



- U10 - Fall Season Lesson Plans

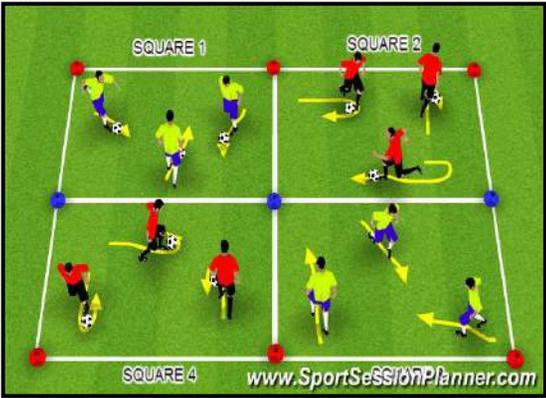
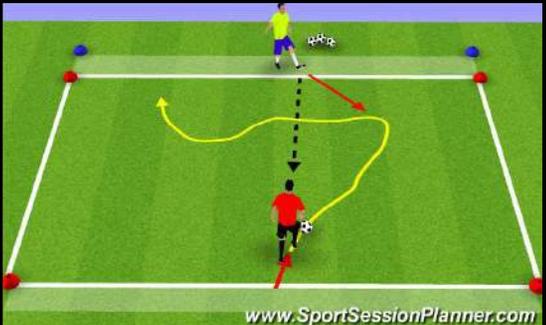


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Module 1: Dribbling

Topic: Ball Manipulation

Objective: To improve the player's ability to manipulate the Soccer ball with all parts of the foot

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>4 Squares:</u></p> <ul style="list-style-type: none"> • Area: Divide a 30Lx 25W square into 4 quadrants • Place 3-4 players in each quadrant • Procedure: Players will perform... <ul style="list-style-type: none"> ○ Square 1: inside, outside, stop and switch foot ○ Square 2: laces, lace, laces and inside of the foot cut ○ Square 3: inside, outside, stop, heel and switch foot ○ Square 4: laces, lace, lace and outside of the foot hook • Players must have at least 5 touches on the ball before performing the task again. • At the coaches command players will change squares. 		<ul style="list-style-type: none"> • What surface of the foot to use? • Where is the space to go? • How far is the ball from the player? • Where should the players eyes be?
<p>Stage II Small Sided Activity</p>	<p><u>1v1 to End Zones</u></p> <ul style="list-style-type: none"> • Area: 20Lx15W • Play 1v1 to dribble into the opponent's End Zone • Yellow will defend Red. If yellow gets the ball, then he dribbles into Red's End Zone 		<ul style="list-style-type: none"> • What surface of the foot to use to receive and dribble the soccer ball? • Where will the player's first touch be? • Where is the space to attack? • How far is the ball from the player? • Where the player's eyes should be looking? • How fast should the player dribble after he beats the opponent?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>3v3 to Scoring End Zones:</u></p> <ul style="list-style-type: none"> • Area: 35Lx 30W yard grid with a 5 yard end zone in each end with a goal placed on each end line. The goals are about 3-4 yards each • Teams play to score by dribbling into the scoring zone and either shooting or dribbling through the goal. • Score: <ul style="list-style-type: none"> ○ Shooting: 10 pts. ○ Dribbling: 100 pts. 		<ul style="list-style-type: none"> • What surface of the foot to use to receive and dribble the soccer ball? • Where will the player's first touch be? • Where is the space to go? • How far is the ball from the player? • Where should the player's eyes be looking? • How fast should the player dribble after he beats the opponent? • When and how to turn? • When to dribble when to possess?
<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 the moments to dribble 		

