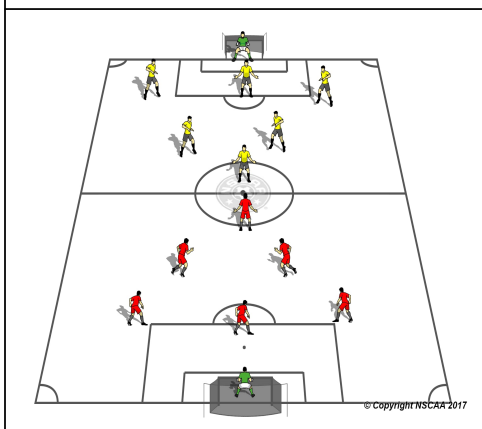
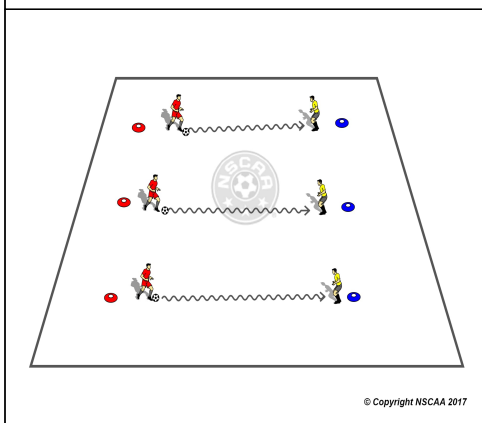
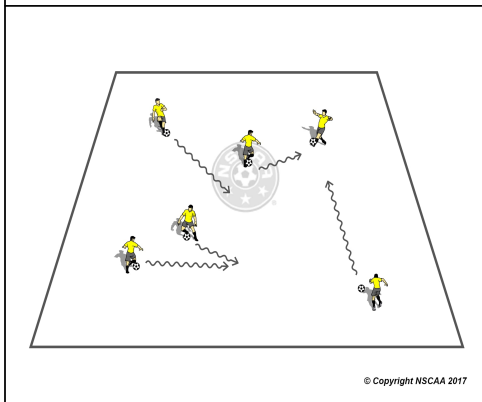
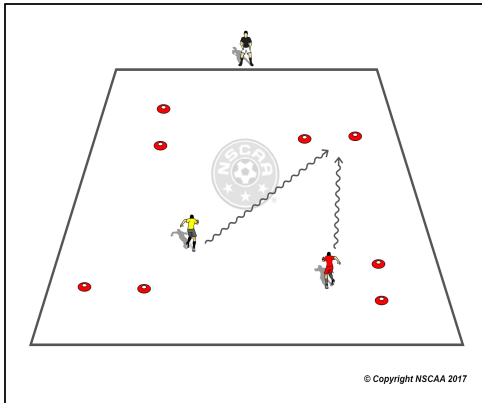


U9/10 Week 1



WARM-UP

| Organization | Key Coaching Points |
|--|--|
| <p>GATE RACE (10-15min) 20x25 grid Set up several gates within a grid. Kids dribble around and coach randomly points to a gate. All the kids dribble through that gate. Kids try not to be last through the gate and try not to hit other balls or players</p> <p>Objectives: -Touch-Balance-Movement-Vision</p> <p>Progression: -Only using left foot/right foot -Only using inside/ outside/ bottom -When you say "turn" they need to turn and go the opposite direction -Keep body between cone and ball</p> | <p>-Keep ball close to cone -Slow down if needed -Use all parts of your foot</p> <p>Discovery Question: -What happened when you went faster? -How did you get through the gate without losing control of the ball?</p> |

ACTIVITY 1

| Organization | Key Coaching Points |
|---|---|
| <p>KNOCK OUT (10-15min: 1-2 minute rotations) 20x25 Grid Every player dribbling a ball. Try to kick other players' balls off the field. If your ball stops rolling or is kicked out, then you must do two juggles before you return to the game.</p> <p>Objective: -Keep ball rolling-Shielding-See ball through the bottom of your eyes (Head Up)</p> <p>Progression -Start with one or two players without the ball as it. Can you hold onto the ball?</p> | <p>-Body between ball and other players -Controlling ball with various parts of foot -Use of field/space</p> <p>Discovery Question: -How did you protect your ball? -How did you attack someone else's ball? -How did you do both at the same time?</p> |

