities and games outlined in the lesson plans:





U10 (Grade 3 & 4) Session Structure

Each week the coach will lead the team through a quick small sided game, followed by three activities each lasting about 10 mins then after a break have a 5v5 or 6v6 scrimmage within their own team to finish.

1 st Phase - Play	~10mins	Small Sided Game
	<p>Set up a 20W x 30L grid with goals or two if you have enough players. When practice is scheduled to start and as soon as 2 players arrive, start playing a game.</p> <p>The game starts 1v1. As new players, the game becomes 2v1, then 2v2, 3v2, 3v3 etc. Just use your own team with pinnies.</p>	<ul style="list-style-type: none">• Encourage players to move forward• If you see an opening, go directly to goal• Try to keep the ball• Try to protect your own goal <p>Progression: If you can not do multiple 2v2/3v3 games you can do one larger game</p> <p>Guided Questions: When should you shoot on goal? What if someone is blocking your path? How can we stop the other team from scoring?</p>

2 nd Phase - Practice	2nd Phase – Practice – ~10 mins x 3 Activities		
			

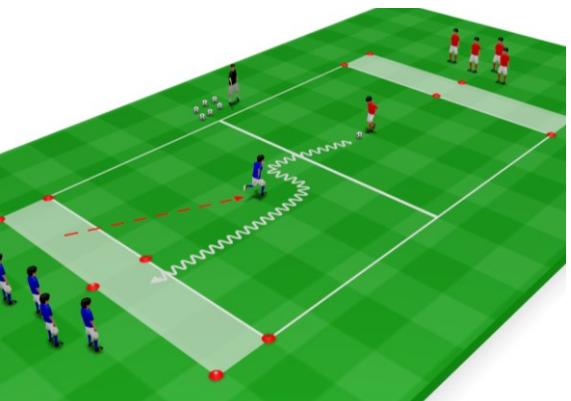
Activities are detailed in the weekly lesson plans – Each week focusses on a single theme and game/activities are tailored and designed to support that theme.

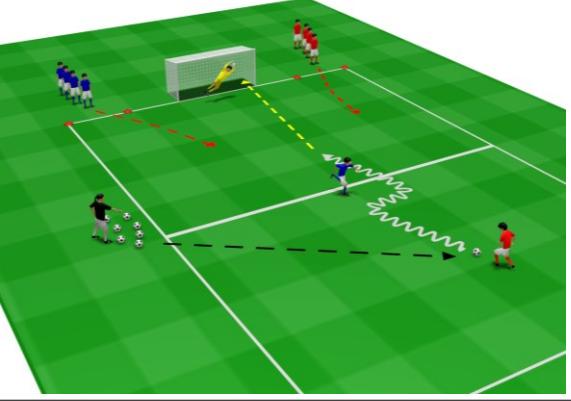
Activity 1 - ~10mins Activity 2 - ~10mins Activity 3 - ~10mins

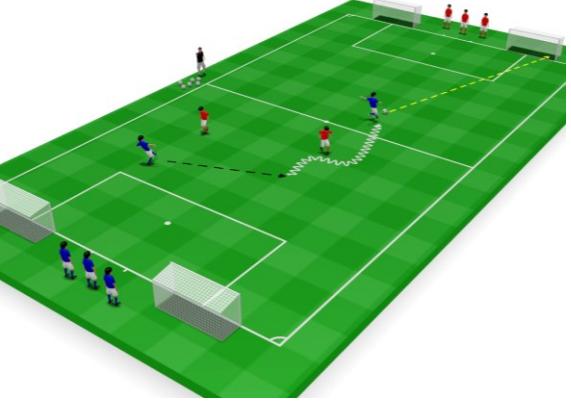
3 rd Phase - Play	~20mins	5v5 or 6v6 Scrimmage
	<p>In a 20W x 30L grid with goals set up two evenly matched teams. Play a 5v5 or 6v6 game with goalkeepers. When the ball goes out of play the coach can play another ball onto the field and the play continues.</p> <p>Play for ~10 mins with a 2 min break at half.</p>	<ul style="list-style-type: none">• Encourage players to move forward• If you see an opening, go directly to goal• Try to keep the ball• Try to protect your own goal <p>Progression: You can introduce some more rules like throw-ins, corner kicks, goal kicks and enforce rules</p> <p>Guided Questions: When should you shoot on goal? What if someone is blocking your path? How can we stop the other team from scoring?</p>

	Session Goal:	Creating Opportunities – 1v1 Attacking		
	Key Coaching Points:	Penetration, change of speed, direction and feet, creativity and risk taking		
	Session:	1 of 10		
Duration:	60mins	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1 st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: 1v1 to End Zone	Set-Up: 20W x 20L grid w/ 2 End Zones	Coaching Points: ~10 mins
	<p>Set up two end zones at each end of the grid and split the players evenly into two teams who start without a ball on the sideline each side of the coach.</p> <p>Coach will play a ball into the field to one side, the first players in each team play 1v1 trying to dribble the ball into the opposing teams end zone.</p> <p>As the players get used to the game, start playing the balls faster and faster.</p>	<ul style="list-style-type: none"> Use a burst of speed and change of direction to get past the defender. Fast at first, slow down near the defender and fast to pass. Keep the ball close, look at ball when touching Lift your head up in between touches Consider your dominant side and lead the defender Drop the shoulder to deceive the defender Step over the ball to deceive the defender <p>Progression: Play the balls in faster and faster, introduce new '1v1' moves (fake/feint/stepover etc) to beat a player.</p> <p>Guided Questions: Should we dribble fast or slow? How can we get past our defender?</p>