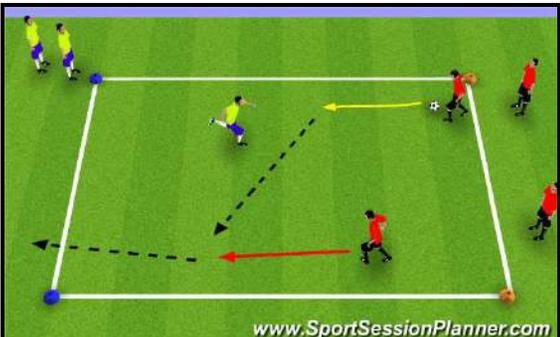
- U10 - Fall Lesson Plan - Week 2



Module 1: Dribbling

Topic: Running with the ball

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

Stage	Organization	Diagram	Guided Questions
<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. Variation 1 : Outside Cut Variation 2: pull back</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What part of the foot should the players be using? • Where on the field would this skill be used? • What should a player be doing as space is taken?
<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 the attacker continue on the dribble? • What part of the foot will the attacker use to go forward • Where should the supporting player be?
<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"> • When should the gates be utilized? • What are the visual cues to attack on the dribble? • What part of the foot is used when running with the 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 where to run with the ball 		

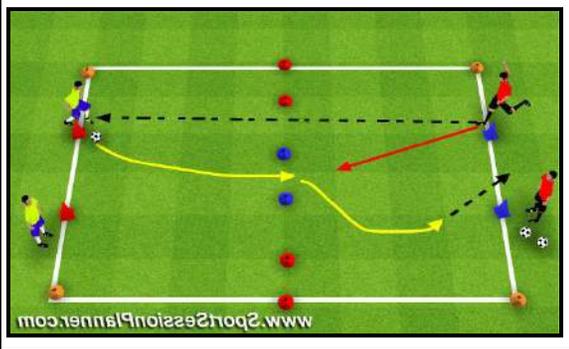
- U10 - Fall Lesson Plan - Week 3



Module 1: Dribbling

Topic: Dribbling to beat an opponent

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

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>1v1 Tag:</u> Players are divided into groups of 2. Both players have a soccer ball. Both players start standing still. One player is in charge. He must get away from his opponent. The opponent cannot move until player one puts his first touch on the ball. Once player one touches the ball, the game is live. Player 2 has 5-7 seconds to tag Player 1.</p>		<ul style="list-style-type: none"> • How can you fake out your opponent without touching the ball? • Why would you want to fake out your opponent? • When would you try this on the field?
<p>Stage II Small Sided Activity</p>	<p><u>1v1 To Goal:</u> 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>		<ul style="list-style-type: none"> • How can your first touch help you attack faster? • What moves can you use to go by a defender? • When would you do this in a game?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>2v2 + GK to Goal:</u> 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>		<ul style="list-style-type: none"> • What move will help you beat the defender and get a shot on goal? • When is dribbling a better choice than passing? • What are the benefits of starting your attack from a wide position?
<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 		

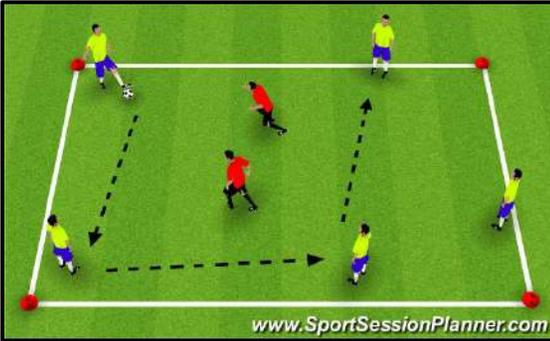
- U10 - Fall Lesson Plan - Week 4



Module 2: Passing and Receiving

Topic: Passing for Possession

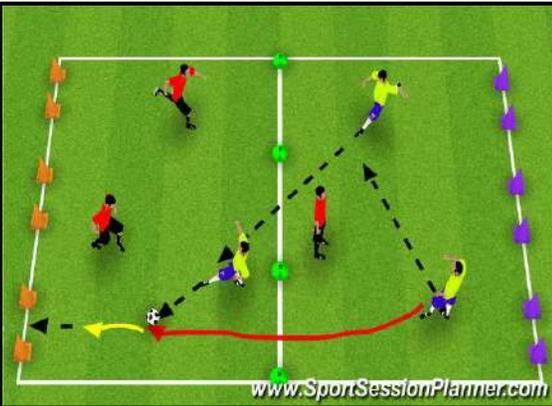
Objective: To improve the player's and team's ability to keep possession of the ball

