



Recreation Coaching Sessions

U9 – U10: Week 4

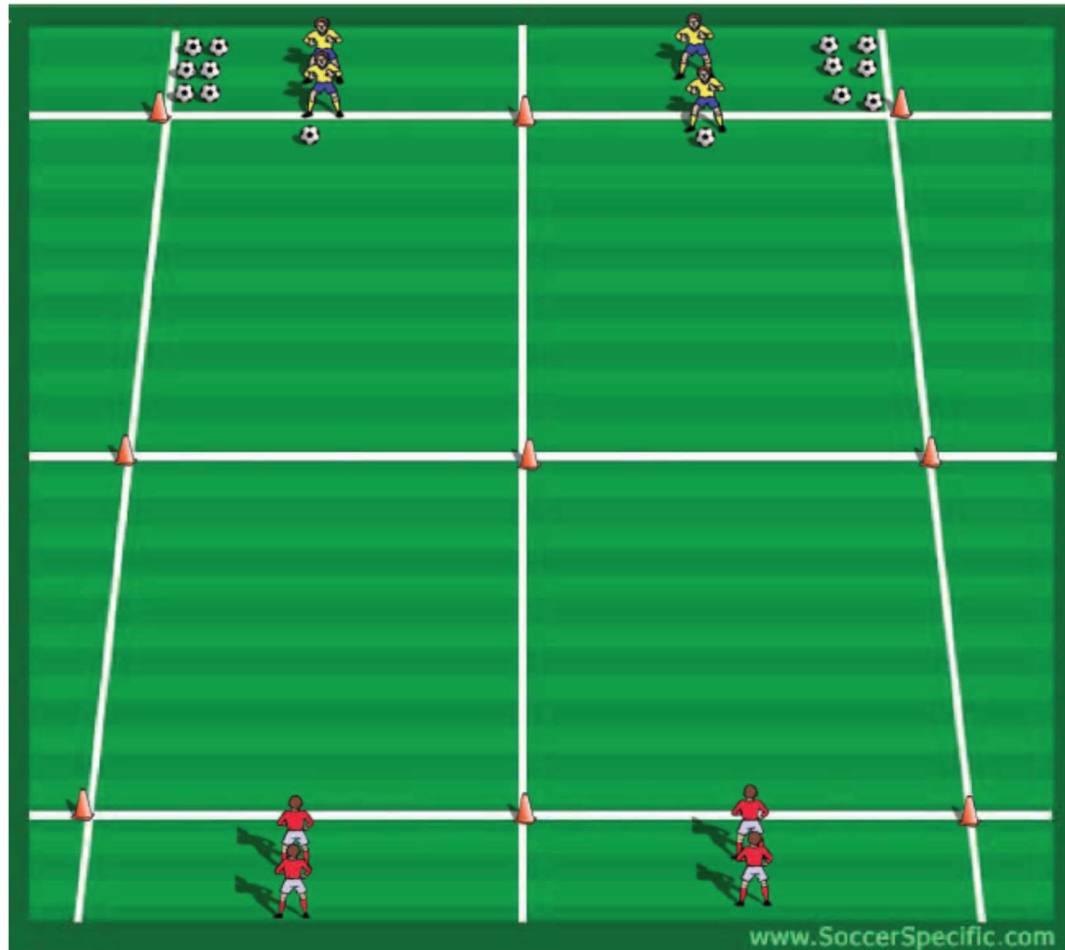
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Recreation Coaching Sessions

U9 – U10: Week 4

Grid Work 6



Grid Work 6 1v1, 2v1,2v2

Purpose- To improve attacking and defending

Organization

Yellow passes to red. Yellow becomes defender. Red becomes attacker

To score a point attacker must dribble ball under control over the opposite end line

Defender must win ball from attacker and dribble ball under control over opposite line

Play for 4 minutes and then have attackers and defenders change

Progression- Play 2v1 and 2v2

Coaching Points

Defending- Close ball down quickly . Sideways on.

