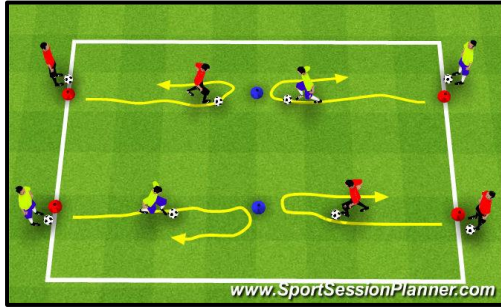
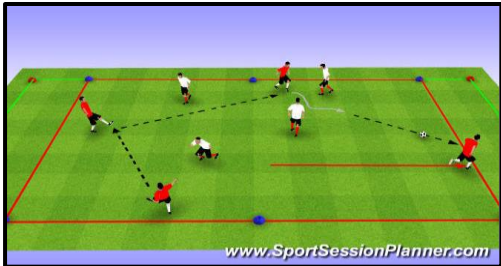
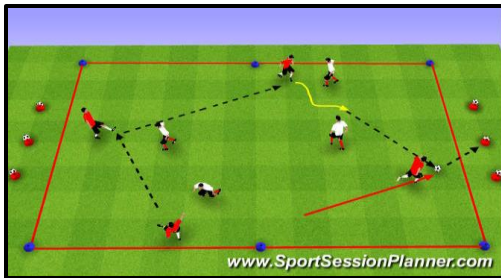
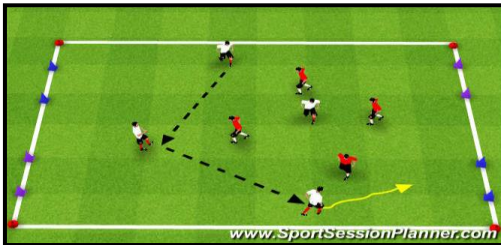




2014 - U10 - Spring Lesson Plan - Week 1



Topic: Conditioned Games

Stage	Activity Description	Diagram	Coach Interventions
<p>Warm Up</p>	<p>Ball Mastery – Inside and Outside of the Foot: Place 3 cones in a line with the middle cone 7-10 yards from the end cones and two players by each end cone with a soccer ball each. At coach’s command, they will go from their cone to the middle and back. At coach’s command the players will... 1. Dribble with inside & outside of the foot 2. Dribble with laces, laces, inside outside of the foot 3. Inside, inside, outside of the foot 4. Outside and inside with both</p>		<ul style="list-style-type: none"> • What should the player say while performing the task? • Where should your eyes be looking? • How far should the ball be from you?
<p>Activity 2</p>	<p>4v4 to End Zones: In a 20Wx25L yard grid, place an End Zone of two yards wide along each end line. Players will score by dribbling and stopping the soccer ball in the End Zone. Defenders can’t defend in the End zone.</p>		<ul style="list-style-type: none"> • What surface of the foot should you use to receive the ball? • What surface of the foot should you use to pass the ball? • When do you pass vs when do you dribble? • What do you do when you do not have the ball?
<p>Activity 3</p>	<p>4v4 Hit the Ball Off the Cone: In a 20Wx25L yard grid with a 2 yard end zone, place 3 soccer balls on top of three cones. Two cones are about 5 yards from the corners and one is central. Place a soccer ball on each cone. Two teams of 4 players each will try to score by knocking the soccer ball off the cone. Scoring: Hit the ball on the cone: 10 points - If the soccer ball goes between the cones: 1 point No players are allowed in the end zone.</p>		<ul style="list-style-type: none"> • What shape do we make when we attack? Why do we do this? • When do we run with the ball vs when do we pass the ball • When do we strike the ball towards goal? • Who slows the ball down when defending? • When do we try and win the ball back when defending?
<p>Activity 4</p>	<p>4v4 to 4 Goals: In a 20Wx25L yard grid, place a two yard goal with cones close to the corners of each end line. Players will score by dribbling or passing through any of the two goals they are attacking.</p>		
<p>Match</p>	<p>4v4 - Dual Field Scrimmage</p>	<p>Set up two fields of 20x25 yards with a 5 yd. space between them in order to keep the majority of your team playing.</p>	<p>25 minutes</p>


