



Recreation Coaching Sessions

U9 – U10: Week 6

Dedicated to the Development of Our Youth, Through Soccer
www.millvillesoccer.com



Recreation Coaching Sessions U9 – U10: Week 6

2v2 to Goal



2v2 to goal

Purpose- To improve goal scoring and defending to goal

Organization

Area/Set up 12x12

Yellow Team = Attackers

White Team = Defenders

Red Team = Resting

After each game all teams rotate positions

The object is for yellows to score and the white team to defend and not allow goal scoring opportunities.

As soon as yellow 1 plays the ball to yellow 2, white 3 run out and defend.

A game is played with the yellow team trying to score and the whites defending.

If the yellow team score they gain 1 pt and if the white team win possession they must dribble the ball over the end line to gain 1pt.

Players then rotate positions and a new game is played. Play for 10 minutes and the winning team is the team who scores the most points.

Progression

Extra goal is awarded if you can shoot and score in less than 8 seconds.

Coaching Points

Attackers

Look to shoot early and often.

Dedicated to the Development of Our Youth, Through Soccer
Visit www.millvillesoccer.com



Recreation Coaching Sessions

U9 – U10: Week 6

2v2+2 Possession



2v2+2 Possession

Purpose- To improve, passing, control and movement off the ball.

Organization

Area/set up 10x10

Directions- To maintain possession

The object of the exercise is for the red players in possession to keep the ball and make five passes. Every time five passes are made 1pt is scored

If the red team loses the ball, the yellow team will then aim to make five passes and attempt to score a point. The two players on the outside move up and down the line supporting whichever team is in possession. For example if the red team play the ball to an outside player, the outside player must give the ball back to the red team.

Play for four minutes and then change the outside player.

Keep scores until the end. Winning team is the team with the most points.

Progression

Can players, play two touch only.

Coaching Points

Good communication

Receive ball sideways on, to give you maximum opportunities to pass to a teammate

Teammates should ensure good supporting positions, so you are always able to receive a pass

Move early and often to get into good supporting positions.

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions U9 – U10: Week 6

Small Sided 4v4



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

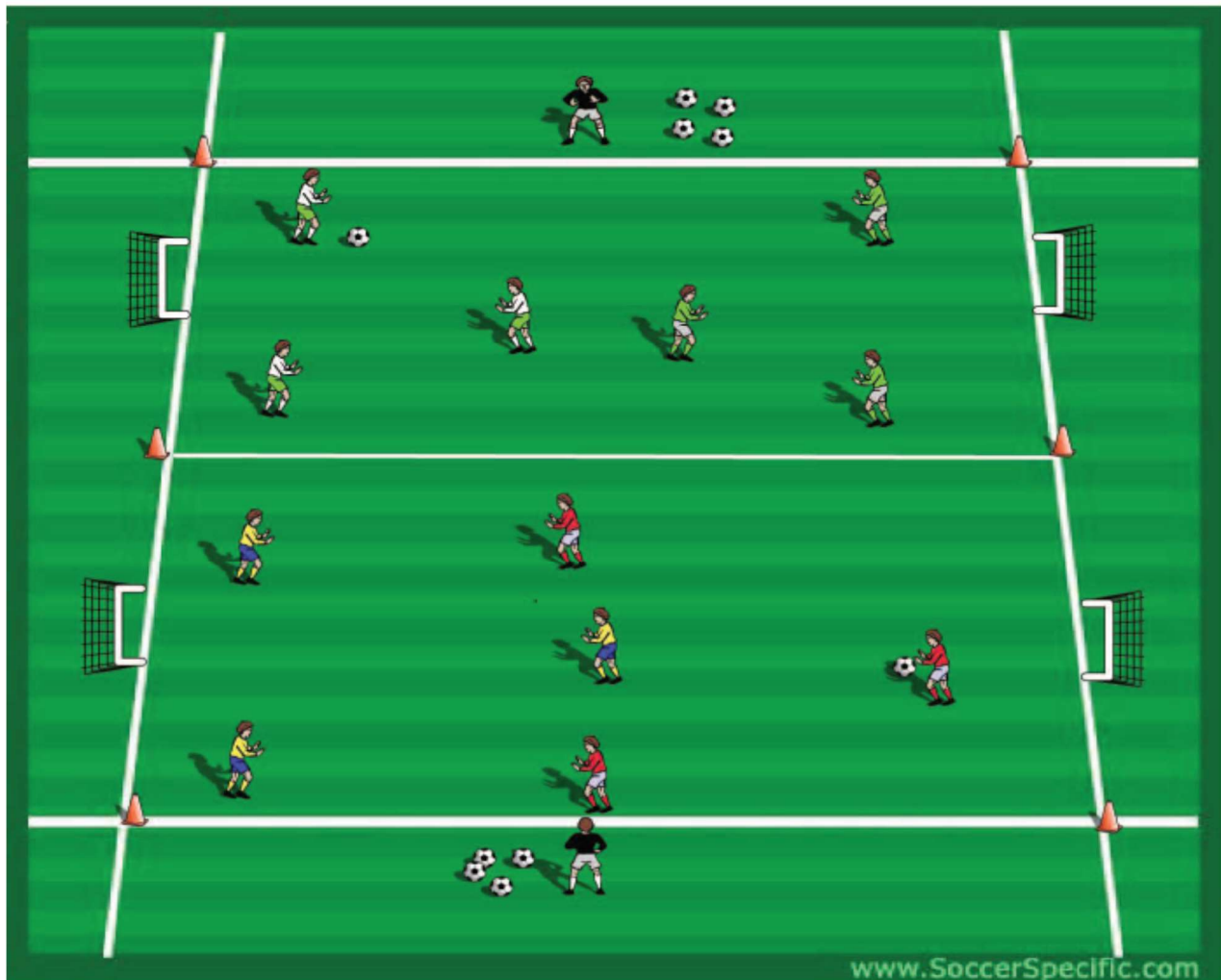
Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com



Recreation Coaching Sessions U9 – U10: Week 6

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.

Dedicated to the Development of Our Youth, Through Soccer

Visit www.millvillesoccer.com