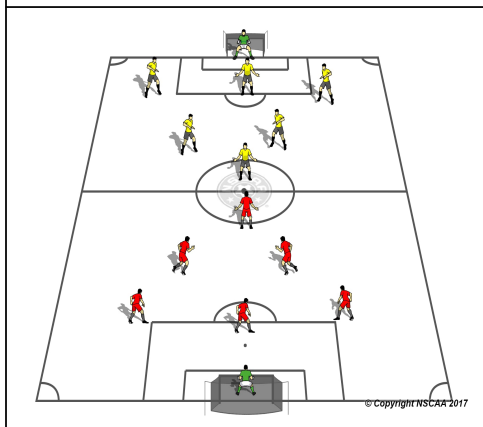
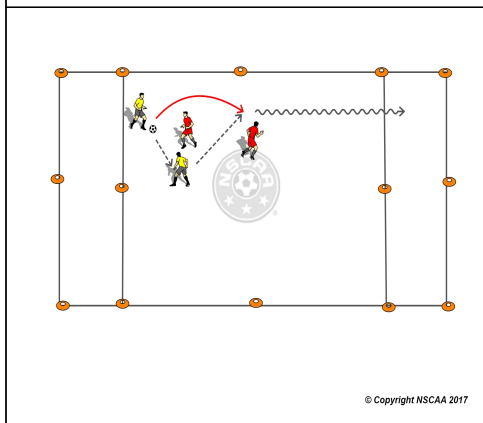
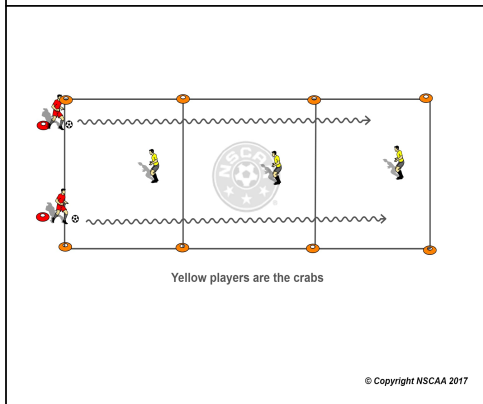
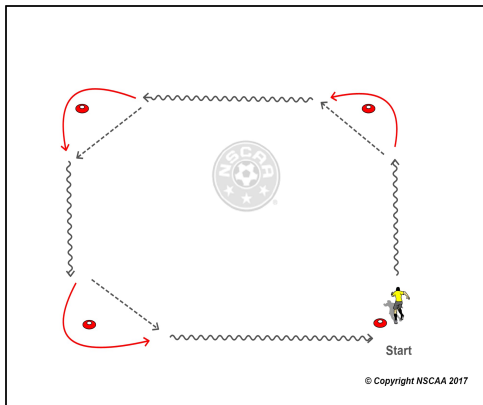
ACTIVITY 2

| Organization | Key Coaching Points |
|---|---|
| <p>1v1 (15-20min) Kids play 1v1 toward cones that are about 15 yards apart. No guarding of cone, defender must play 1v1</p> <p>Objective: -Keep ball close -Balance during contact -Proper use of long and short dribbling</p> <p>Progression -Move cones further away or closer -Tell kids they can go to either cone</p> | <p>-Use all parts of your foot -Keep head up so you can see the cone</p> <p>Discovery Question: -How did you protect the ball? -When did you use long dribbles? short dribbles?</p> |

GAME

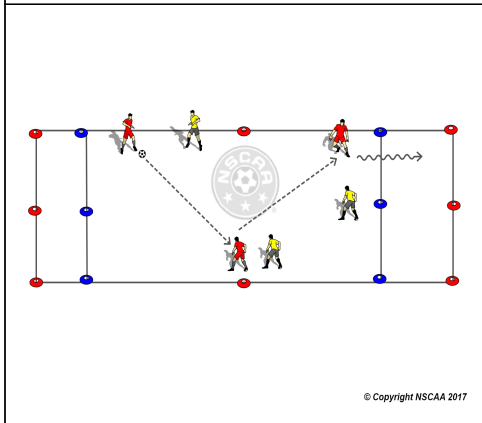
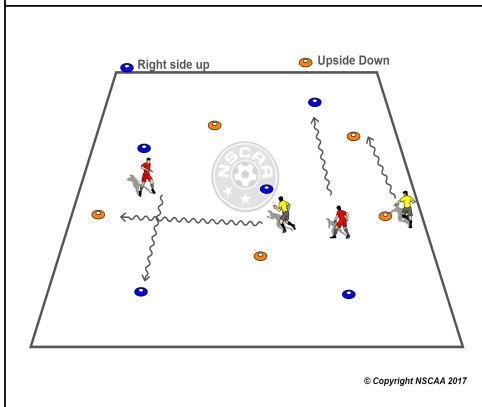
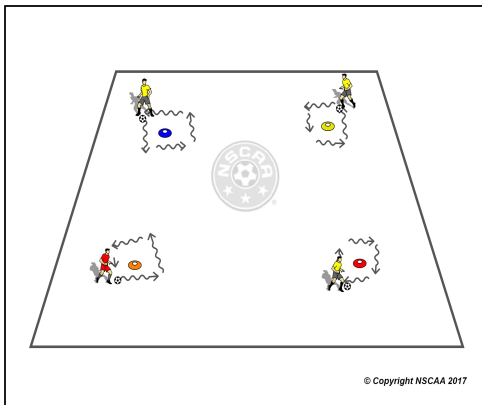
| Organization | Key Coaching Points |
|---|--|
| <p>7v7 with goalkeeper. (20-25min) Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have. 3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p> | <p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: At this age kids are starting to understand width. Spreading out is a concept they will start grasping.</p> <p>HOMEWORK Pick an object (like tree) dribble around it 10 times with both feet. Then 10 using only right foot, left foot.</p> |