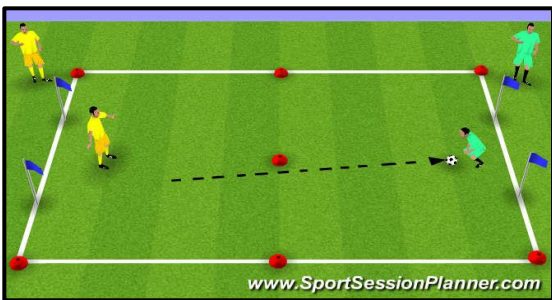



2014 - U10 - Spring Lesson Plan - Week 2



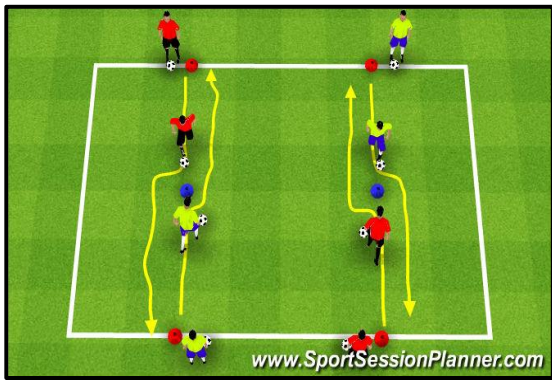
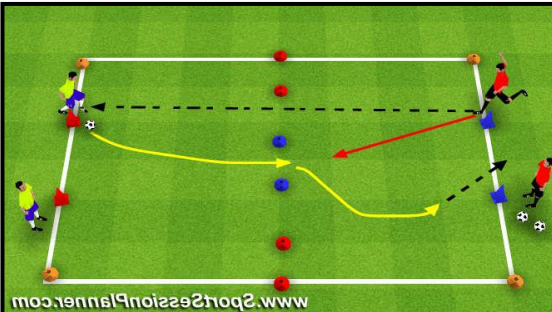

Topic: Goalkeeping Ball Handling and Footwork

Objective: To improve the technical aspects of proper handling the ball, and footwork.

Stage	Organization	Diagram	Coach Interventions
<p>Stage I Technical Warm up</p>	<p><u>Shuffle and Catch:</u></p> <ul style="list-style-type: none"> • GK's start shuffling in and out of each other within the practice box while bouncing a ball on the ground, when coach yells out: <ul style="list-style-type: none"> ○ Scoop – Players will place their ball on the floor and go and scoop another ball ○ Up- Players will toss the ball high, jump and catch the ball • Version 2: The GK's quickly find a partner and either serve them a high ball & switch balls, or roll a ball to the left or right of a partner to scoop it up, switching balls again. 		<p>Catching</p> <ul style="list-style-type: none"> • What shape are the hands when catching a bouncing ball? • When do you scoop the ball? • When do you catch the ball with your hands in a diamond shape? • Where do you place our elbows?
<p>Stage II Small Sided Activity</p>	<p><u>GK Wars (Hands Only):</u></p> <ul style="list-style-type: none"> • In a rectangle with a halfway line, place a 4-6 yard goal at each end. GK's will throw the ball at each other trying to score using any of the three services (Bowl, Baseball or Roundhouse) • When a GK gets scored on, change the GK. Or after 45 seconds. Whichever comes first. 		<ul style="list-style-type: none"> • What is the GK ready position? • When do we get in ready position? • When do we get in line with the ball? • What do our feet do to allow us to move side to side? • What service do we use to roll the ball, to throw mid high or a long ball?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>3v3+Gk's:</u></p> <ul style="list-style-type: none"> • In a 30Wx25L area place two goals with cones or corner flags. GK's will try to make as many saves as they can and distribute the ball to their team. • The players that scores becomes the new Goalkeeper 		<ul style="list-style-type: none"> • What is the GK ready position? • When do we get in ready position? • When do we get in line with the ball? • What do our feet do to allow us to move side to side? • When do the GK... <ul style="list-style-type: none"> ○ Rolls the ball? ○ Throws the ball mid high? ○ Throws a long ball?
<p>Stage IV Conditioned Game</p>	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to beat an opponent 		