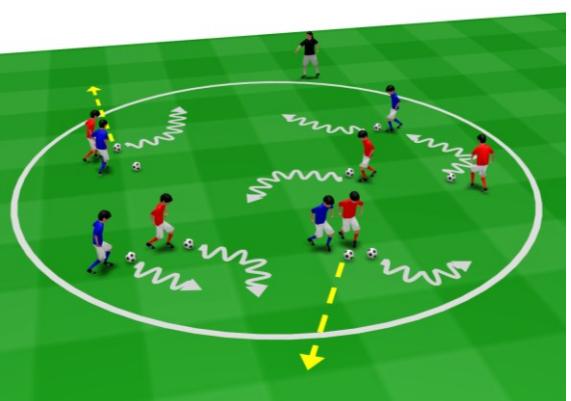
Activity #2: 1v1 to Common Goal w/ GK	Set-Up: 30W x 20L grid, 1 goals	Coaching Points: ~10 mins
	<p>Set up a small goals on one end of the grid and split the players evenly into two teams who start without a ball on the endline next to the goal.</p> <p>Once you say go, the first player from each team dribbles as fast as they can into the field of play, the players who gets in first gets the ball from the coach.</p> <p>The players need to dribble past the defender and pass or shoot into the net.</p>	<ul style="list-style-type: none"> As above plus: Introduce more advanced moves. Make sure the players are taking their chance to score if the defenders are not in a good position. <p>Progression: Play the balls in faster and faster, introduce new '1v1' moves (fake/feint/stepover etc) to beat a player.</p> <p>Guided Questions: How can we lead our defender? When should we take a shot?</p>

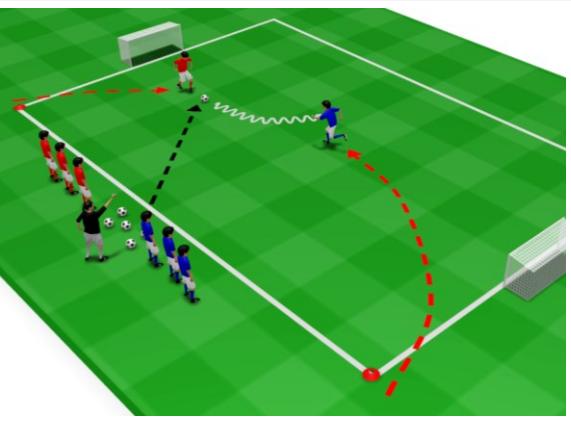
Activity #3: 2v2 to Multi Goal	Set-Up: 40W x 20L grid, 2 goals	Coaching Points: ~10 mins
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on the sideline or endline each side of the goals.</p> <p>Once you say go, the first two players from each team enter the field as you play the ball in.</p> <p>The goal is to score a goal by dribbling, passing or shooting into one of the two goals, when a goal is scored, the next four players go on.</p>	<ul style="list-style-type: none"> As Above plus: Second attacker create a 1v1 opportunity by dragging a defender away Shoot when the opportunity arises, don't wait. <p>Progression: Play 1v1, then 2v2, then 3v3 or 3v2/2v1 to create a numerical advantage. Get an extra point if you score with a one touch finish,</p> <p>Guided Questions: When should we shoot? Can we beat the defender with a move?</p>

3rd Phase - Play	5v5 or 6v6 Game	20mins
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 EST. 1970	Session Goal:	Preventing Build Up In The Opponent's Half – 1v1 Defending		
	Key Coaching Points:	Pressure the ball, force the attacker away from goal, time a tackle		
	Session:	2 of 10		
Duration:	60mins	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1 st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: Shielding & Knockout	Set-Up: 20W x 20L grid	Coaching Points: ~10 mins
	<p>All players start with the ball inside a large circle of cones. On your command the players will try to protect their ball at the same time trying to kick the rest of the players balls out of the circle. The last person left with a ball is the "King/Queen of the Ring"</p> <p>Players can do 10 toe-taps, tic-toc's or juggles to get back in.</p>	<ul style="list-style-type: none"> Shield the ball by turning your body Stay low, knees bent and low center of gravity Keep the ball moving away from pressure Make your body big by spreading your arms to keep the player away and feel where they are coming from. <p>Progression: Start by players coming back in, then play to there is a winner "king/queen". Encourage players to take risks or work together.</p> <p>Guided Questions: How can we force the player where we want them to go? How can we protect the ball? When should we make the tackle?</p>

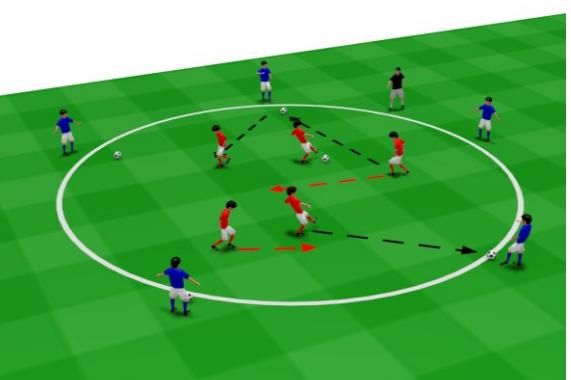
Activity #2: 1v1 to Goals	Set-Up: 30W x 20L grid, 2 goals	Coaching Points: ~10 mins
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on opposite corners of the grid.</p> <p>The coach rolls a ball out to one of the corners and the player who receives the ball tries to score on the goal.</p> <p>If the defender wins the ball back they try to score in the opposing goal. The game ends when the ball goes out of bounds or a goal is scored.</p>	<ul style="list-style-type: none"> Ask the defender to arc their run to stop a quick shot on goal. Introduce the idea of getting to the attacker as fast as possible "pressure" then slowing down. Defending players on their toes with chest turned to the attacking player. Make a tackle (block or poke) when the attacking players tries to get past. The key is to force the attacker to the sideline then make a tackle or force them out of bounds. <p>Progression: Count a point for each defender who forces the attacker out of bounds and play to 5 or 10.</p> <p>Guided Questions: Which way shall we force the attacking player? When should we make the tackle?</p>