U9/10 Week 2



| WARM-UP | |
|--|--|
| Organization | Key Coaching Points |
| <p>DRIBBLE AND PASS TO SELF (10-15min) 10x10 squares. Player starts at position 1 and dribble toward cone. At position 2 player passes to position 3. Player runs around cone and collects the pass they made to themselves and then dribbles to next cone and repeats. 3-4 players at each square.</p> <p>OBJECTIVE: -Movement-Spatial awareness-Ball control</p> <p>-Proper touch on ball</p> <p>Progression</p> <p>-Change direction</p> <p>-Have one player going one direction and another player going the opposite direction (so they have the potential to run into each other)</p> | <p>-Anticipating and thinking ahead</p> <p>-Proper pace and distance on ball</p> <p>-Change of speed</p> <p>Discovery Questions:</p> |
| ACTIVITY 1 | |
| Organization | Key Coaching Points |
| <p>CRAB POT (10-15min) 3 (10x10) squares</p> <p>Make several grids (pots) and have a crab in each of them (players hands and feet on the ground with their stomach up). Players need to dribble from one pot to another without a crab kicking their ball out. Crabs need to stay in their own "pot."</p> <p>OBJECTIVE: -Decision making</p> <p>-Use of dribbling moves -Proper dribbling pace</p> <p>Progression:</p> <p>-More than one crab in the pot</p> <p>-Cones that kids need to avoid</p> | <p>-Keep head</p> <p>-Plan ahead</p> <p>-Use moves such as scissors, change speed etc.</p> <p>-Use entire "pot"</p> <p>Discovery Question:</p> <p>-What moves worked well?</p> <p>-What parts of the foot did you use?</p> |
| ACTIVITY 2 | |
| Organization | Key Coaching Points |
| <p>2v2 EITHER END ZONE: (15-20min) 5x15 endzone, 20x15 central zone.</p> <p>Kids can score by dribbling into any endzone. Every team starts with ball. Play 1 minute rounds. How many times can you get it endzone to endzone "under control?" (Ball can't ever be more than 5 yards from a player)</p> <p>OBJECTIVE: -Decision making on when to change direction -Trying various cutbacks and experimenting -Changing speed</p> <p>Progression: 2v2 game with teams playing against eachother. 1 minute rounds</p> | <p>-Proper technique</p> <p>-Looking for open space</p> <p>-Use heel, sole and outside of foot to turn and cut back</p> <p>-Short dribble and long dribbles</p> <p>Discovery Question:</p> <p>-What part of the foot did you use when changing direction?</p> <p>-What are some of the reasons you may change direction in a game?</p> |
| GAME | |
| Organization | Key Coaching Points |
| <p>7v7 with goalkeeper. (20-25min)</p> <p>Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards</p> <p>4v4=30x35 yards</p> <p>5v5=1/2 field sideline to sideline</p> <p>- Have fun</p> <p>- Point out any of the above objectives to kids as they are playing</p> | <p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER:Have cones and pennies out and organized prior to the start of practice.</p> <p>HOMEWORK: Have kids do the dribble and self pass 20 times</p> |

U9/10 Week 3



WARM-UP

| Organization | Key Coaching Points |
|--|---|
| <p>CIRCLE CONE (10-15min) Every player w/ a ball and w/ a cone. Have kids dribble around the cone as close as they can. Objective:-Touch -Balance -Movement Progression -Only using left foot/right foot -Only using inside/ outside/ bottom -When you say "turn" they need to turn and go the opposite direction -Keep body between cone and ball</p> | <ul style="list-style-type: none"> -Keep ball close to cone -Slow down if needed -Use all parts of your foot |

ACTIVITY 1

| Organization | Key Coaching Points |
|---|--|
| <p>SNOW CONE (10-15min) Make 2 15x 15 yd grids with equal number of kids. One grid have cones scattered upright & other grid cones upside down. Kids dribble flipping cones over so they match the side they started on. Kids can dribble into any of the two grids. Keep time and see which side as most. Objective:-Decision making-Change of direction -Ball control-Communication Progression: -Must have foot one ball when flipping cone -Specify type of dribble</p> | <ul style="list-style-type: none"> -As you are at one cone already be looking for the next -Communication. Let teammates know which one you are taking -Using outside of foot when going faster and inside or sole when slowing down. <p>Discovery Question: -When is the closest cone not the best option? -What did you need to do as you got closer to a cone?</p> |

