



# Recreation Coaching Sessions

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**U9 – U10: Week 7**

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## Recreation Coaching Sessions U9 – U10: Week 7

### Dribble Tag



#### Dribble Tag

**Purpose-** To improve dribbling skills with both feet.

#### Organization

Using a 30 yard square, break the group into six dribblers and six statue players. The six dribblers attempt to go around as many statues as possible during a set time period.

#### Progression

The statues stand so that a ball may be played between their feet. The players dribble around the grid and make passes through the statues feet.

Ask ten players to dribble around the grid, while two players attempt to tag them. Once tagged the players become a statue and can only move once someone has passed a ball through their feet.

#### Coaching Points

Get your head up and look around in between touches.

Keep a low centre of balance when changing direction.

Use rapid changes of direction and pace to avoid being tagged

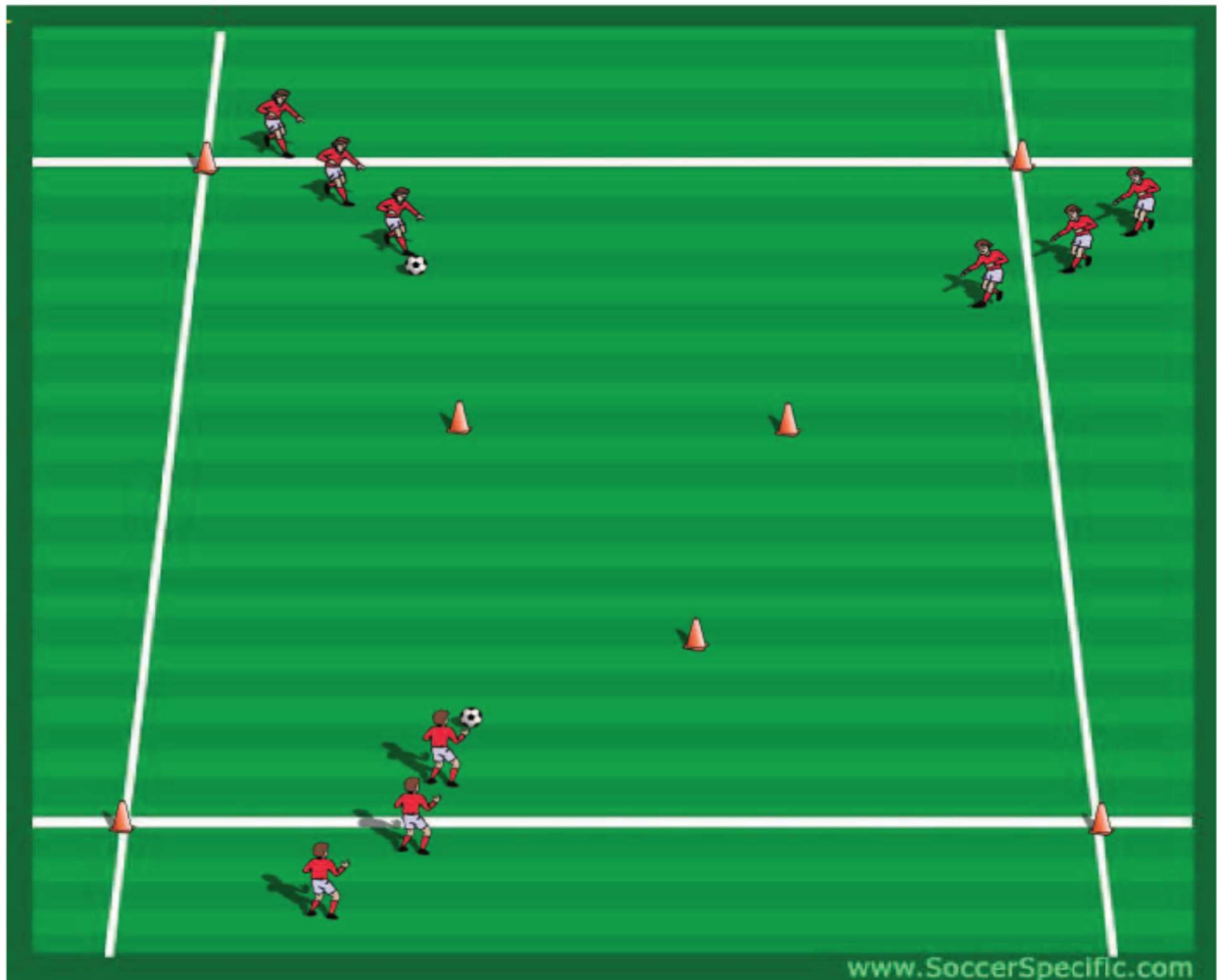
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### Triangle Dribble