Topic: Dribbling to beat an opponent

Objective: To improve the player's ability to dribble by an opponent

Stage	Organization	Diagram	Coach Interventions
<p>Stage I Technical Warm up</p>	<p>1v1 Moves and Turns: Place 3 cones in a line with the middle cone 7-10 yards from the end cones and two players by each end cone with a soccer ball each. At coaches command they will go from their cone to the middle cone and perform a move to beat the cone. The player will dribble to the middle cone and...</p> <ul style="list-style-type: none"> • Perform a Push outside, take inside • Perform a Fake- take • Perform a Circle-take • Perform an Inside Cut/Outside Hook and Drag-back (return to original cone) 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What part of the foot will you use to dribble towards the cone? • How fast do you dribble towards the cone? • When do you pull the move? • What do you do after the move?
<p>Stage II Small Sided Activity</p>	<p>1v1 To Goal: Coach set up a field 20Lx15W with a goal at each end and 3 gates across the center line. Player 1 (RED) plays the soccer ball to player 2 (YELLOW). Player 2 must dribble through 1 of the 3 gates then try to score in the goal. Player one will defend his goal, try to win the ball and score in the opposition's goal.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What surface of the foot should you use to receive the soccer ball? • Where should your first touch be? • When do you perform a move to get behind a defender? • Why will you accelerate after beating the defender?
<p>Stage III Expanded Small Sided Activity</p>	<p>2v2 + GK to Goal: Coach sets up a field 35Lx25W with a goal at each end 3 gates across the center line. Teams of 2 field players + a goal keeper on each end line. The team in possession of the soccer ball tries to score on their opponent's goal. If they dribble through any gate prior to scoring, increases by 100 points.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How do you get a defender to commit to you with the ball? • When should you dribble in this game vs when should you pass? • Where should you be when your teammate has the ball?
<p>Stage IV Conditioned Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to beat an opponent 		