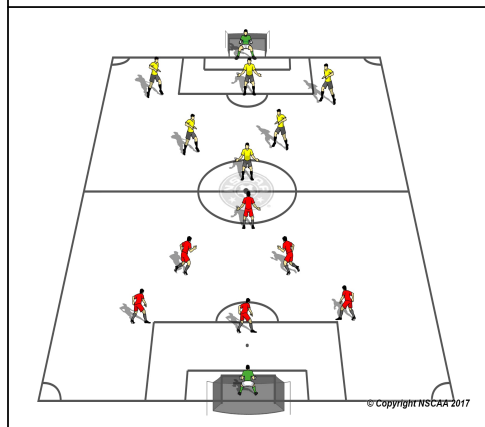
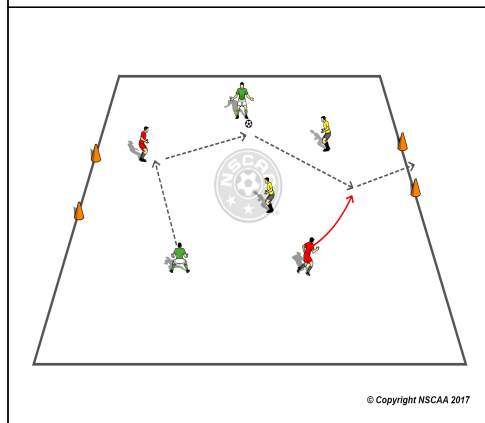
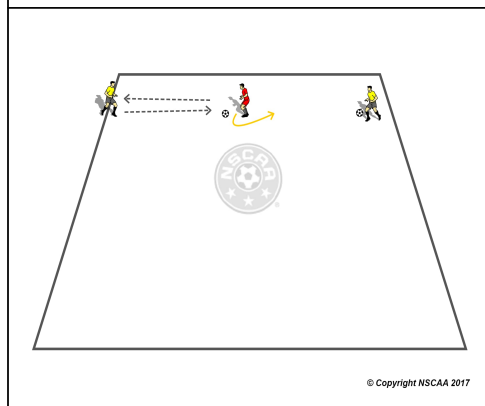
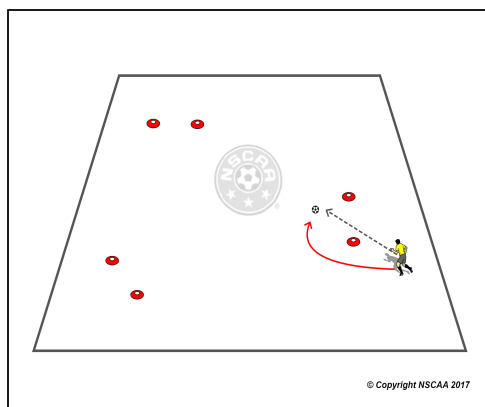
ACTIVITY 2

| Organization | Key Coaching Points |
|--|---|
| <p>3v3 EITHER END ZONE: (15-20min) Make a 20x15 grid that has two 5x 15 endzones. Kids can score by dribbling into any endzone Objective: -Decision making on when to cutback (forward isn't always best choice) -Trying various cutbacks and scissors -Changing speed Progression: -Teams have a specific goal they go to -Every player must touch the ball before scoring</p> | <ul style="list-style-type: none"> -Slow and correct is better than fast and wrong -Explode after making a move or changing direction <p>Discovery Question: -When was it good to turn and go the opposite direction? -When you had the ball what did you teammates need to do to help you?</p> |