#### Triangle dribble

Purpose- To improve dribbling skills with both feet.

#### Organization

The group works in a circle 20 yards in diameter. Three players have soccer balls and begin by dribbling towards the three cones in the centre circle. The dribblers must exit the triangle through a different side to the one they came through. Once they exit the triangle they look up and make a pass to a teammate on the perimeter.

#### Progression

Players enter the triangle dribbling with their right foot and exit using their left.  
Players must dribble completely around two cones.

#### Coaching Points

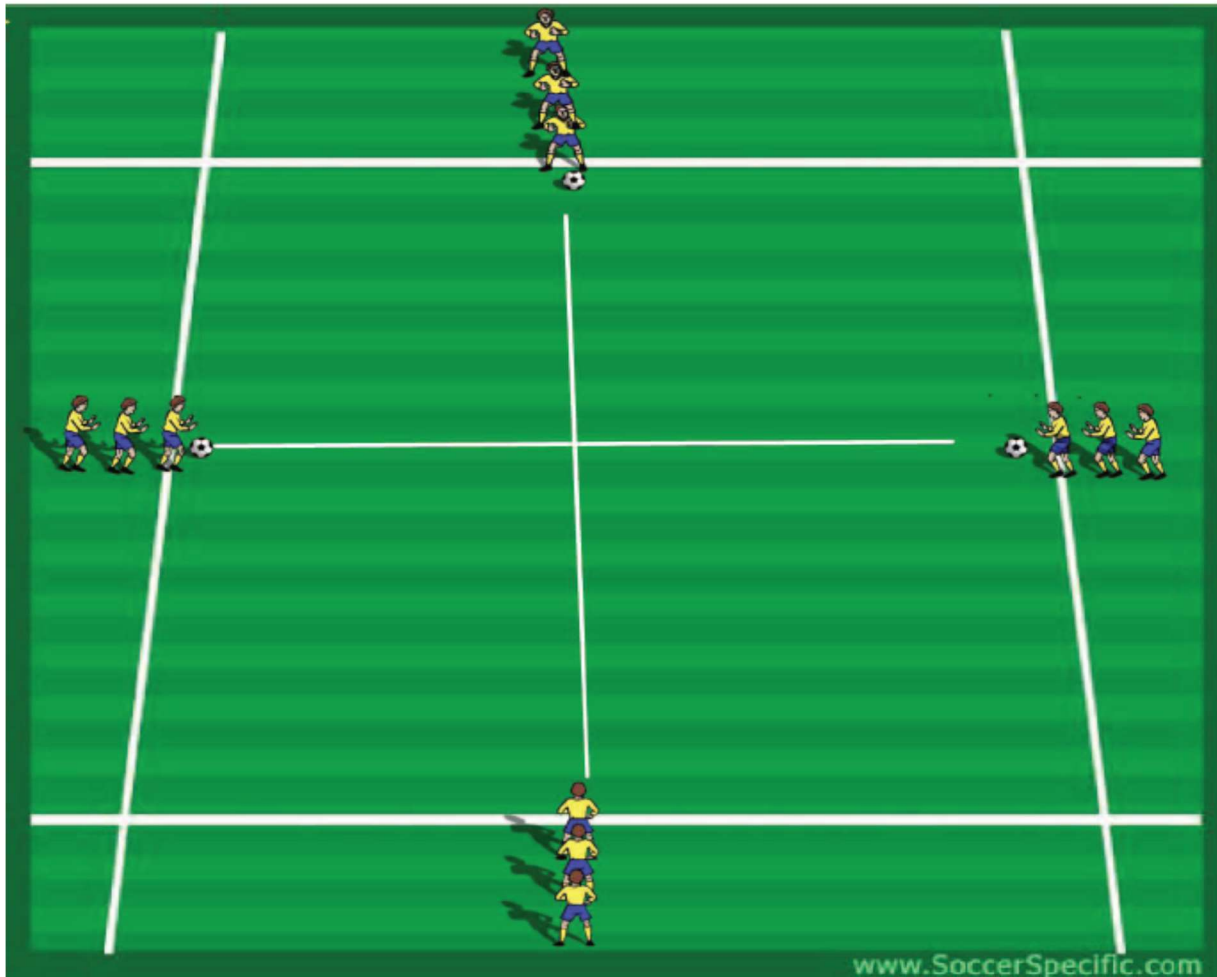
Use gentle touches with the inside, outside and top of the foot.  
Keep the knees slightly bent.  
Get your head up to look for other players dribbling close to you.