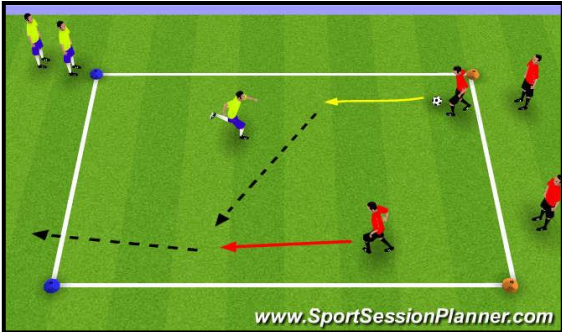



2014 - U10 - Spring Lesson Plan - Week 4




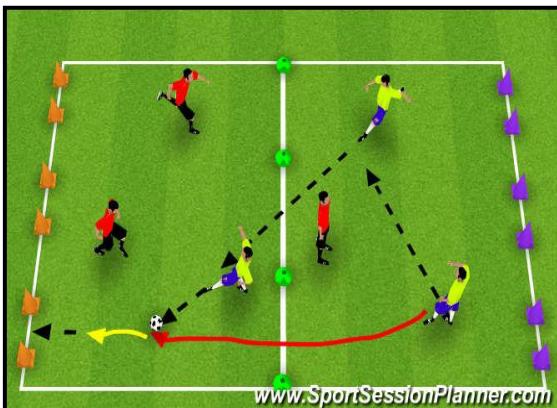

Topic: Running with the ball

Objective: To improve the player's ability to run with the soccer ball

Stage	Organization	Diagram	Coach Interventions
<p>Stage I Technical Warm up</p>	<p><u>Cone Running Competition:</u> Players will dribble out to the cone and do an inside cut around the cone. Once back to the start line, the other player will go out and repeat. Tasks: 1. Inside Cut 2. Outside hook 3. Pull back or Drag bakk</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What surface of the foot should you use to run with the ball? • When will you use the inside of the foot in this activity? Outside? Sole? • What different moves or turns can we incorporate into the activity? • How can we make this activity be competitive?
<p>Stage II Small Sided Activity</p>	<p><u>2v1 to end lines:</u> 2v1 to end lines. Two attackers against one defender. Attacking team can dribble across the end line for a point. The defender acts as a "floating" off-sides line so the attacking team stays true to the rules of the game.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • When should you dribble to beat the defender? • If my teammate is dribbling where should I be to help him? • When should they dribble vs pass?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>3v3 to goal with gates:</u> 3v3 to central goals. If a player scores on the goal, 1 point. If a player dribbles through one of the cones and passes to a teammate to score, 5 points. If a player dribbles through one of the two gates and then scores, 10 points.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Where is there space on the field to dribble? • If you cannot score centrally, where else can you score? • When should we dribble vs. pass?
<p>Stage IV Conditioned Game</p>	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and where to run with the ball 		

Topic: Passing for Penetration

Objective: To improve the player's and team's ability to make penetrating passes

Stage	Organization	Diagram	Coach Interventions
<p>Stage I Technical Warm up</p>	<p>Receive, Dribble, Pass & Combine: In a 40Lx20W yard grid with a midline, put the players in pairs. The players must use a minimum of 3 touches. The Pairs must complete 5 passes on one side of the grid and then move to the opposite side and do the same.</p> <p>Pairs must complete a combination play (overlap, wall pass, give-n-go) with their partner within their 5 passes</p> <p>Pairs must use a combination play as the way to advance into the opposite half</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What surface of the foot are you using to receive the soccer ball? • What surface of the foot are you using to pass the ball? • Where should you be to create passing lanes? • What should be your body position when supporting your teammate?
<p>Stage II Small Sided Activity</p>	<p>3v3 to 6 Goals: In a 40Lx30W yard grid with a midline and 3 goals on each end-line. Two teams play to score in the opponent's goals. The attacking team must pass to a teammate in the attacking half of the field. The attacker must time his/her run to receive the ball as the ball arrives.</p> <p>Scoring:</p> <ul style="list-style-type: none"> • Timed pass after a combination into the offensive half and score: 500 points • Receive a timed pass in the offensive half and score: 100 points • Receive a pass, dribble and score: 5 points • Dribbling into the offensive half and score: 1 point 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What runs should the front attacker make to receive a pass? • Where should you support the attacker? • Why will the attacker pass back? • When will you make forward runs into the attacking zone? • When should we dribble or pass?
<p>Stage III Expanded Small Sided Activity</p>	<p>4v4 (GK+3v3+GK) to Goal: In a 40Lx30W yard grid with a midline and goals on the end line. Two teams try to score in the opponent's goal. Any goal resulting from a pass or combination play that arrives in the offensive half at the same time as the receiver is worth 1000 points. Any other goal is just 1 point.</p> <p>Play a game to 3000 points</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Where is your teammate supporting you? • What can we say to pass the ball back? Forward? • When do you penetrate vs. possess? • When should we get involved into the attack? • What combinations should we attempt with two players involved? Three players?
<p>Stage IV Conditioned Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to make penetrating passes 		