GAME

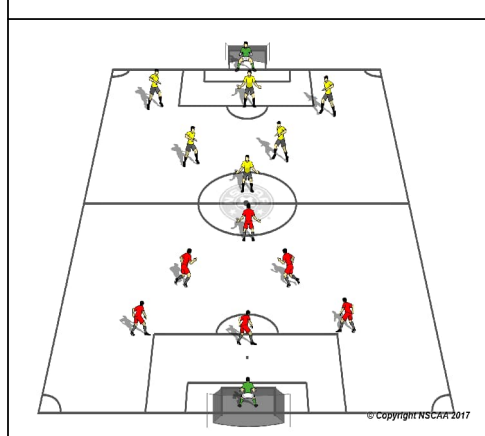
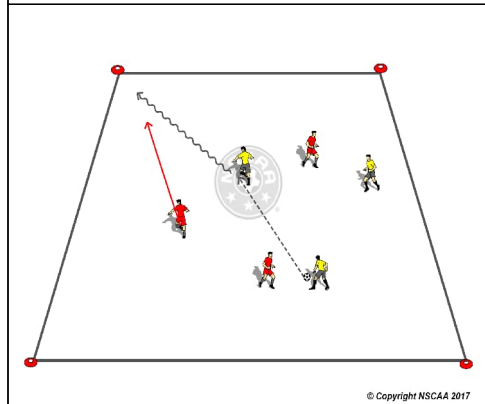
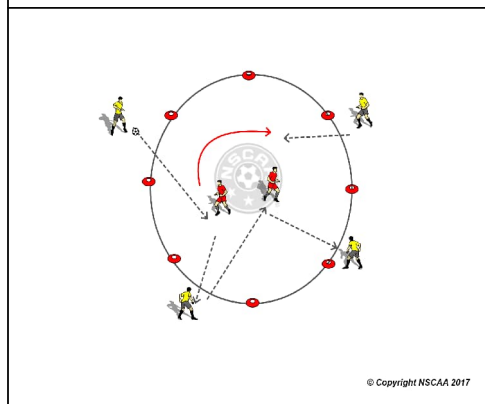
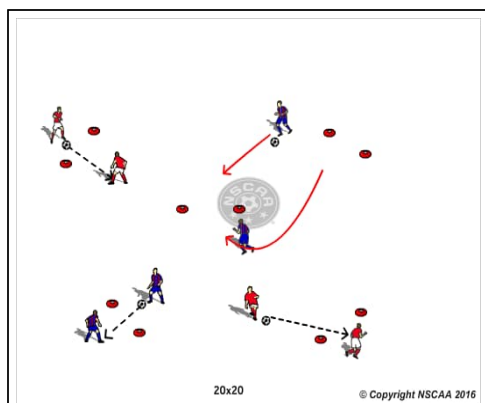
| Organization | Key Coaching Points |
|---|---|
| <p>7v7 with goalkeeper. (20-25min) Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have. 3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> | <ul style="list-style-type: none"> - Limit comments to one or two of the above coaching points <p>COACHING REMINDER: Establishing a "team culture" through a few routines helps kids feel ownership and pride.</p> <p>HOMEWORK: Circle cone 20 times each way or how many times can you do in a minute</p> |

U9/10 Week 4



| WARM-UP | |
|--|--|
| Organization | Key Coaching Points |
| <p>GATE PASS TO SELF (10-15min) Players dribble in grid and then pass the ball through a gate. After passing they run around the gate and collect the ball. OBJ: - Proper technique -Accuracy -Change of speed -Pace of ball</p> <p>Progression: -Specify how the ball must be struck</p> | <p>-Ankle locked, non-kicking foot toward target, Head up -Proper pace on the ball</p> <p>Discover Question: -Where do you need to strike the ball? Why? -How did you have to run right after the pass?</p> |
| ACTIVITY 1 | |
| Organization | Key Coaching Points |
| <p>3 PERSON PASSING (10-15min) Two outside players have the ball. Player in middle receives pass from one player and then passes back to same player. Middle player then turns and receives pass from other player and returns pass. (use cones to mark spots) OBJ: -Moving toward ball to receive-Keeping ball on ground-Movement after the pass Progression: -One touch-time them and see how many pass they can get in-Fake turn one way and then turn the other -Outside players can do throw ins to center</p> | <p>-Keep body moving "on toes" -Use both feet -Play ball to side in order to turn -Turn with the ball</p> <p>Discovery Question -Why do you need to move forward to receive the pass</p> |
| ACTIVITY 2 | |
| Organization | Key Coaching Points |
| <p>2v2 w/ 2 NEUTRALS (15-20min) Make a 20x20 grid and have 3 sets of pairs. 2 of the pairs play 2 v2 while the other set of pairs is always offence. So it is essentially 4v2 all the time. After a certain amount of time switch the neutral team. OBJ: -Triangles -Moving to create options -Passing to space Progression: -Neutral players can only play wide (you can make a channel for them) -Limit neutral players touch</p> | <p>-Forward is not always the best option -Movement off the ball, don't stand -Check in check out -Make good passes to players feet or into space for them to run onto -Dribble until defenders put pressure on you</p> <p>Discovery Question: -How did you try and get open when you didn't have the ball?</p> |
| GAME | |
| Organization | Key Coaching Points |
| <p>7v7 with goalkeeper. (20-25min) Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have. 3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p> | <p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: Continue to ask them about terms such as: offence, defense, goal side, touch line, end line etc...</p> <p>HOMEWORK: Dribble around the yard using only the inside of your feet. Then using only the outside</p> |