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### Cross over Dribble



#### Cross Over Dribble

Purpose- To improve dribbling skills

#### Organization

Divide the players into four groups and station each group on the four sides of a 20 yard square. Each player has a ball. One player from each line begins by dribbling across the grid to the opposite side. They must dribble through the middle of the grid, forcing them to have to have negotiate their way through the three other players.

#### Progression

The dribbler must make a pass to the next player in line immediately after crossing the half way point.

Dribblers now come across two at a time.

#### Coaching Points

Keep the ball moving, however keep it close enough to stop or cut quickly if needed.  
Slow down in areas of high traffic and be prepared to cut left to right to avoid contact.  
Look up and around frequently between touches for other players and the half way line.

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## Conditioned Game 7v7 Plus Goalkeeper



Conditioned Game 7v7 plus goalkeepers.

Play for 20 minutes working on the topic you have worked on at practice.

Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

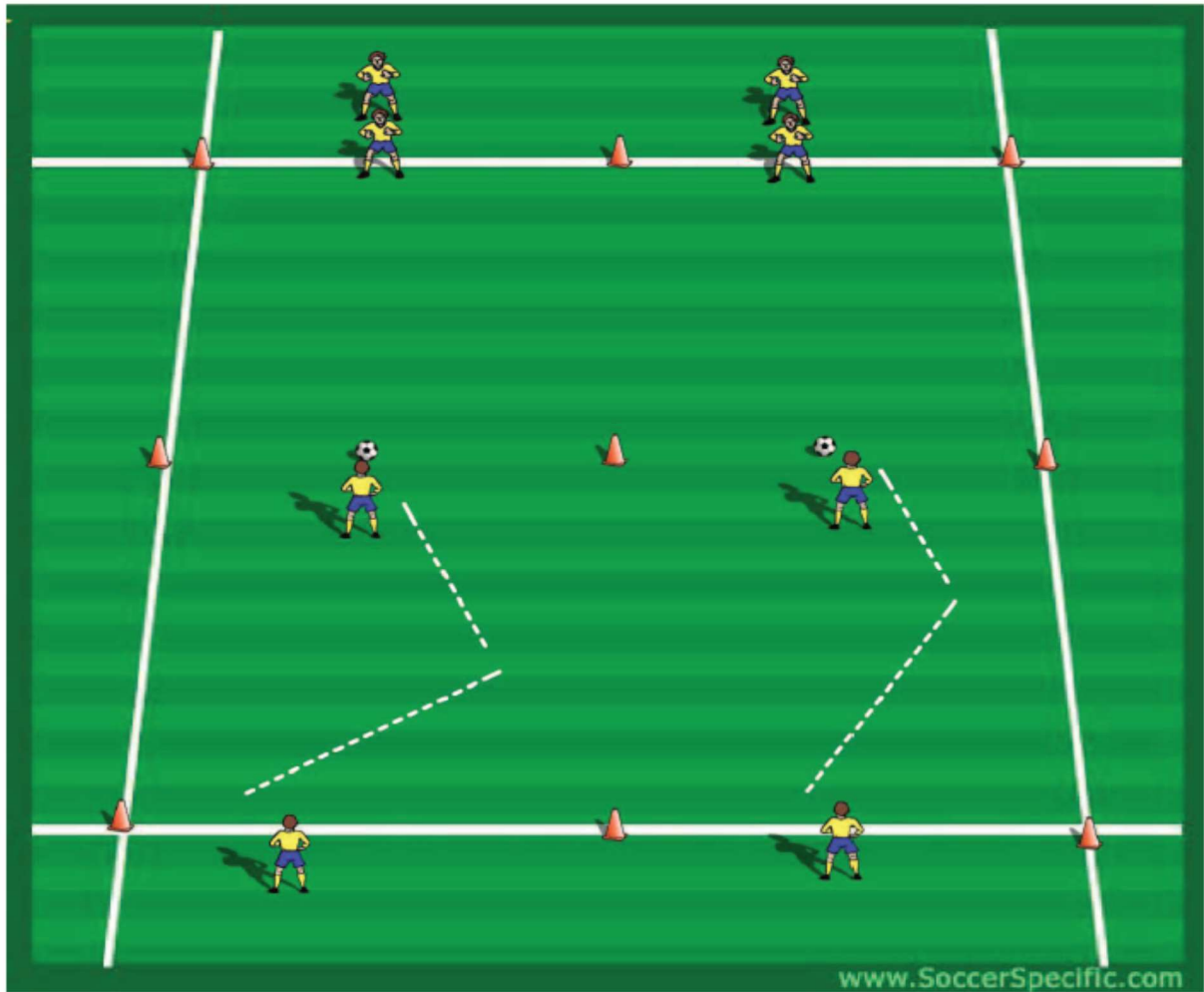
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## Recreation Coaching Sessions U9 – U10: Week 7

### Dribble and Pass



#### Dribble and Pass

Purpose- To improve dribbling skills, passing skills and keeping head up.

#### Organization

Divide the players into groups of 4, two players at each end of the 20yard long grid. The first player dribbles 3/4 of the distance across the grid and passes to the next player in line and follows their pass.

#### Progression

Ask the players to make longer passes from 1/2 way across the grid.  
Ask players to dribble to the side and make diagonal passes.