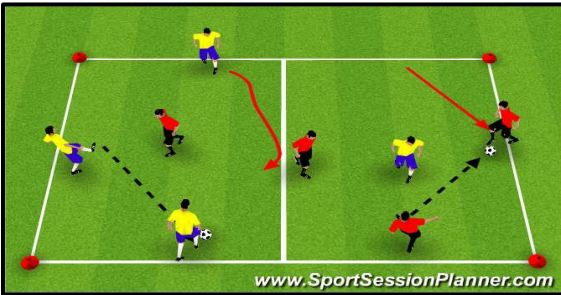
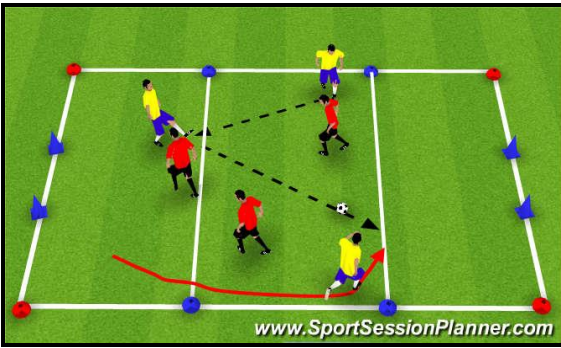
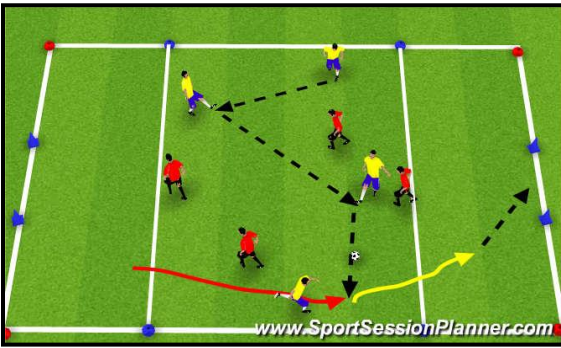


2014 - U10 - Spring Lesson Plan - Week 6



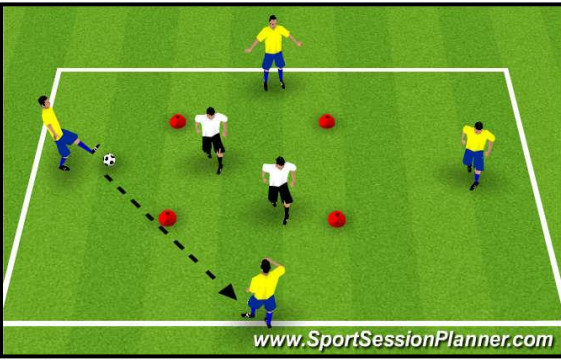


Topic: Passing for Build up

Objective: To improve the player's and team's ability to build up the attack when in possession of the soccer ball

Stage	Organization	Diagram	Coach Interventions
<p>Stage I Technical Warm up</p>	<p>3v1 Keep away: In a 12Lx10W yard grid have 3 players passing and receiving and keeping the ball away from the defenders</p>	 <p><i>www.SportSessionPlanner.com</i></p>	<ul style="list-style-type: none"> • What surface of the foot should you use to pass the ball? To receive it? • Where should you first touch go? • Where should you support the player with the ball? • What is the position of your body when supporting the player with the ball?
<p>Stage II Small Sided Activity</p>	<p>3v3 To Goals (Number of Passes): • In a 30Lx20W grid, play a 3v3 game to score in the opponent's goal. Scoring: • A goal value is equal to the passes completed before scoring in one possession. i.e. 4 passes and a goal scored – Goal is worth 4 points.</p>	 <p><i>www.SportSessionPlanner.com</i></p>	<ul style="list-style-type: none"> • Where is the angle of support? • What is the distance of support? • What does your supporting body shape look like? • What ways can you demand or ask for the ball?
<p>Stage III Expanded Small Sided Activity</p>	<p>4v4 to Two Goals (Midfield Number Passes): In a 40Lx30L grid divided into 3 thirds, play a 4v4 game to score in the opponents goal. Scoring: • A goal value is equal to the passes completed in the midfield before scoring in one possession. i.e. 4 passes and a goal scored – Goal is worth 4 points. • A goal after any combination is 10 more points</p>	 <p><i>www.SportSessionPlanner.com</i></p>	<ul style="list-style-type: none"> • When should you play the way you are facing? • When should you work to possess the ball? • When should you look to penetrate forward?
<p>Stage IV Conditioned Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when to possess and when to penetrate and create a rhythm of play 		