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Control Circle:</u> Two even groups. Players in the middle pass the ball to the players on the outside and take their place on the outside. The player on the outside who receives the ball, dribble into the middle and then connect a pass to a different player on the outside. Variations: one touch passing from outside players, weak footed passes by all players, players on the outside start with the ball and the players in the middle receive and turn and pass to another teammate.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • Which part of the foot do we use for short passes? • How else can we receive the pass? • What should we be saying to our teammates to make sure they're ready to receive a pass?
<p>Stage II Small Sided Activity</p>	<p><u>4v1/5v2:</u> In a 12x12 yard grid, play 4v1 or 5v2 keep-away. The first pass is free. Any player who loses possession becomes a defender. Whichever defender has been in the middle the longest is the next one out. Attackers count their passes. They receive a point for every 7 passes made. After 7 passes, both defenders are in again. Attacking players should be mobile throughout the grid, not stationary.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How many players should be supporting? • What is a better angle to receive the ball? • How should our hips be facing to receive the ball? • When and where should we move to, to support the ball?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4 to Four Goals</u> Play a live game to 4 goals. In a 40Lx30W have the two teams play and score in any of the opponents two goals Variation: The goal is worth the number of successful passes made prior to scoring.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • If we cannot score at one goal, what should we do? • Can you go forward? What is another option? • Where should the support be right now? What kind of angle are you providing? • Where is the space you can get into? • Can we build a numbered advantage?
<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 keep the ball 		

Module 2: Passing and Receiving

Topic: Passing for Penetration

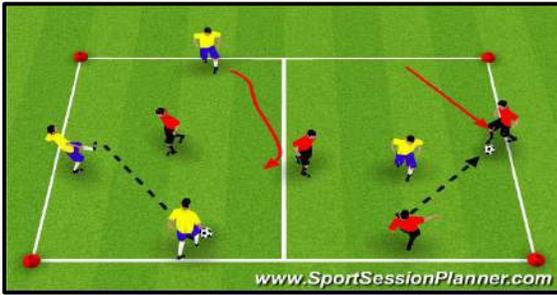
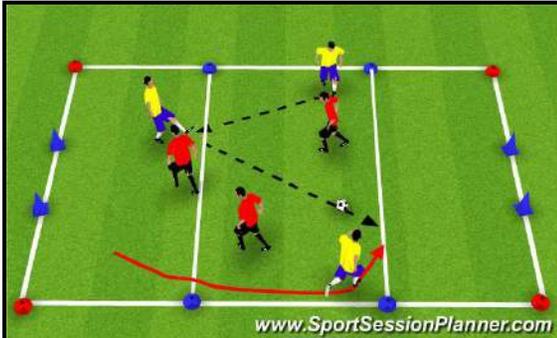
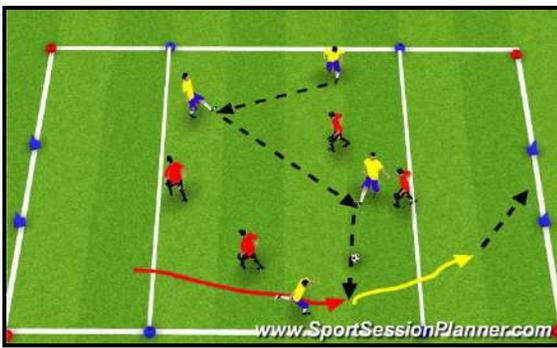
Objective: To improve the player's and team's ability to make penetrating passes

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>Receive, Dribble, Pass & Combine:</u> 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? • What surface of the ball? • Where is the Directional First touch? • Where are you looking to play the pass or the ball next? • Where and what is the angle support? • Where and what is the distance of support?
<p>Stage II Small Sided Activity</p>	<p><u>3v3 to 6 Goals:</u> 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 is your supporting body position? • How many people are involved in the combination? • What ways can you demand or ask for the ball? • When to play the way you are facing? • When and how to possess? • When and how to penetrate?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4 (GK+3v3+GK) to Goal:</u> 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. Play a game to 3000 points</p>	 <p>www.SportSessionPlanner.com</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 • Play the game and encourage the players to recognize when and how to make penetrating passes 		