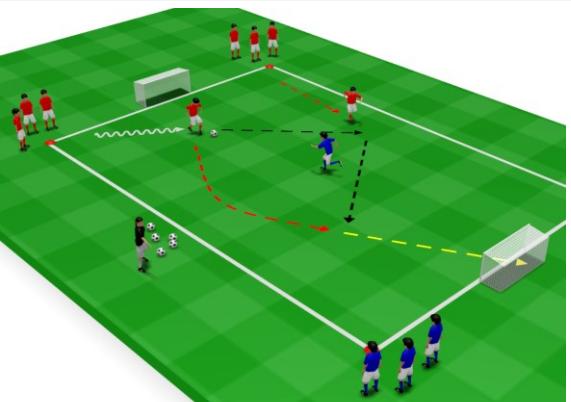
Activity #3: 3v3v3 to Goal	Set-Up: 40W x 20L grid, 2 goals	Coaching Points: ~10 mins
	<p>Set up two small goals on each end of the grid and split the players evenly into three teams, each with 3 players.</p> <p>Two teams play 3v3 to one goal and once a goal is scored the losing team move off the field and the waiting team comes on and play starts immediately.</p>	<ul style="list-style-type: none"> Decide who is the 1st defender and pressure the ball as high up the field as possible. Make sure that, if the ball is passed, the closest defender to the ball becomes the new 1st defender and pressures the ball. Work together to communicate where you are forcing the attackers. <p>Progression: Make teams switch sides after a goal is scored so speed up transition.</p> <p>Guided Questions: When should we tackle? How can we force the opponents to the outside? Can two defenders work together to win the ball back?</p>

3rd Phase - Play	5v5 or 6v6 Game	20mins
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 <p>H EST. 1970</p>	Session Goal:	Building Out From The Back – Passing & Positional Play		
	Key Coaching Points:	Lock ankle, plant foot next to ball, instep to pass, follow through, angle and distance of support		
	Session:	3 of 10		
Duration:	60mins	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: Dutch Circle	Set-Up: 30W circle	Coaching Points: ~10 mins
	<p>Set up a large circle with half the players outside the circle with a ball and half inside the circle without a ball.</p> <p>On your command players check to the outside receive a pass and then turn to pass to another player on the outside. Repeat this as many times as possible.</p> <p>Play for 60-90 seconds then switch the players from inside to out and vise versa. Introduce a new coaching point after each cycle.</p>	<ul style="list-style-type: none"> Approach the ball from an angle Plant foot next to the ball in the direction of the pass. Use the instep with a locked ankle to strike the middle of the ball. After contact follow through with the kicking foot. Focus on verbal and non-verbal communication to improve the score. Open body to see more of the field when receiving with a soft, active first touch. <p>Progression: Start with a one touch pass to the player it came from, then they take the ball and pass to another players, then get down to two touches.</p> <p>Guided Questions: How do we communicate that we want the ball? Can we take fewer touches?</p>

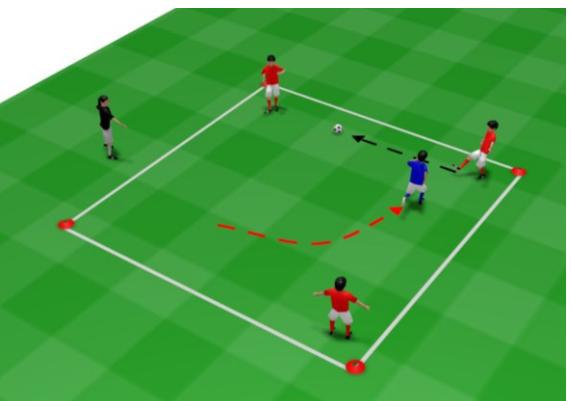
Activity #2: 2v1 to Goals	Set-Up: 30W x 20L grid, 2 goals	Coaching Points: ~10 mins
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on opposite corners of the grid.</p> <p>The coach rolls a ball out to one of the corners and the player who receives the ball tries to score on the goal.</p> <p>If the defender wins the ball back they try to score in the opposing goal. The game ends when the ball goes out of bounds or a goal is scored.</p>	<ul style="list-style-type: none"> 1st attacker penetrates the space until engaged by the defending team 2nd attacker supports the 1st attacker at the best angle and distance to create options. 1st attacker needs to decide if or when to pass. Timing of pass <p>Progression: Add a second defender if its too easy.</p> <p>Guided Questions: Should we pass vs dribble? When should we pass? When should we shoot?</p>

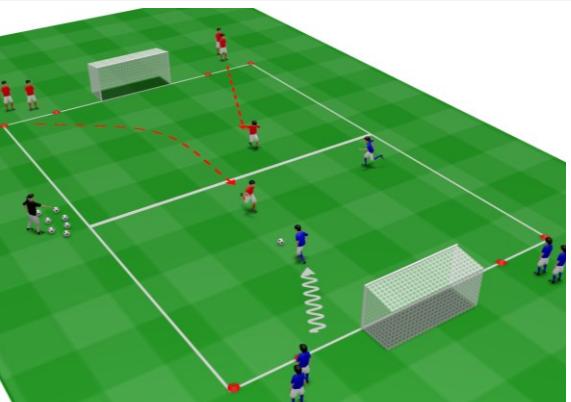
Activity #3: 5v4 to Multi Goals	Set-Up: 40W x 20L grid, 2 goals	Coaching Points: ~10 mins
	<p>Set up two small goals on one each end of the grid and a single goal on another</p> <p>Teams play 5 v 4 with the team with 5 players scoring into the two small goals.</p> <p>Players try to work with the extra player to build out and move the ball through the field to the outside areas using overloads and 2v1 scenarios.</p>	<ul style="list-style-type: none"> Players work hard off the ball to create passing options. Active first touches when receiving. Players create overloads against the defenders. Try to create 2v1 situations. When to pass vs possess. <p>Progression: Add players to take players away make more difficult or easier.</p> <p>Guided Questions: Where should the players be? What do we need to do to create openings? When is a good time to possess the ball?</p>