U9/10 Week 5



WARM-UP

| Organization | Key Coaching Points |
|---|---|
| <p>GATE PASSING: (10-15min) Set up numerous small goal with cones about 1-2 yards apart. Kids partner up and have one ball between them. They dribble around and then pass to their partner through a gate. Then dribble and pass into another gate.</p> <p>Objective: -Technique while moving (Just this light running will be a challenge to keep technique correct)</p> <p>-Preparing ball for pass</p> <p>-Make sure your partner can receive the pass</p> <p>Progression:</p> <p>-See how many they can get in 30 seconds</p> <p>-Only inside foot, only outside, only left, etc...</p> | <p>-Non-kicking foot is key in this activity</p> <p>-Keeping the ball on the ground makes it easier to receive</p> <p>-Proper pace to get through the gate</p> <p>Discover Question:</p> <p>-What did you have to do after making a pass? After receiving a pass?</p> <p>-What were the easiest balls to control?</p> |

ACTIVITY 1

| Organization | Key Coaching Points |
|---|---|
| <p>POPCORN PASSING: (10-15min) About 2/3 of kids outside a grid or circle the other 1/3 inside. Inside group has a ball. They pass the ball out to someone on the outside and then move to receive a pass from a different outside player. Then play to another person on the outside and repeat.</p> <p>Objective: -Turning-Vision-Communication</p> <p>-Technique</p> <p>Progression:</p> <p>-Limit touches -Put a defender in the circle</p> <p>-No talking</p> | <p>Easy to receive passes: on the ground, with pace, at players feet</p> <p>-Call for the ball when you want it</p> <p>-Don't stop the ball dead, turn with it, redirect it</p> <p>-Quick step after first touch</p> <p>Discovery Question:</p> <p>-What part of the foot did you use to turn the ball?</p> <p>-What did you say when you wanted the ball? (if you played no talk what hand signals did you use?)</p> |

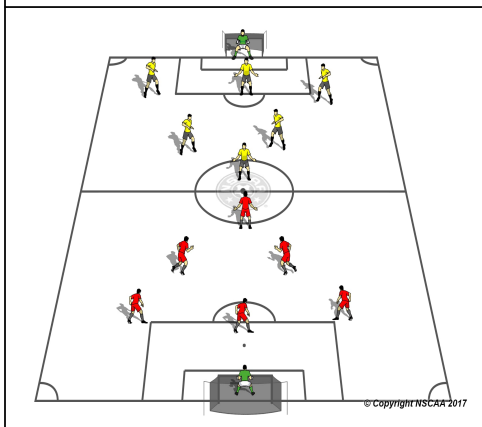
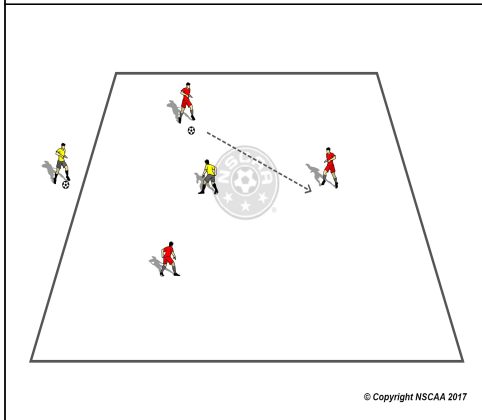
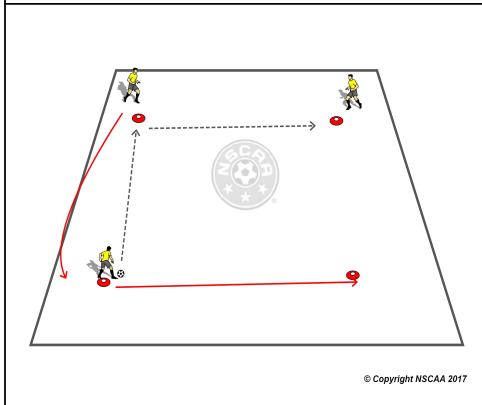
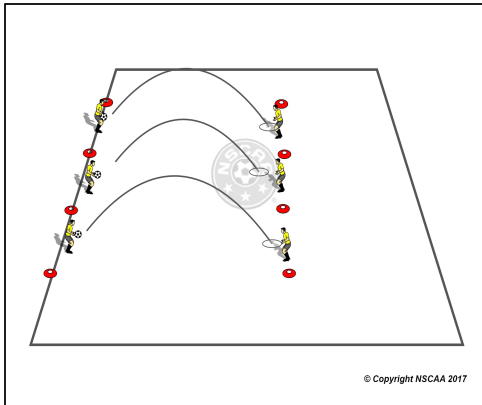
ACTIVITY 2

| Organization | Key Coaching Points |
|--|--|
| <p>4 CORNER GOALS (15-20min) Set up a grid with a cone at each corner. Each corner cone is a goal. Play 3v3 and teams can go to any of the 4 goals.</p> <p>Objective: -Movement to space & playing ball to space</p> <p>-Changing direction</p> <p>-Triangles</p> <p>Progression</p> <p>-Play 3v2 or 3v1</p> <p>-Limit touches</p> <p>-Limit cone options</p> | <p>-Changing direction is sometimes a good option</p> <p>-Keep moving. If you stand still you are easy to defend</p> <p>-Options are not always in front of you.</p> <p>Discover Question:</p> <p>-When did you have to change the goal you were going to?</p> <p>-How did you get open and ready to receive a pass?</p> |

