



# Recreation Coaching Sessions

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**U9 – U10: Week 1**

**Dedicated to the Development of Our Youth, Through Soccer**  
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## Recreation Coaching Sessions

### U9 – U10: Week 1

### Stuck in the Mud



#### Stuck in the Mud

Purpose- Opposed dribbling

##### Organization

All players except for the two in the scrimmage vests have a soccer ball

Players dribble around the grid and try to avoid the players in the scrimmage vests

The players without the ball (defenders) try to tag the players with the ball.

Players in the scrimmage vests (defenders) can only hop to start (passive defending)

If players with balls are tagged, they must hold the ball above their heads and call "stuck in the mud, stuck in the mud, stuck in the mud"

To become free another player must dribble the ball and pass the ball through the persons leg so they can place the ball down and return to the game.

##### Progression

After one minute the defenders are allowed to run. How long does it take to tag all the defenders?

##### Coaching Points

Keep the ball close

Keep your nose in front of the ball, to avoid defenders and look for the open space.

Tecniqe- Use turns and fakes when 1v1 to avoid being tagged by defenders

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## Recreation Coaching Sessions

### U9 – U10: Week 1

### 2v2 Activity with Servers



#### 2v2 Activity with servers

**Purpose-** To improve dribbling and the ability of players to beat defenders, using moves

#### Organization

The game is played in a 20x30 grid

Players play 2v2 with a server at each end. The server plays as a target player and always plays the ball to his/her teammates when they receive the ball

The aim is to score a point by moving the ball up the field and passing the ball to the opposite server.

When a point has been awarded the opposition take the ball and try to score at the opposite end

#### Progression

Attacking players must play at speed and a time limit is imposed to get the ball to the other side and score a point

#### Coaching Points

This can be used as functional training where the coach can highlight both attacking positions and defending positions

Coach highlights attacking positions as a pair, give and goes, overlapping and diagonal runs

Coach highlights defending positions, the placements of the first and second defender

Finally spacial awareness, quality first touch and the importance of good passes should be highlighted

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### 2v2 Activity with Servers and Target Players: Part 2



[www.SoccerSpecific.com](http://www.SoccerSpecific.com)

#### 2v2 Activity with servers and Target players Part two

##### Objective

The game is played in a 20x30 grid

Players play 2v2 with a server at each end, plus two target players are added. A point is scored every time the attacking team passes the ball to the opposition server

The attacking team are encouraged to use the target players to help maintain possession and enhance scoring opportunities.

##### Progression

If the attacking team decide to pass the ball back to their server, their server is allowed to enter the field of play until they lose possession making 3v2 situations

##### Coaching Points

Highlight both attacking and defending as a pair (see Part one)

##### Communication

Play quickly good first touch,movement and passing

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### Dribbling Small Sided 4v4 Plus Goalkeepers



Small sided 4v4 plus goalkeepers

Purpose- Encourage players to dribble and take on defenders

Organization

Area 30x30

Set up a field to play 6v6 plus goalkeepers. Teams must play a normal scrimmage against each other but restrictions are placed on the players.

Players are told they are only allowed to pass sideways and backwards. To go forward and score the players are forced to dribble and take on opposition players.

Progression

Play normally but award an extra goal, if a player beats an opponent with a move before scoring.

Coaching Points

Communication with teammates.

Head up to see all options on the field.

Encourage players to dribble and use moves.

Encourage players to be aggressive and confident

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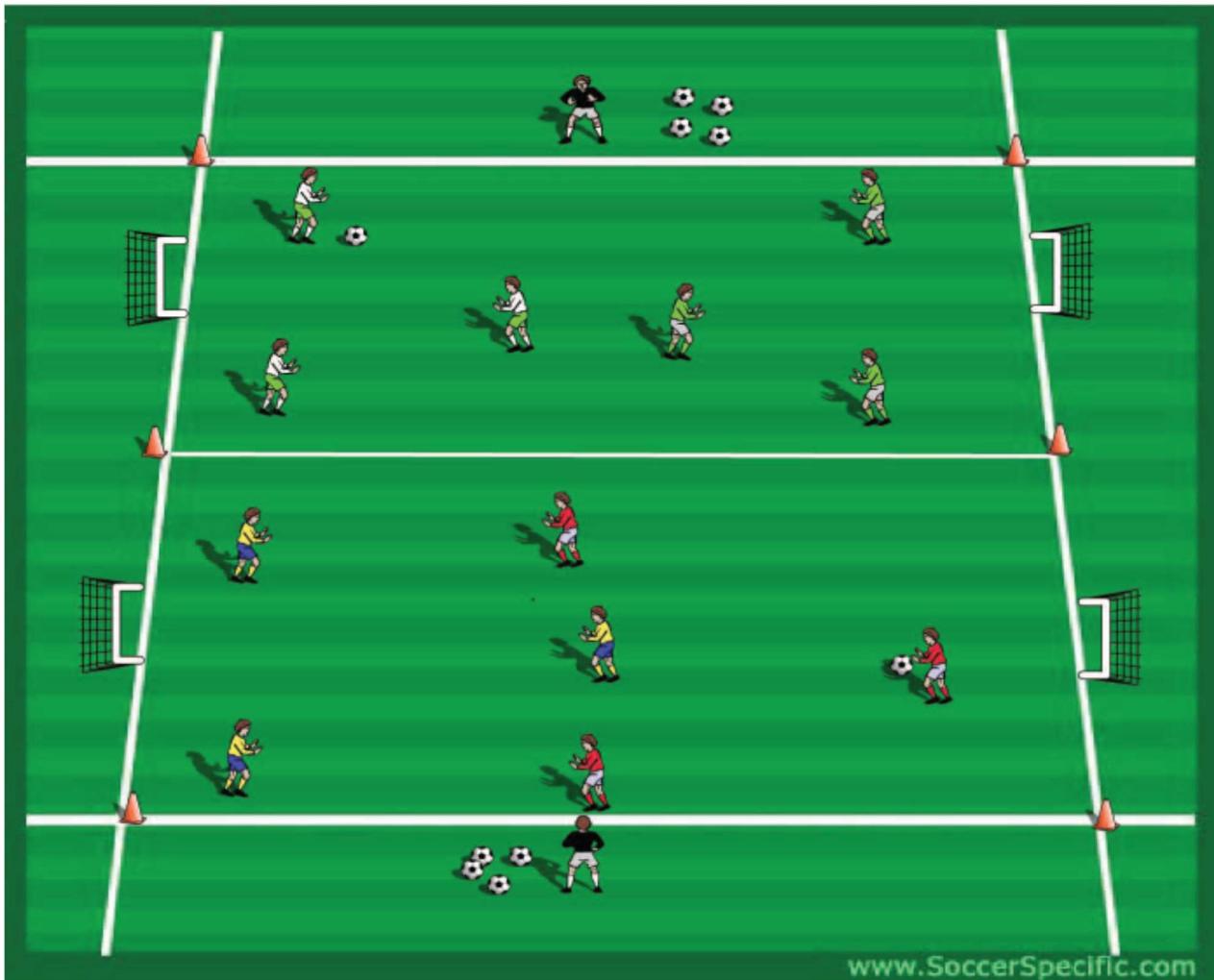
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### Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

#### Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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