3rd Phase - Play	5v5 or 6v6 Game	20mins
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 <p>H EST. 1970</p>	Session Goal:	Preventing Build Up In The Opponent's Half – 2v2 Defending		
	Key Coaching Points:	Pressure the ball, force the attacker away from goal, cover the 1 st defender		
	Session:	4 of 10		
Duration:	60mins	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1 st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: 3v1 or 4v2 Rondo	Set-Up: 20W x 20L grid	Coaching Points: ~10 mins
 <p>Set up a square grid with cones as large as your players are able to pass successfully.</p> <p>Have one defender working hard for 30 seconds trying to win the ball back against 3 or 4 defenders.</p> <p>Players with the ball work a hard off the ball to make sure the player with the ball has multiple passing options at all times.</p> <p>After 30 seconds change the defender in the middle.</p>	<p>Set up a square grid with cones as large as your players are able to pass successfully.</p> <p>Have one defender working hard for 30 seconds trying to win the ball back against 3 or 4 defenders.</p> <p>Players with the ball work a hard off the ball to make sure the player with the ball has multiple passing options at all times.</p> <p>After 30 seconds change the defender in the middle.</p>	<ul style="list-style-type: none"> Ask the defender to arc their run to stop a quick shot on goal. Introduce the idea of getting to the attacker as fast as possible “pressure” then slowing down. Defending players on their toes with chest turned to the attacking player. Make a tackle (block or poke) when the attacking players tries to get past. The key is to limit the options for the attacker. <p>Progression: 3v1 moves to 4v1. Make the field smaller to increase the difficulty.</p> <p>Guided Questions: Where is the defender forcing us? How can we eliminate options?</p>

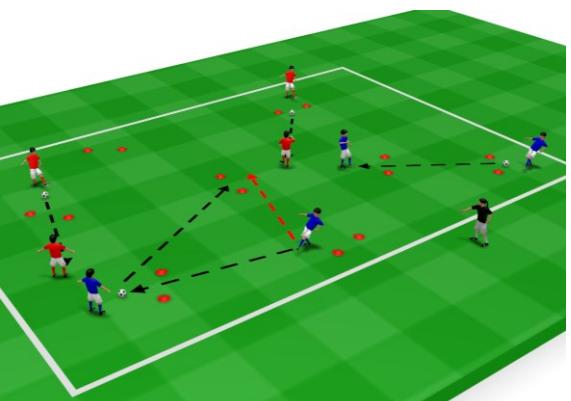
Activity #2: 2v2 to Goals	Set-Up: 30W x 20L grid, 2 goals	Coaching Points: ~10 mins
 <p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on opposite corners of the grid.</p> <p>The coach rolls a ball out to one of the corners and the player who receives the ball tries to work with their teammate to score on the goal.</p> <p>If the defenders wins the ball back they try to score in the opposing goal. The game ends when the ball goes out of bounds or a goal is scored.</p>	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start without a ball on opposite corners of the grid.</p> <p>The coach rolls a ball out to one of the corners and the player who receives the ball tries to work with their teammate to score on the goal.</p> <p>If the defenders wins the ball back they try to score in the opposing goal. The game ends when the ball goes out of bounds or a goal is scored.</p>	<ul style="list-style-type: none"> 1st defender needs to pressure the 1st attacker as soon and early as possible. 2nd defender takes up a good covering position at the best angle and distance. 1st defender should work with the 2nd defender to pressure, delay then win the ball back. <p>Progression: Count a point for each defender who forces the attacker out of bounds and play to 5 or 10. 5 points if the defenders will the ball back and score.</p> <p>Guided Questions: Which way shall we force the attacking player? When should we make the tackle? How can we work together.</p>

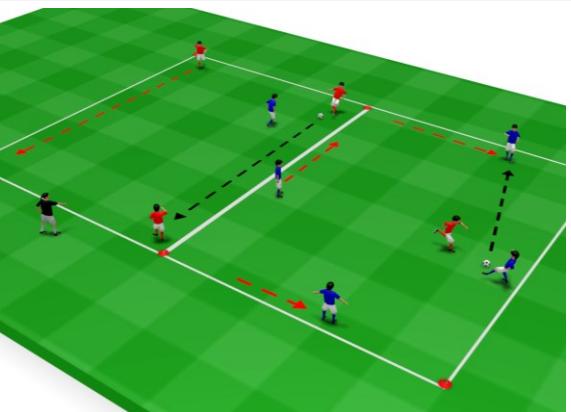
Activity #3: 3v2 to One Goal	Set-Up: 40W x 30L grid, 1 goals	Coaching Points: ~10 mins
 <p>Set up one goal on the end line and play on a roughly half field. 3 attacking players positioned on the outsides and centrally attack the one goal. The two defenders defend the one goal.</p> <p>Defenders work hard as a partnership to press the ball, delay the attackers, eliminate options and try to win the ball back.</p> <p>If defenders win the ball back they score by dribbling the ball behind the half way line.</p>	<p>Set up one goal on the end line and play on a roughly half field. 3 attacking players positioned on the outsides and centrally attack the one goal. The two defenders defend the one goal.</p> <p>Defenders work hard as a partnership to press the ball, delay the attackers, eliminate options and try to win the ball back.</p> <p>If defenders win the ball back they score by dribbling the ball behind the half way line.</p>	<ul style="list-style-type: none"> Decide who is the 1st defender and pressure the ball as high up the field as possible. Make sure that, if the ball is passed, the closest defender to the ball becomes the new 1st defender and pressures the ball. 2nd defender takes up a good covering position at the best angle and distance. Work together to communicate where you are forcing the attackers. <p>Progression: Add a goalkeeper or 3rd defender to make it harder for the attackers.</p> <p>Guided Questions: When should we tackle? Can two defenders work together to win the ball back?</p>

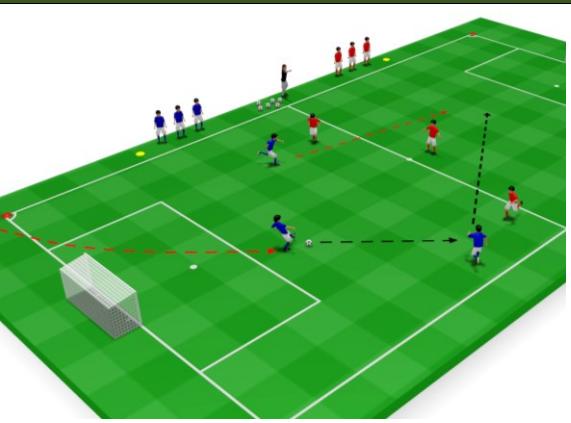
3rd Phase - Play	5v5 or 6v6 Game	20mins
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 EST. 1970	Session Goal:	Transitioning Into The Middle 3 rd – Creating Space And Options		
	Key Coaching Points:	Angle and distance of support, movement off the ball, communication		
	Session:	5 of 10		
Duration:	60mins	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1 st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: Gates Passing	Set-Up: 20W x 20L grid, multiple gates	Coaching Points: ~10 mins
	<p>Set up many gates across the entire grid with the cones approximately 1-2 feet apart.</p> <p>Have the players play with one ball between two and on your command ask the players to pass the ball through as many cones as possible in 60 seconds. Ask the players to keep count.</p> <p>Repeat this game several times after each coaching point is introduced. Have the players keep count and see if they can improve their score each round.</p>	<ul style="list-style-type: none"> Approach the ball from an angle. Plant foot next to the ball in the direction of the pass. Use the instep with a locked ankle to strike the middle of the ball. After contact follow through with the kicking foot. Focus on verbal and non-verbal communication to improve the score. <p>Progression: Try to get through more cones with less touches. Add a defender.</p> <p>Guided Questions: How can we make sure the pass is accurate? How can we get through more cones?</p>