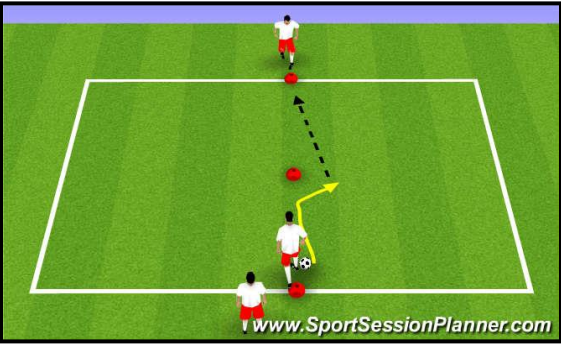
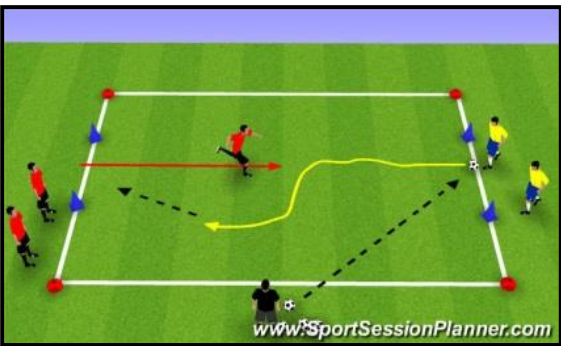

Topic: Defending Group

Objective: To improve the player's and the teams' ability to defend as a group

Stage	Organization	Diagram	Coach Interventions
<p>Stage I Technical Warm up</p>	<p>4v2 Split the Defenders: 4 Attackers pass the ball around the outside of a 7x7 square. The attackers try to pass through the square. The square has 2 defenders who play inside of the square and try to intercept any passes played through the square. Round 1: The attackers try to play through the square. Round 2: The attackers try to play through the square and also, split the defenders when possible. Defenders try to avoid allowing the ball to be played through and avoid getting split. <i>*defenders rotate every 2 minutes.</i></p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Who should pressure the ball? • What should your body position be when pressing the ball? • Where should you position yourself to intercept passes?
<p>Stage II Small Sided Activity</p>	<p>4v3 to 1Goal and Counter Goals: Coach sets up a 30Lx20W field with 2 goals at one end and 1 goal at the other. The team with 4 players attacks the end with 2 goals. The team with 3 players (defenders) can win the ball and score on the end with 1 goal. The attacking team with 4 players is limited to 3 touches. The defending team of 3 players can only intercept passes and block shots; they cannot steal the ball off the foot of an attacker. Coach will focus on the 2 players closest to the ball. Ignore the furthest defender away in this game.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Who presses the ball? • Who is providing coverage? • What body shape should the pressing defender be to make the play predictable? • What shape should the defensive team be in when the ball is... <ul style="list-style-type: none"> ○ Central? ○ On the flanks?
<p>Stage III Expanded Small Sided Activity</p>	<p>5v3+GK: Coach sets up a 45Lx35W field with a big goal at 1 end and 2 counter goals at the other. The team of 3 + GK defends the big goal and tries to score on the 2 counter goals. The team of 5 attacks the big goal. The team of 3 + GK tries to avoid getting split and/or giving up a goal. Coach will focus on the 2 defenders closest to the ball, how they work together and the roll of the 3rd defender.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What can the defenders do to make the attack predictable? • Why should the defenders be compacted? • When should defenders go for the ball vs when should they delay?
<p>Stage IV Conditioned Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and who pressures the ball and covers 		