Be patient

Try to make player go slowly backwards

Try to push player onto weaker foot

Attacking

Play at speed

Use moves to unbalance defender

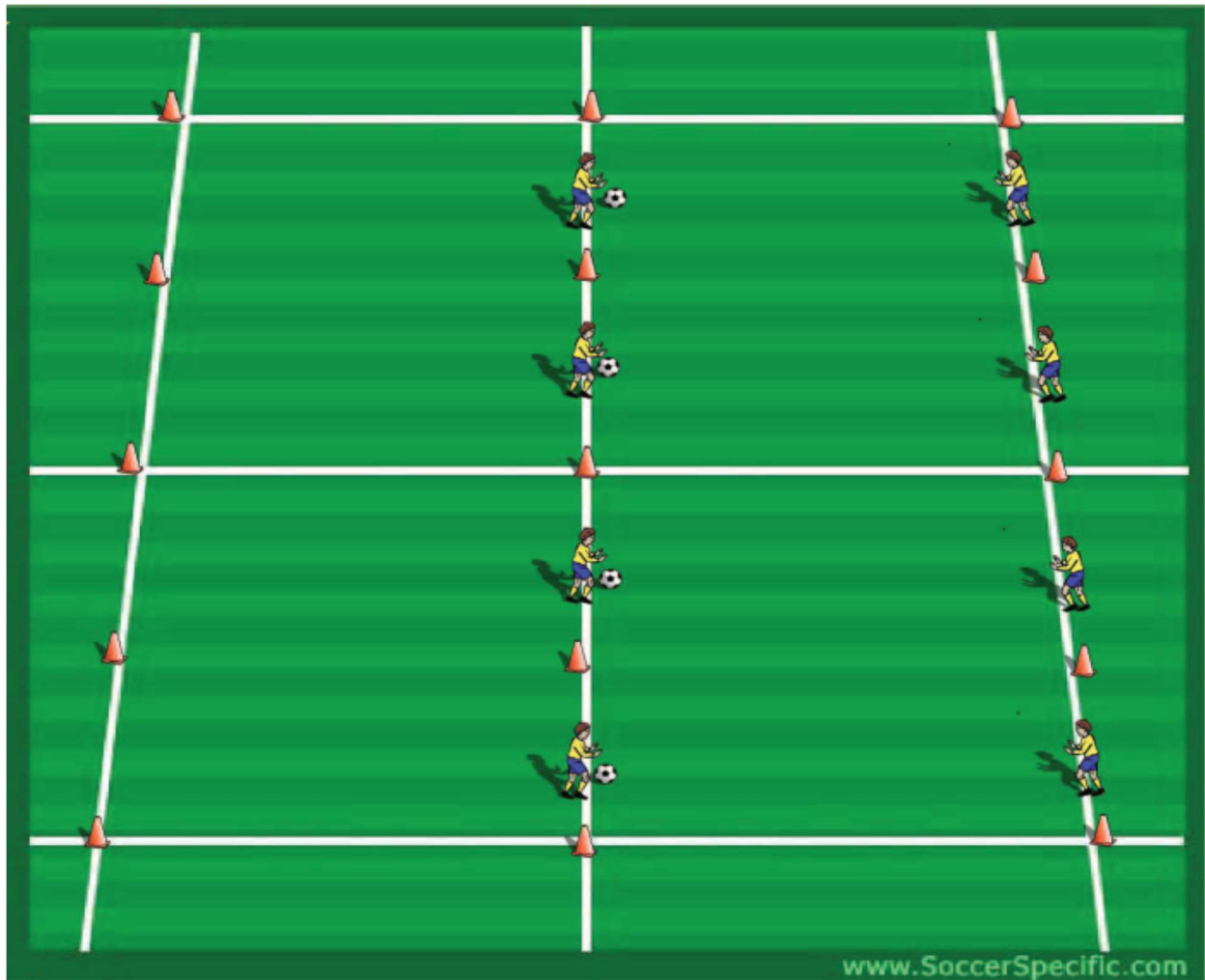
Explode into space and cut off recovery run

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Recreation Coaching Sessions U9 – U10: Week 4

Grid Work 7



Grid Work 7

Purpose- To introduce good passing technique

Organization

Passing in two's- Players are asked to pass back and forth with their partner

Progression

How many passes can you make in 45 seconds

or

Ask players to move laterally touch a cone on the side before receiving the next pass

Coaching points

Happy feet and communication

Move body in line with the ball as the ball is travelling to you

first touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner

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Recreation Coaching Sessions U9 – U10: Week 4

Grid Work 8



Grid Work 8

Purpose- To improve passing and moving backwards.