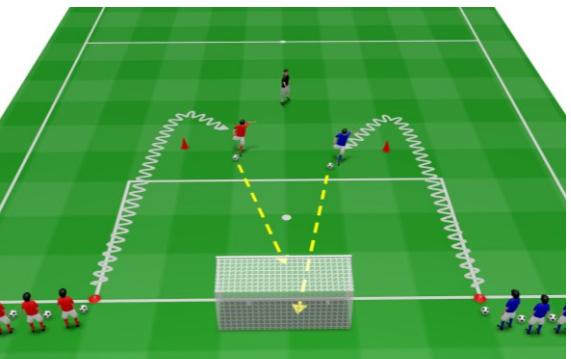
Activity #2: 3v1 or 4v1 Rondo	Set-Up: 20W x 20L grid	Coaching Points: ~10 mins
	<p>Set up a square grid with cones as large as your players are able to pass successfully.</p> <p>Have one defender working hard for 30 seconds trying to win the ball back against 3 or 4 defenders.</p> <p>Players with the ball work a hard off the ball to make sure the player with the ball has multiple passing options at all times.</p> <p>After 30 seconds change the defender in the middle.</p>	<ul style="list-style-type: none"> As above plus. Move to create options for the player receiving the ball. Active first touch to make the next pass better. Try to get down to two touches. <p>Progression: 3v1 moves to 4v1. Make the field smaller to increase the difficulty.</p> <p>Guided Questions: When should we pass? Where is the next pass going? Where is the defender forcing us?</p>

Activity #3: Flying Numbers	Set-Up: 40W x 20L grid, 2 goals	Coaching Points: ~10 mins
	<p>Set up two small goals on each end of the grid and split the players evenly into two teams who start near the coach on the halfway line.</p> <p>On the coaches command they will call out the number 2, 3, 4, or 5 to indicate how many players should enter the field.</p> <p>Players should run round the corner cone to enter the field and play until a goal is scored.</p> <p>Players then return to the line.</p>	<ul style="list-style-type: none"> Good angle and distance of support. Make the field as big (wide and deep) as possible. Penetrate where possible. Shoot if the opportunity arises. <p>Progression: Start with 2v2 then progress to 3v3, 4v4 and then 5v5. Use unbalanced teams.</p> <p>Guided Questions: How can we create space? When can we shoot? When to pass? How can we create more space?</p>

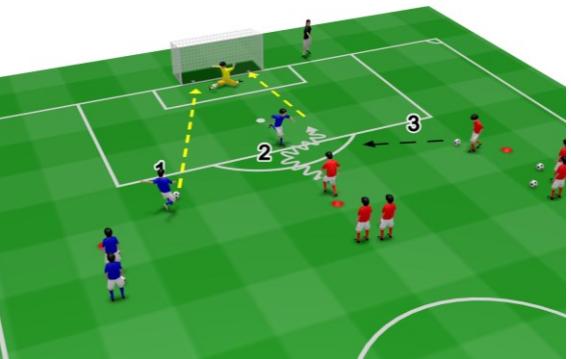
3rd Phase - Play	5v5 or 6v6 Game	20mins
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	Session Goal:	Finishing In The Final Third - Shooting		
	Key Coaching Points:	Shooting technique, taking shots when we can, finishing with back to goal		
	Session:	6 of 10		
Duration:	60mins	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1 st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: Shooting Relay	Set-Up: 20W x 20L grid w/ 1 Goal	Coaching Points: ~10 mins
	<p>Set up 1 goal with 2 lines of players on a cone each side of the goal. Set up one cone about 12 yards out in front of the lines.</p> <p>On your command players will dribble out to the cone turn and shoot, the first player to score get a point for their team.</p> <p>Play to 5 and introduce coaching points in between games.</p> <p>Shift the players from the right and left side to work on both feet.</p>	<ul style="list-style-type: none"> Dribble as fast as you can control the ball to the cone. One touch to turn and set up the shot. Approach from angle and plant the non-kicking foot next to the ball in the direction of the shot. Use the laces to strike the ball with a locked ankle. Strike the middle of the ball. Follow through and land on the kicking foot. Focus on technique not speed. <p>Progression: Play to 3, then 5.</p> <p>Guided Questions: How do we get power vs accuracy? When should we shoot? How can we score more goals?</p>

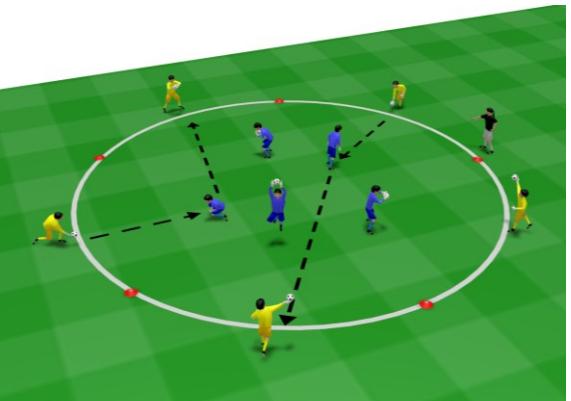
Activity #2: 1v1 w/ GK – Back to Goal	Set-Up: 30W x 20L grid, 1 goal	Coaching Points: ~10 mins
	<p>Set up one goal with a goalkeeper.</p> <p>Start with one goalkeeper, one defender and one attacker all facing the ball.</p> <p>The coach plays a ball into the attacker who has to protect the ball and beat the defender and try to score.</p> <p>The defender then becomes the goalkeeper, the attacker becomes the defender, and a new attacker comes in.</p>	<ul style="list-style-type: none"> As above plus: Attacker should shield the ball initially. Attacker should find some separation by pushing off or turning quickly. Attacker should find separation before the ball is played. <p>Progression: Play 2v1 after the initial pass is made.</p> <p>Guided Questions: Can we find separation? How can we create space?</p>