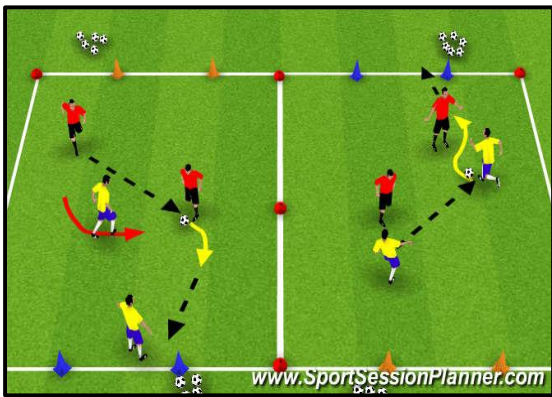


Topic: Creating Scoring opportunities

Objective: To improve the team's ability to create scoring opportunities

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p>1v0 Warm Up: Groups of 3. Each player attacks the individual cone in the middle, connects a pass to the far side, and follows his pass to the far side. Upon receiving a pass, the player again takes on the middle cone. Attack the middle cone decisively. Have a move in mind prior to starting your dribble. Change direction and then burst into open space before passing. The coach can show a move or allow the players to decide on their own.</p>		<ul style="list-style-type: none"> • What part of the foot can you use to dribble faster? • What surface are you using to get around the cone? • What surface are you using to pass the ball? To receive the ball? • Where should your first touch go?
<p>Stage II Small Sided Activity</p>	<p>1v1/2v1/3v2: In a 15Lx12W yard grid start playing 1v1 to goal. The coach is the ball master; he/she will serve the ball to any player. Start with 1v1, then 2v1 and end with 3v2. Variation: Goal scored after a combination play is worth 10 points. Every other goal is worth 1.</p> <ul style="list-style-type: none"> • Encourage players to be creative and take risks. 		<ul style="list-style-type: none"> • Where should your first touch take you? • Why would you want to make the defender get close to you? • What moves can you use or beat the defender? • What surface of the foot will you strike the ball with? • When will you release the shot?
<p>Stage III Expanded Small Sided Activity</p>	<p>5v5 +1: In a 40L x 35W yard grid, play a live 5v5 game +1 neutral player The + player is on whichever team is in possession of the ball.</p>		<ul style="list-style-type: none"> • When should we possess vs. penetrate? • What surface of the foot should we use to strike the ball... <ul style="list-style-type: none"> ○ Low ○ With power ○ With finesse • When should you try to shoot? • Why would you want to have a numerical advantage?
<p>Stage IV Conditioned Game</p>	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation: 1-2-1, 2-1-1, 2-2 or 3-2 • Play the game and encourage the players to create scoring opportunities 		

Topic: Attacking to Finish Scoring Opportunities

Objective: To improve the player's ability to finish scoring opportunities

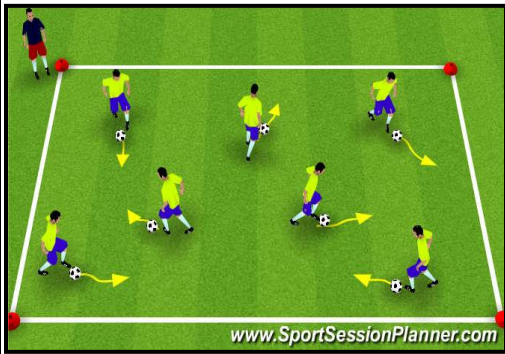
Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>2v1+1 to Small Goals:</u> In a 20L x 15W yard grid with small goals on each end-line. Teams of 2 players each will play to score in their opponents' goal The 2 attacking players will try to score while one defender will try to stop them and the other becomes a GK. As soon as the attacking team loses the ball, scores or misses the scoring opportunity they will defend and one of the players will become the GK. It is an alternating 2v1. Scoring:</p> <ul style="list-style-type: none"> • A goal: 5 points • Dribbling the GK: 10 points 		<ul style="list-style-type: none"> • What surface will you use to receive, pass or dribble the soccer ball? • When would you dribble fast forward? • What surface of the foot will you use to strike the ball and keep it low?
<p>Stage II Small Sided Activity</p>	<p><u>3v2+Gk to Goal:</u> In a 25Lx35W yard area with a goals, play with 3 attackers and 2 defenders plus a goalkeeper. The attacking team has 5 opportunities to score as many goals as they can. After the 5 opportunities the teams switch. The Coach is the ball master and will always distribute the soccer ball to the attacking team. When the defending team gets the ball they will give it back to the coach for 1 point.</p>		<ul style="list-style-type: none"> • Why do you attack the defenders front foot when engaging them? • What does it mean to connect with somebody? Who can show me what that would look like? • How would you receive the ball if you want to shoot as soon as possible? • How can you create space to take a shot? • When do you want to shoot from further away?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v3+GK to Goal and Counter Goals:</u> In a 35x35 grid with one goal on the end line with two small goals on the 35 yard line as shown in the diagram. Play 4 attackers trying to score against 3 defenders and a Gk. The attacking team has 5 opportunities to score as many goals as they can. When the defending team gets the ball, they can score in any of the two small goals on the 35 yard line.</p>		
<p>Stage IV Conditioned Game</p>	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation: 1-2-1, 2-1-1, 2-2 or 3-2 • Play the game and encourage the players to recognize when and how to finish 		