Organization

Passing in two's- Players are asked to pass the ball to their partner. The partner then stops the ball and runs back

Progression

Can you play one touch only

Coaching points

Happy feet and communication

Move body in line with the ball as the ball is travelling to you

first touch out of your feet, non kicking foot by the ball, ankle locked body over ball and push through with the ball all the way to your partner

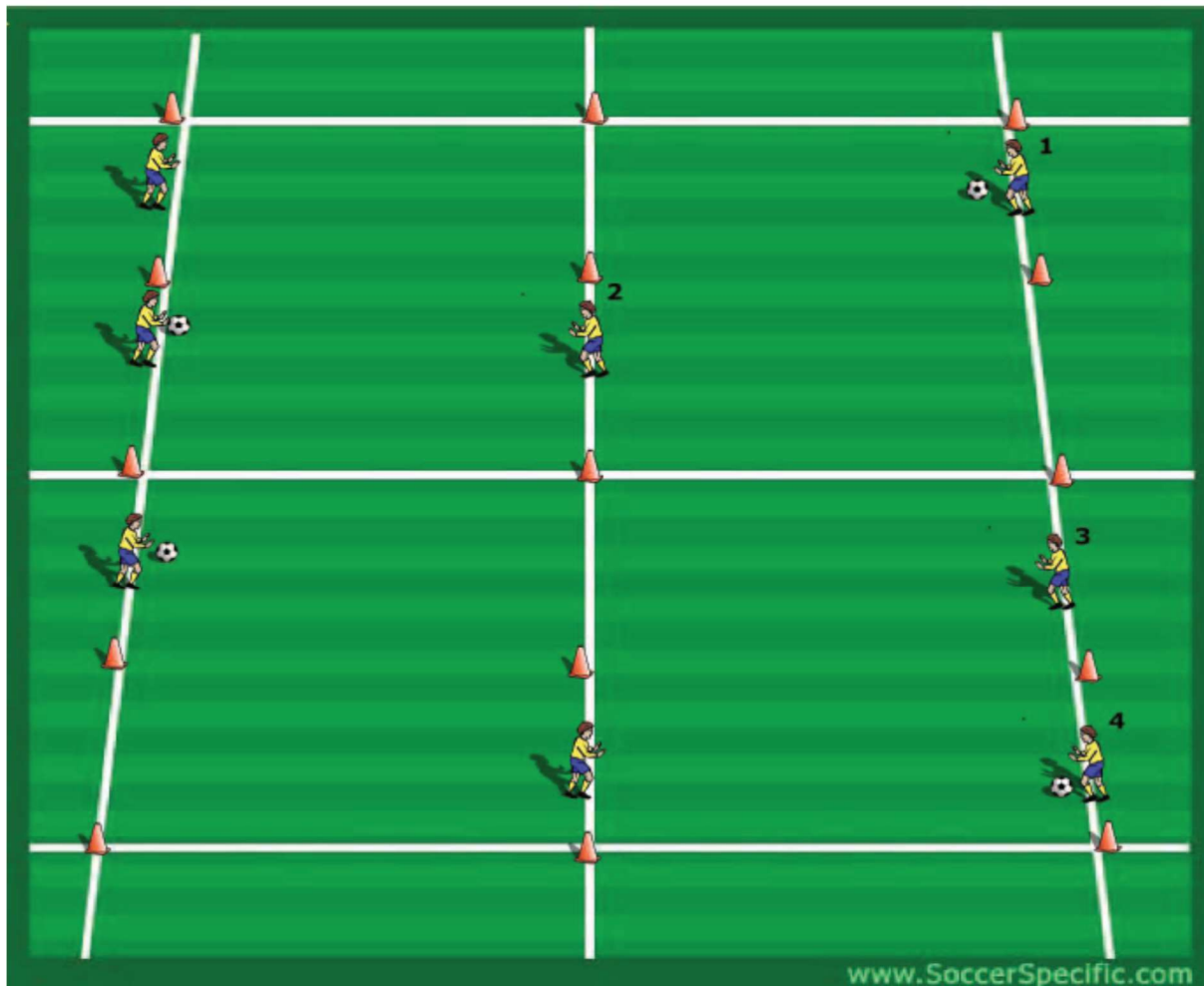
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Recreation Coaching Sessions U9 – U10: Week 4

Grid Work 9



Grid Work 9

Purpose- To improve long and short passing

Organization

Passing in two's - Long pass, short pass

Player begins as in position 1 and passes long to his/her partner

The player then runs into position 2 to receive a short pass from his/her partner

The process then happens again but in reverse with the opposite player making a long and short pass. (see positions 3 and 4)

Progression

Can you pass as well using your weaker foot only

Coaching Points

Happy Feet, communication

Move body in line with the ball, as the ball is travelling to you

First touch out of your feet, non kicking foot by the ball, ankle locked body over the ball and push through with the ball all the way to your partner