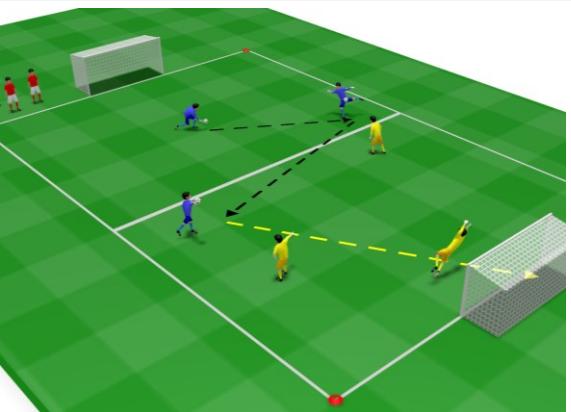
Activity #3: 3 Stations	Set-Up: Half field, 1 goals, wide zones	Coaching Points: ~10 mins
	<p>On a half field mark with cones wide zones which only the attacking team can go in.</p> <p>Set up 4 attackers (2 wide midfield, one striker, and one central midfield) and 2 defenders.</p> <p>The central midfield plays the ball wide to the outside midfield who dribbles the ball into the final 3rd then crosses the ball into the box.</p> <p>The striker should make runs to the near post, the central midfield should make runs to the penalty spot and the other outside midfield should make a run to the far post.</p>	<ul style="list-style-type: none"> Ball should be played ahead of the outside midfield player. Central midfield needs to make up space and get in the box. Timing of the 3 runs is key. Crosses should be based on the defensive shape. One or two touch finishes. <p>Progression: Remove a goalkeeper to make it easier. Add a defender to make it harder.</p> <p>Guided Questions: When should we make a run? Where should we make a run? Should it shoot with power or accuracy.</p>

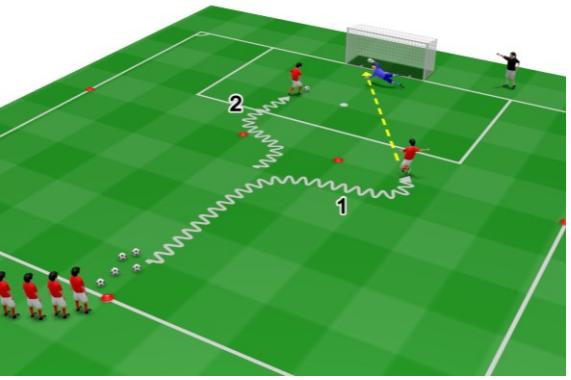
3rd Phase - Play	5v5 or 6v6 Game	20mins
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 <p>HYS EST. 1970</p>	Session Goal:	Goalkeeping Principles		
	Key Coaching Points:	Ready position, distribution, closing the angle		
	Session:	7 of 10		
Duration:	60mins	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: Dutch Circle	Set-Up: 30W circle	Coaching Points: ~10 mins
	<p>Set up a large circle with half the players outside the circle with a ball and half inside the circle without a ball.</p> <p>On your command players check to the outside receive a roll or throw and then turn to roll or throw to another player on the outside. Repeat this as many times as possible.</p> <p>Play for 60-90 seconds then switch the players from inside to out and vice versa. Introduce a new coaching point after each cycle.</p>	<ul style="list-style-type: none"> Ready positions on inside and outside. Use W or M technique to bring the ball into the chest. Use firm roll or overhand toss to distribute the ball. Use non-verbal and verbal communication to improve the score. <p>Progression: Use different distribution techniques, roll, football throw, roundhouse throw.</p> <p>Guided Questions: How do we communicate that we want the ball?</p>

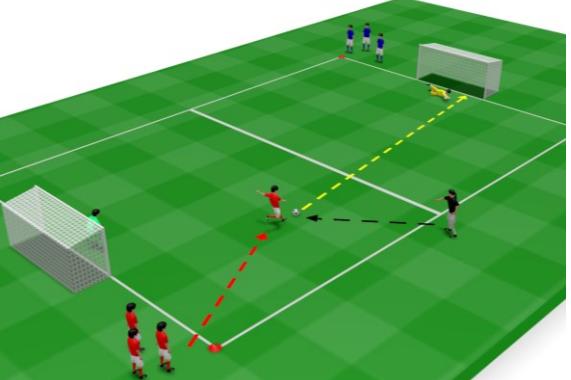
Activity #2: 3v3 Goalie Wars	Set-Up: 30W x 20L grid, 2 goals	Coaching Points: ~10 mins
	<p>Split the players up into teams of 3. Two teams will play 3v3 with teams waiting to join after a goal is scored.</p> <p>Team use roll, football or roundhouse distribution techniques to move the ball down the field and try and score a goal.</p> <p>Once a players has the ball in their hands they can not be tackled but the ball can be intercepted in the air or ground.</p> <p>After a team scores the next team comes on.</p>	<ul style="list-style-type: none"> As above plus. Move to create options for the player receiving the ball. Good distribution balancing accuracy (roll), roundhouse (distance) and football throw (over a player) <p>Progression: Play 4v4 with a dedicated goalie.</p> <p>Guided Questions: Can we protect the ball? What technique is best? Can we get open?</p>