Module 2: Passing and Receiving

Topic: Passing for Build up

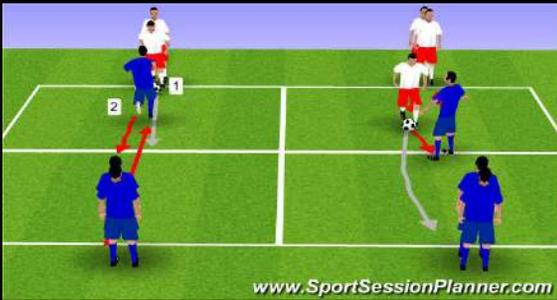
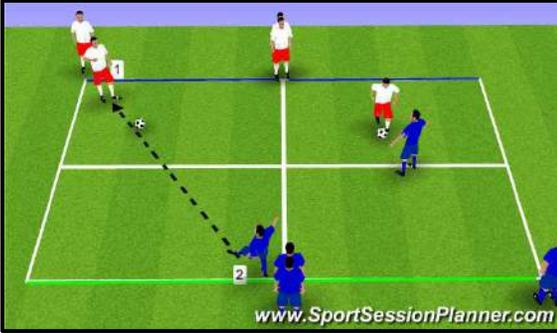
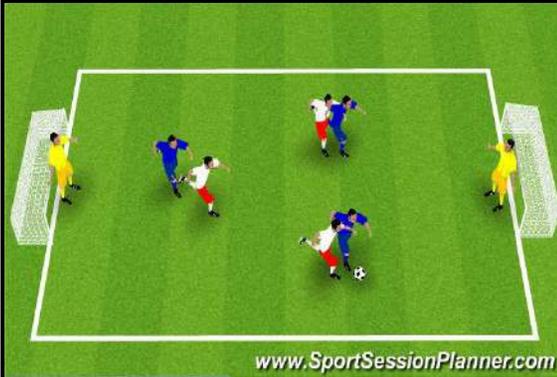
Objective: To improve the player's and team's ability to build up the attack when in possession of the soccer ball

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>3v1 Keep away:</u> In a 12Lx10W yard grid have 3 players passing and receiving and keeping the ball away from the defenders</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What surface of the foot to use? • What surface of the ball to strike? • Which direction for the first touch? • Where are you looking to play the pass or the ball next? • Where and what is the angle of support? • Where and what is the distance of support?
<p>Stage II Small Sided Activity</p>	<p><u>3v3 To Goals (Number of Passes):</u> • 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>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • What is your Supporting body shape? • How to use Mobility to get in good positions or to open passing lanes? • What ways can you demand or ask for the ball? • When to play the way you are facing? • When to possess or penetrate?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4 to Two Goals (Midfield Number Passes):</u> 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>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • When should we play fast or slow down the game? • Tempo and rhythm of play • How much of the field should we use? <ul style="list-style-type: none"> ○ Width, Depth and Height
<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 to possess and when to penetrate and create a rhythm of play 		

Module 3: Defending

Topic: 1v1 Defending and Tackling

Objective: To improve the player's ability to defend and to tackle an opponent

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>1v1 Jockeying:</u> Groups of 4 or 5. Player 1 dribbles out and gets closed down by Player 2. Player 2 gets in a defending position and jockey's player 1 back to the half way line. Player 1 moves the ball side to side making the defender twist and stay on a side in position. . No Tackling. Player 1 will then be the defender against the other blue player, practicing their defending footwork.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How should a player get close to the attacker? • What distance should a defender be away from the attacker? • What does their body stance look like? • How should their feet be moving?
<p>Stage II Small Sided Activity</p>	<p><u>1v1 Tackle:</u> Groups of 4 or 5. Player 2 (defender) plays the ball to Player 1 and closes the ball down and tries to win it. If defender wins the ball in the attacking box, 2 points. If the defender wins the ball in the defending box, 1 point. Defender gets 3 points if they win the ball and stop the ball on or past the blue line. The objective for the attacking player is to stop the ball on the green line to get 2 points. Players switch sides after each turn. Variation: Play 2 attackers v 1 defender.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How should a player get close to the attacker? • What distance should a defender be away from the attacker? • What does their body stance look like? • How should their feet be moving? • What are two types of tackles to make? • When should a tackle be made?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4 to Man to Man to 2 Goals:</u> Pair players up so they have to mark each other throughout the game. Objective is to stop your partner scoring. You can only win the ball from your partner.</p>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How should a player get close to the attacker? • What distance should a defender be away from the attacker? • What does their body stance look like? • How should their feet be moving? • What are two types of tackles to make? • When should a tackle be made? • Why is it important to stay on your feet?
<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 defend and tackle an opponent 		