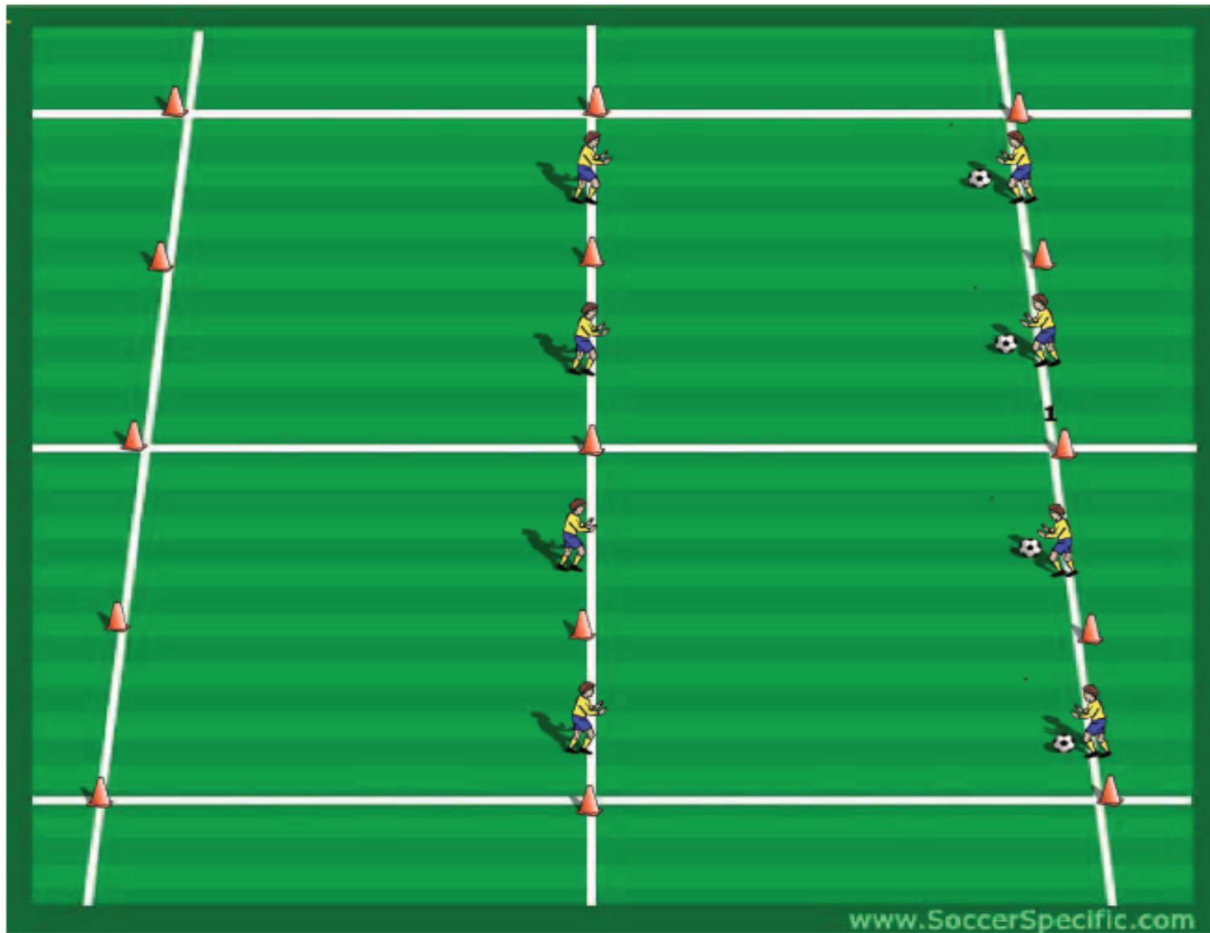
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Recreation Coaching Sessions U9 – U10: Week 4

Grid Work 10



Grid Work 10

Purpose- To improve passing, control and communication.

Organization

Passing in two's -

Every player in line one has a soccer ball. Every player in line 2 is ready to receive the ball. After playing the ball all players in line one, move to the right. Players in line two stay in their same position. The process continues with players in line one receiving the ball and then moving to the right. This process continues until the coach calls CHANGE, when this happens players in line one pass and now move to their left.

Play for 90 seconds and then switch with line two

Progression

Work on volleys, thighs, chest, head and throw-in's

Coaching Points

Happy Feet, communication

Move body in line with the ball, as the ball is travelling to you

First touch out of your feet, non kicking foot by the ball, ankle locked body over the ball and push through with the ball all the way to your partner

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Recreation Coaching Sessions U9 – U10: Week 4

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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