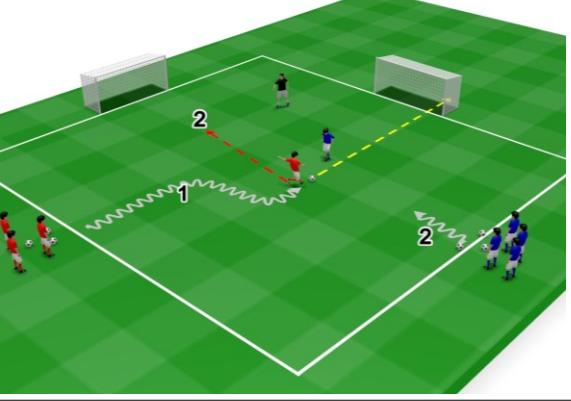
Activity #3: 1v1 to Goal	Set-Up: 30W x 20L grid, 1 goals	Coaching Points: ~10 mins
	<p>Set up two cones approx. 12-15 yards in front of a goal.</p> <p>On your command players take turns dribbling the ball towards the cones, when you shout 'through', players dribble the ball through the cones and try to score from inside the area, when you shout 'outside' the players dribble outside the cones and shoot from distance.</p> <p>After the shot the player becomes the goalie and play continues.</p>	<ul style="list-style-type: none"> Distance from the goal, not to close to open the goal but not far to be chipped. Close the ball down as the player gets close to the goal. Proper position to split the angle when the attacker changes direction. Dive if needed. <p>Progression: Ensure you mix between distance and close up.</p> <p>Guided Questions: Can we narrow the angle? When should we close the ball down? How can we make the goal smaller? When should we dive?</p>

3rd Phase - Play	5v5 or 6v6 Game	20mins
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 <p>H EST. 1970</p>	Session Goal:	Creating & Finishing In The Final Third		
	Key Coaching Points:	Shooting technique, taking shots when we can, runs into the final third from crosses		
	Session:	8 of 10		
Duration:	60mins	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: 1v1 to Goal	Set-Up: 30W x 20L grid w/ Goals	Coaching Points: ~10 mins
	<p>Set up a rectangular grid with two goals and goalkeepers. Split the team evenly into two teams.</p> <p>Coach plays a pass into one side and the attacker must take one touch and then shoot.</p> <p>If it's in the defending half its power, if it's in the attacking half its accuracy.</p> <p>After the shot the next team goes. Play balls in faster to increase the urgency.</p>	<ul style="list-style-type: none"> Take an active first touch to set up the shot on goal. Approach the ball from an angle, with the plant foot next to the ball in the direction of the pass. Lock the ankle and strike the ball with the laces of the foot. Head should be over the ball and follow through once contact is made. <p>Progression: Have the attacker race to the goal post and become a defender as you play the ball to the other team.</p> <p>Guided Questions: How do we get power vs accuracy? When should we shoot?</p>

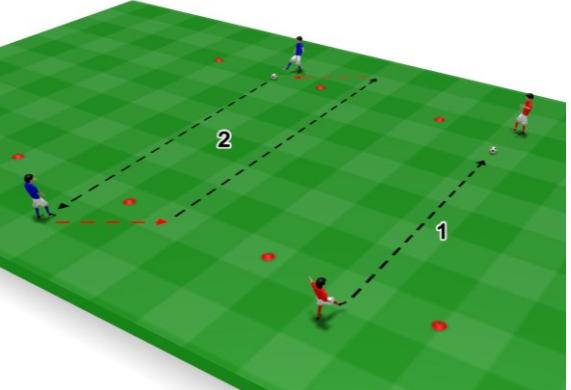
Activity #2: 1v2 to Cross Goals	Set-Up: 30W x 30L grid, 2 corner goals	Coaching Points: ~10 mins
	<p>Set up two small goals on the side and end line of a square grid with the players split into two opposite the goal.</p> <p>On the coaches command the attacker takes on the defender then tries to shoot on the goal. Once they have shot them next team goes and the player who just shot becomes the defender.</p>	<ul style="list-style-type: none"> As above plus: Attacker should shoot quickly Attacker must create enough space to create a shooting opportunity <p>Progression: Play the ball faster and faster each time to make it easier vs harder.</p> <p>Guided Questions: Can we shoot early? Where should we be shooting?</p>

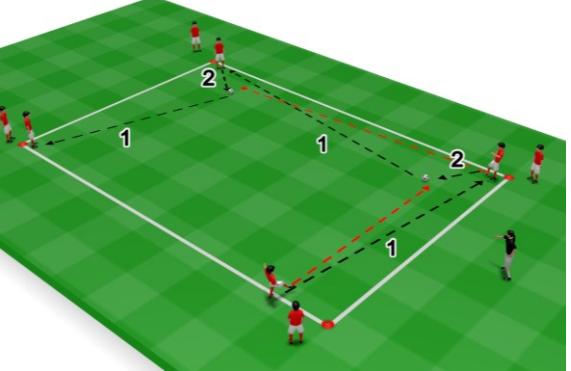
Activity #3: 4v2 Wide Crosses	Set-Up: Half field, 1 goals, wide zones	Coaching Points: ~10 mins
	<p>On a half field mark with cones wide zones which only the attacking team can go in.</p> <p>Set up 4 attackers (2 wide midfield, one striker, and one central midfield) and 2 defenders.</p> <p>The central midfield plays the ball wide to the outside midfield who dribbles the ball into the final 3rd then crosses the ball into the box.</p> <p>The striker should make runs to the near post, the central midfield should make runs to the penalty spot and the other outside midfield should make a run to the far post.</p>	<ul style="list-style-type: none"> Ball should be played ahead of the outside midfield player. Central midfield needs to make up space and get in the box. Timing of the 3 runs is key. Crosses should be based on the defensive shape. One or two touch finishes. <p>Progression: Remove a goalkeeper to make it easier. Add a defender to make it harder.</p> <p>Guided Questions: When should we make a run? Where should we make a run? Should it shoot with power or accuracy?</p>

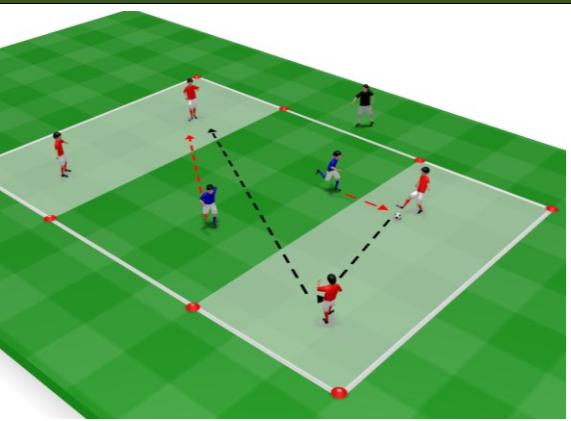
3rd Phase - Play	5v5 or 6v6 Game	20mins
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 <p>Session Goal: Technical Passing Session</p>	<p>Key Coaching Points: Passing technique, active first touch, passing range.</p>	9 of 10	
		Duration: 60mins	
	Age Group:	U10 Grades 3 & 4	Players: 10 -12