GAME

| Organization | Key Coaching Points |
|--|--|
| <p>7v7 with goalkeeper. (20-25min)</p> <p>Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards</p> <p>4v4=30x35 yards</p> <p>5v5=1/2 field sideline to sideline</p> <p>- Have fun</p> <p>- Point out any of the above objectives to kids as they are playing</p> | <p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER:</p> <p>What does good effort look like to you as a coach? Do the kids know what you expect of them? Are the kids encouraging each other in their effort?</p> <p>HOMEWORK</p> <p>Do 20 tick-toks (Passing the ball to from one foot to the other while standing right above it). See if you can do 20 in less than 10 seconds.</p> |

U9/10 Week 6



WARM-UP

| Organization | Key Coaching Points |
|--|--|
| <p>EGG DROP (10-15min) 2 pairs w/ one person from each team at a cone (cones 10 yds away). Each team throws ball to teammate. Receiving person takes one touch and tries to drop ball closest to cone. Point for closest ball.</p> <p>Objective: -Technique</p> <p>-Various parts of the body being used</p> <p>-Movement</p> <p>Progression:</p> <p>-Can go to 2 touch if 1 touch not working.</p> <p>-Receiving player face away. Throwing player serves ball and then says turn.</p> | <p>-Stay on toes</p> <p>-Go to the ball and then relax</p> <p>-Get behind the ball</p> <p>Discovery Question:</p> <p>-How does staying on toes help?</p> <p>-What parts of the body worked best?</p> |

ACTIVITY 1

| Organization | Key Coaching Points |
|--|--|
| <p>Triangle Passing and Receiving</p> <p>4 cones in a 10x10 square.</p> <p>3 players pass the ball clockwise, or counter clockwise, and then move to the open cone.</p> <p>Objective:</p> <p>-Moving to open space</p> <p>-First touch</p> <p>-Check in check out</p> | <p>-Triangles: Key to creating options</p> <p>-Move after pass to create option for receiving player</p> <p>-Check shoulder, move to create space in front of cone.</p> <p>-Prepare body to receive the ball in direction you want to go.</p> <p>-First touch in direction you want to go,</p> <p>-Pace and accuracy</p> |

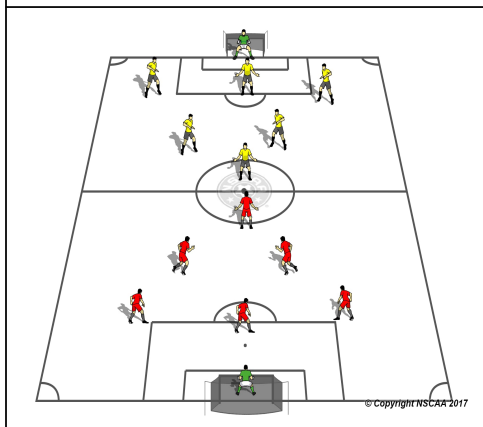
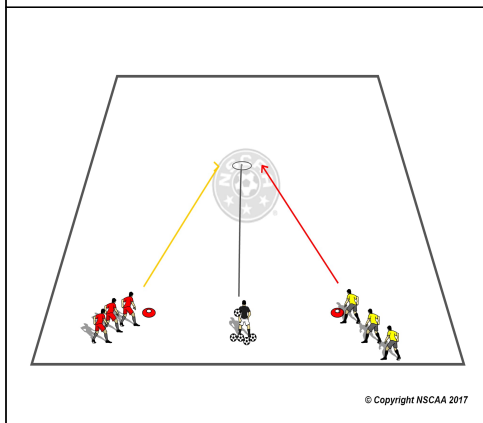
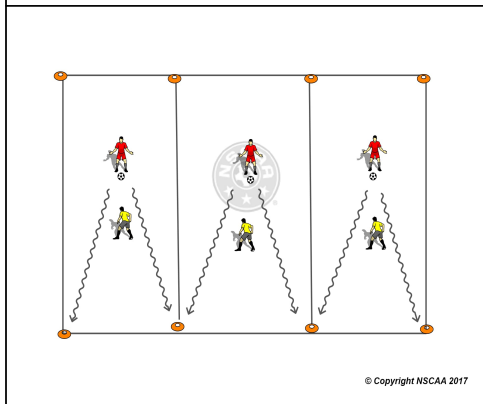
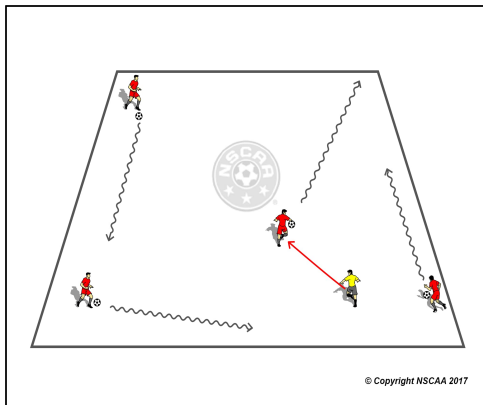
ACTIVITY 2