#### Coaching Points

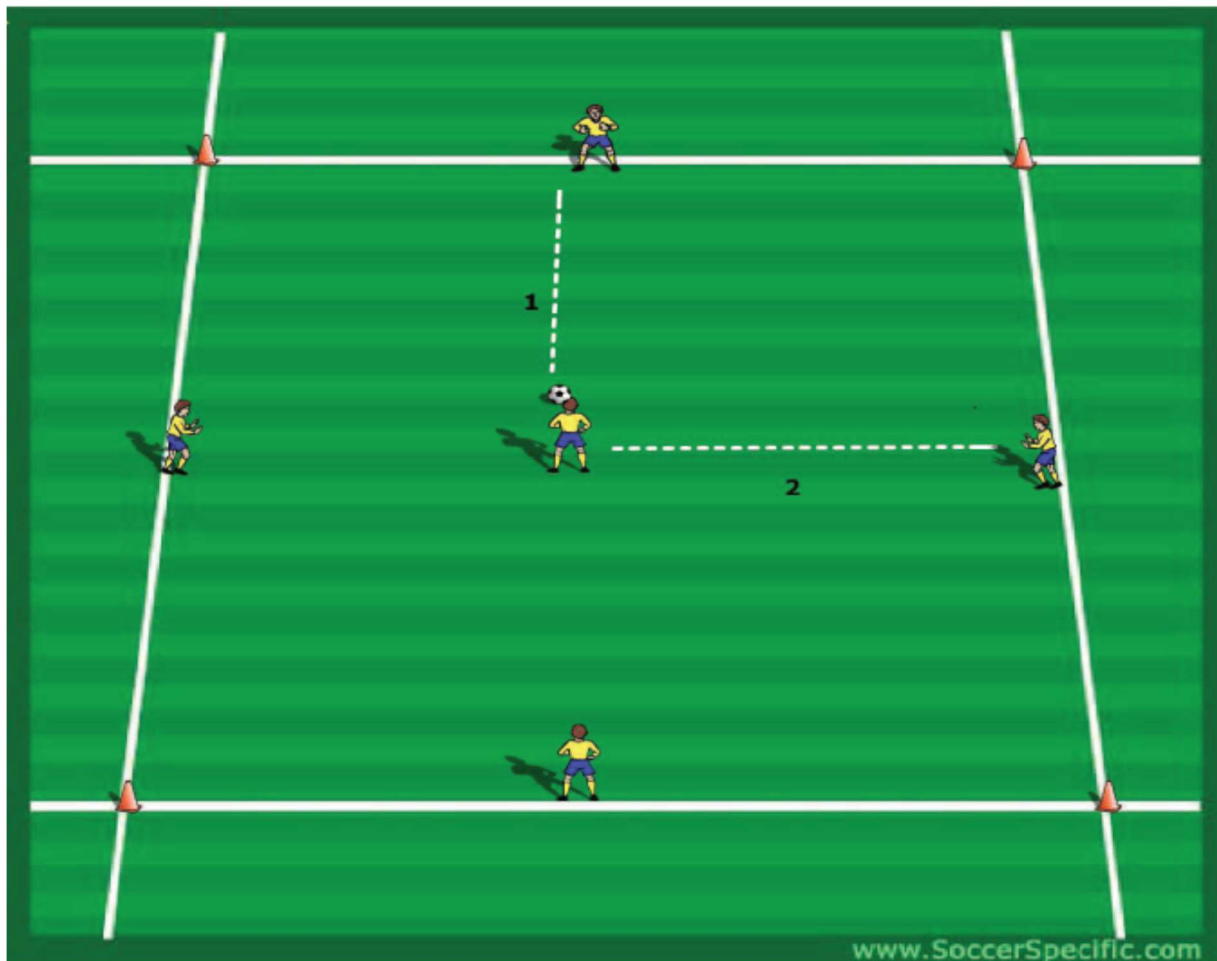
Watch the ball carefully as it approaches you, then look in the direction that you pass.  
Lock your ankle throughout the pass & use your arms to balance.  
Roll the ball with the inside of the foot.  
Turn your body slightly sideways and keep your knees bent.

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### Passing Square



#### Passing Square

Purpose- To improve passing and movement

#### Organization

Area 20x20

Players are divided into two groups, with one man positioned in the middle of each smaller group. Players on the outside pass to the middleman, who must redirect the pass then pass to an open player.

Each player works in the middle for 30 seconds.

#### Progression

Add a second ball, which is passed as soon as the middle player has laid off the previous pass. The passer must call to the middle player and wait for them to turn and face them before passing.

#### Coaching Points

Develop a soft first touch with the inside or outside of the foot.

Look up at the player, you are going to pass to, to ensure they are ready.

Move slightly towards the ball and redirect it without stopping.

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### 6v2 Possession



#### 6v2 Possession

**Purpose-** To improve Possession as a team

#### Organization

Players are divided into two groups, with one half inside the 20x30 yard grid and the other half around the perimeter. The inside players pass and move around the grid. The perimeter players come into the grid in pairs for 30 seconds. If the two defenders get the ball they attempt to clear it over either end line to win the game.

#### Progression

Limit offensive players to two touches.

Offensive players must make four passes to score a point.

#### Coaching Points

Players should move into space and supporting positions.

Be aware of defenders and take first touch away from pressure, away from defenders.