1st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: Passing Lane	Set-Up: 20W x 20L grid, 	Coaching Points: ~10 mins <ul style="list-style-type: none">Approach the ball from an angle.Plant foot next to the ball in the direction of the pass.Use the instep with a locked ankle to strike the middle of the ball.After contact follow through with the kicking foot.Use an active first touch to help with the pass. <p>Progression: Start with simple passing then progress to moving the ball around the cone. Use right and left foot equally.</p> <p>Guided Questions: How can we make sure the pass is accurate? How can we make more passes?</p>
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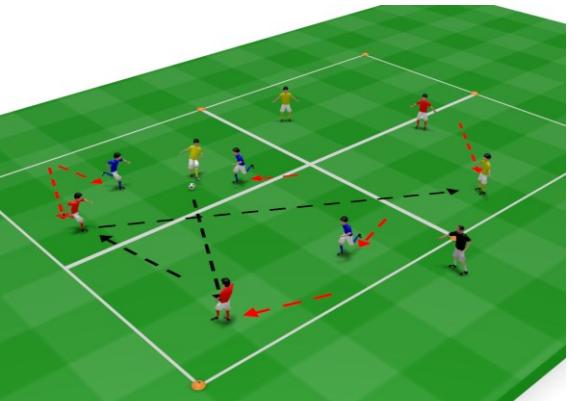
Activity #2: Passing Square	Set-Up: 20W x 20L grid 	Coaching Points: ~10 mins <ul style="list-style-type: none">As above plus.Focus on weight of pass and accuracy.Receiving with a soft touch.Try to get down to two touches. <p>Progression: Introduce a second ball in the opposing corner.</p> <p>Guided Questions: How much weight does this pass need? Can we find the right weight and accuracy?</p>
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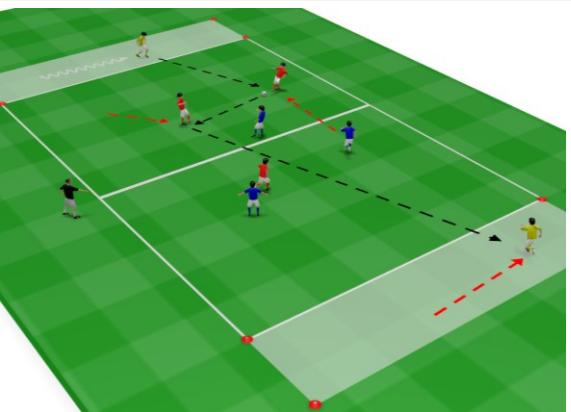
Activity #3: 4v2 or 6v3 to End Zone	Set-Up: 40W x 20L grid, 2 x End Zones 	Coaching Points: ~10 mins <ul style="list-style-type: none">Small passes inside the end zone then long passes to cross the neutral zone.Players on the opposing side must work hard to get open.Communicate when and where to pass. <p>Progression: Start with 2 players in each and try to progress to 3.</p> <p>Guided Questions: How can we create space? When can we pass?</p>
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3rd Phase - Play	5v5 or 6v6 Game	20mins
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 <p>Session Goal: Possession vs Penetration</p>

1st Phase - Play	2 x 3v3 Small Sided Games	10mins
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Activity #1: 3+3v3 Rondo	Set-Up: 30W x 30L grid	Coaching Points: ~10 mins
	<p>Break the team up into as 3 equal teams as possible of different colors.</p> <p>Two colors work together to keep possession of the ball, if the defender team wins the ball they get a point.</p> <p>For every 4 passes the attacking team makes they get a point.</p> <p>Play to 5 then switch the teams around.</p>	<ul style="list-style-type: none"> Proper passing technique (see other session) Movement off the ball. Encourage small passes to draw the defenders in then long passes to break pressure. Attackers should always have options. Focus on verbal and non-verbal communication to improve the score. <p>Progression: Limit the number of touches from unlimited, to 3 max then 2 max.</p> <p>Guided Questions: How can we make sure the pass is accurate? How can we break the pressure?</p>

Activity #2: 3v3 + 2 to End Zone	Set-Up: 40W x 20L grid, w/ 2 End Zones	Coaching Points: ~10 mins
	<p>Set up two end zones at each end of the grid.</p> <p>Players play 3v3 in the center of the grid using each of the two neutral players in each end zone. Only the neutral players can be in the end zone.</p> <p>A point is scored if one team can successfully get the ball from one end of the grid to the other without the defending team intercepting.</p> <p>If the defending team intercepts the roles reverse and play continues. Play to 5 then switch the neutral players.</p>	<ul style="list-style-type: none"> As above plus. Move to create options for the player receiving the ball. Active first touch to make the next pass better. Try to get down to two touches. Movement by neutral players is key. <p>Progression: 3v3 then move to 4v4. Make the field smaller to increase the difficulty.</p> <p>Guided Questions: When should we pass? Where is the next pass going? Where is the defender forcing us?</p>

Activity #3: Goals Out	Set-Up: 40W x 20L grid, 4 goals facing out	Coaching Points: ~10 mins
	<p>Set up two small goals on each end facing the sideline of the grid and split the players evenly into two teams.</p> <p>Players play 3v3, 4v4 or 5v5 and try to score in any of the two goals.</p>	<ul style="list-style-type: none"> Good angle and distance of support. Make the field as big (wide and deep) as possible. Penetrate where possible. Shoot if the opportunity arises. <p>Progression: Start with 3v3 then progress to 4v4 and then 5v5. Use unbalanced teams.</p> <p>Guided Questions: How can we create space? When can we shoot? When to pass? How can we create more space?</p>

3rd Phase - Play	5v5 or 6v6 Game	20mins
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THANK YOU