| Organization | Key Coaching Points |
|--|--|
| <p>3v1 KEEP AWAY (15-20min)</p> <p>3 Players in a grid pass to one another and keep it away from a 4th player who is the defender. If the 4th player kicks it out of the grid they change places with the player who last touched the ball</p> <p>Objective: -Moving to open space</p> <p>-First touch</p> <p>-Check in check out</p> <p>Progression</p> <p>-Play 3v0 so kids have a chance to pass and move without pressure</p> <p>-Defender can only hop or move as a crab</p> | <p>-Triangles: Key to creating options</p> <p>-Move after pass to create option for receiving player</p> <p>-Check shoulder, move to create space in front of cone.</p> <p>-Prepare body to receive the ball in direction you want to go.</p> <p>-First touch in direction you want to go,</p> <p>-Pace and accuracy</p> <p>Discovery Question:</p> <p>-What did you have to do to get open?</p> |

GAME

| Organization | Key Coaching Points |
|--|--|
| <p>7v7 with goalkeeper. (20-25min)</p> <p>Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards</p> <p>4v4=30x35 yards</p> <p>5v5=1/2 field sideline to sideline</p> <p>- Have fun</p> <p>- Point out any of the above objectives to kids as they are playing</p> | <p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER:</p> <p>During halftime rather than tell the kids what is going well or bad ask them what they are doing well and what they are doing bad.</p> <p>HOMEWORK:</p> <p>Juggle 20 times with feet only and 20 times with thighs only.</p> |

U9/10 Week 7



WARM-UP

| Organization | Key Coaching Points |
|--|---|
| <p>SHARK TANK (10-15min) Kids dribble in a grid or circle. One person is it and tries to tag dribblers.</p> <p>Objective:-Vision -Spatial awareness -Keep ball close</p> <p>Progression: -To make it easier for dribblers have two sharks. They must hold a penny between them and therefore run together. Which ever shark tags someone they become a dribbler -Create a "safe beach" just outside the circle or grid. Only one kid in there at a time and when a kids enters the other must leave</p> | <p>-Use arms for balance and to protect ball -Keep head up and scan -Don't be afraid to try something</p> <p>Discovery Question: -What did you have to do to keep the shark from you? -When did you keep the ball close to you?</p> |

ACTIVITY 1

| Organization | Key Coaching Points |
|--|---|
| <p>CORNER CONES (10-15min) Set up grids next to one another. Pairs play 1v1 in grids. The cones are the goals and players can go to any of the 4 cones</p> <p>Objective:-Change direction -Moves -Decision making -Creativity</p> <p>Progression: -Limit the number of cones they can go to</p> | <p>-Use body to faint -Various parts of the foot -Change speed, quick step</p> <p>Discovery Question: -Did you ever change the cone you were going to? Why? -What move did you do to change direction</p> |

ACTIVITY 2

| Organization | Key Coaching Points |
|---|---|
| <p>BATTLE BALL (15-20min) Form 2 lines. Throw ball out and first person from each line goes to the ball. Players try and win ball and then pass back to coach. If defender wins ball then they try and pass it back to coach</p> <p>Objective:-Attacking -Turning -Vision</p> <p>Progression: -Have more than one player go after ball -After throwing ball move 5-6 yards to a different spot</p> | <p>-Move into path of over play as you get to the ball -Body between defender and ball until you can turn -Use faints and change of speed -Take the little opening either with a dribble or pass</p> <p>Discovery Question: -How did you know where the defender was? -How did you find me to make the pass to?</p> |

GAME

| Organization | Key Coaching Points |
|--|---|
| <p>7v7 with goalkeeper. (20-25min) Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have.</p> <p>3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline</p> <p>- Have fun - Point out any of the above objectives to kids as they are playing</p> | <p>- Limit comments to one or two of the above coaching points</p> <p>COACHING REMINDER: If the kids ask you a question about the rules of the activity or something else you have already explained tell them to talk with a teammate and figure out the answer.</p> <p>HOMEWORK: Dribble around yard and anytime you come close to an object do a move and pretend you get by the defender.</p> |