Move the ball quickly

Look for passes that split through the middle of the defenders.

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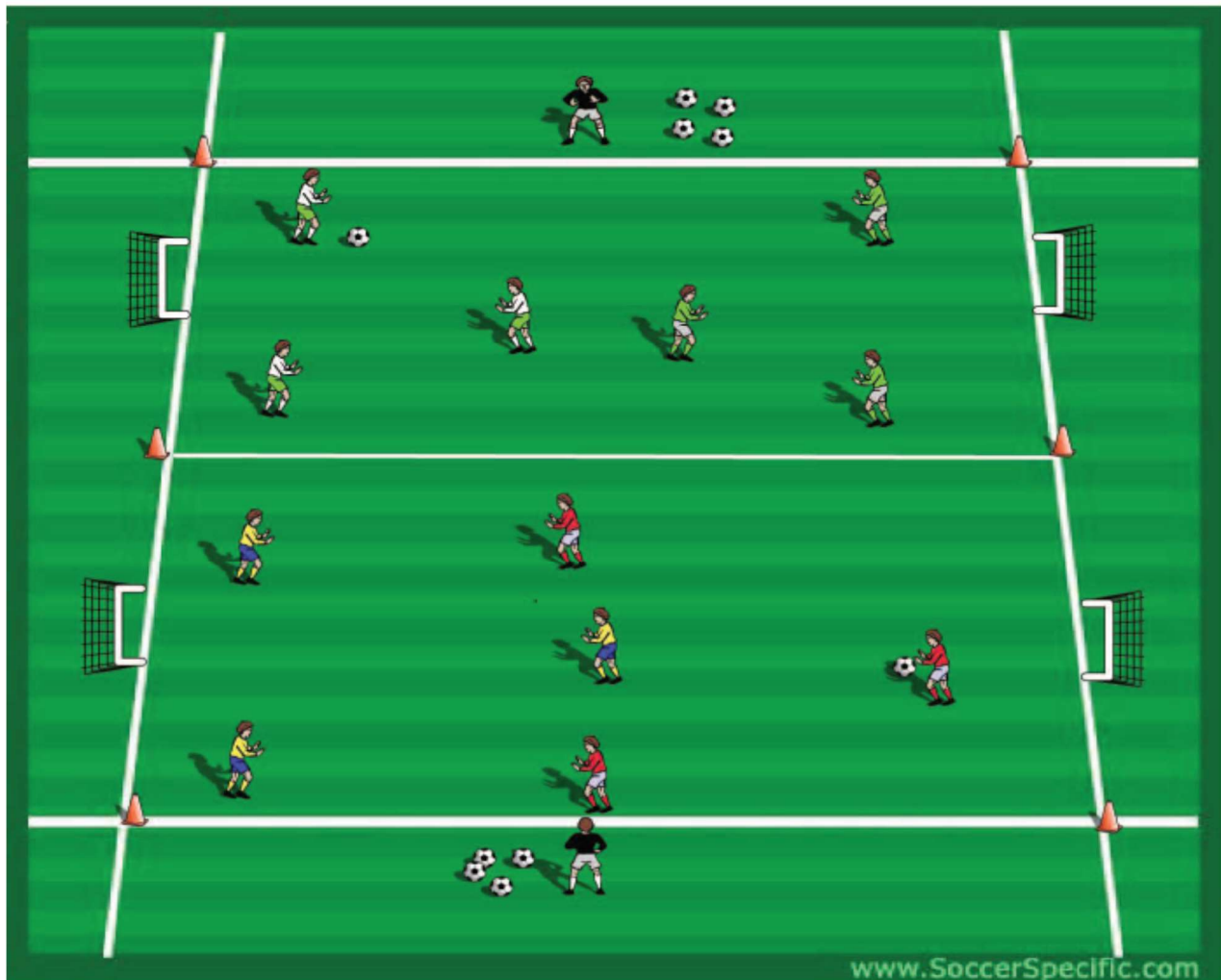
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### Small Sided Scrimmage



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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