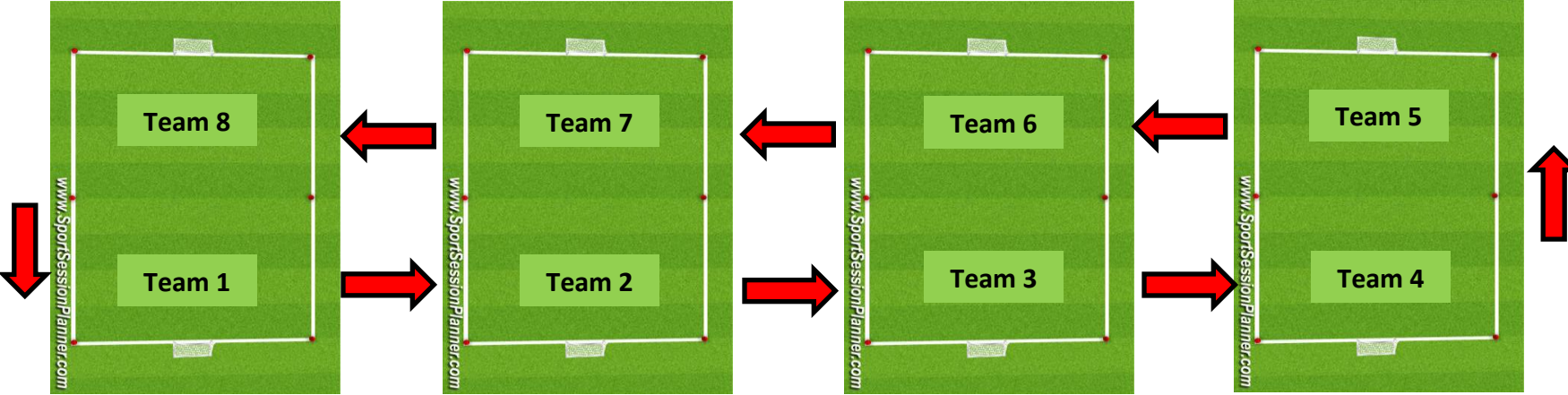
2014 - U10 - Spring Lesson Plan - Week 10



Soccer Festival

Stage	Activity Description	Diagram	Coaching Considerations
Warm up	<p>6 Surfaces: Each player has a ball. Have the players try to use the 6 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces, Bottom, Toe & Heel. Transfer the ball from the right to left foot after they play the ball with their heel. When the players display proficiency, challenge them to do it faster and in a smaller space. The sequence is:</p> <ul style="list-style-type: none"> ○ Outside of the foot touch - Inside of the foot touch - laces (push) roll back with the bottom of the foot, punch the ball forward with the toe and touch the ball behind you with the heel. Now, change feet. 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Where are your eyes looking? • What should the player say while performing the task? <p>“Outside –Inside- Laces – Bottom, Toe and Hill” Switch foot</p>

Soccer Festival

Organization	<ul style="list-style-type: none"> • The teams will: <ul style="list-style-type: none"> ○ Play 8-10 minutes games ○ Teams will have a 2-3 minutes to change fields ○ Coaches will sub on the fly ○ Teams will rotate as shown below <div style="text-align: center; margin-top: 20px;">  </div>		
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