Module 3: Defending

Topic: Defending Group

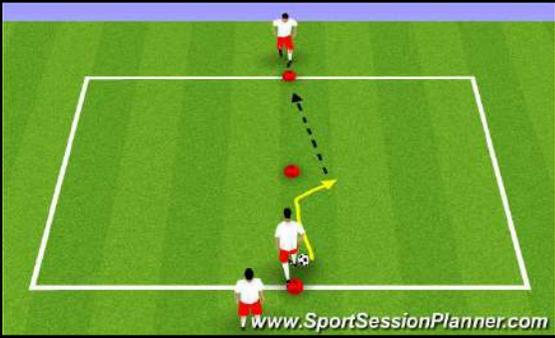
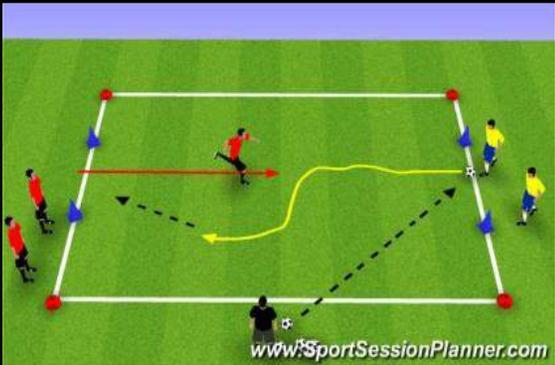
Objective: To improve the player's and the teams' ability to defend as a group

Stage	Organization	Diagram	Guided Questions
<p>Stage I Technical Warm up</p>	<p><u>4v2 Split the Defenders:</u> 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"> • Which defender should be closest to the ball? • What should your defending teammate do if you move to the ball? • How can you position yourself to intercept passes?
<p>Stage II Small Sided Activity</p>	<p><u>4v3 to 1Goal and Counter Goals:</u> 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"> • How does the player with ball influence the way you approach the ball? • How can the closest players to the ball make the play predictable? • Who presses the ball? • Who covers? • What does the defensive shape look like?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>5v3+GK:</u> 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"> • How does the angle of approach of the first defender affect the angle of the next closest person to the ball? • How can the closest players to ball avoid getting split? • Where can the defense force the ball to make the attack less dangerous?
<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 who pressures the ball and covers 		

Module 4: Attacking

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><u>1v0 Warm Up:</u> 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"> • Which part of the foot can we use to dribble faster? • How quickly can you get past the cone after a move? • Should we get closer or farther away from the cone before our move? • How can our bodies sell the fake?
<p>Stage II Small Sided Activity</p>	<p><u>1v1/2v1/3v2:</u> 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. Encourage players to be creative and take risks. Variation: Goal scored after a combination play is worth 10 points. Every other goal is worth 1.</p>		<ul style="list-style-type: none"> • How should we receive the ball? • Where should our first touch take us? • How do we make the defender commit? • What moves can we use to unsettle or beat the defender? • How quickly can you release the shot • What surface of the foot will you strike the ball?
<p>Stage III Expanded Small Sided Activity</p>	<p><u>4v4/5v5 +1:</u> 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"> • How should we move the ball throughout the team? • Can we find a numerical advantage? • When should we look to shoot? • Which part of the foot should we use to play a combination with your teammate? • Can the backs get involved moving forward? • Which combinations to use?
<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 create scoring opportunities 		

- U10 - Fall Lesson Plan - Week 10

Attacking

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 	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How can we attack quickly, score quickly? • How do you dribble fast forward? • What moves with a change of pace can you make? • How and what surface will you use to strike the ball to keep it low, with finesse or with power?
<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>	 <p>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • How would you receive the ball to shoot as soon as possible? • Where and with whom will you connect inside the box to create a shooting opportunity? • How to attack the defenders front foot to engage them? • What space can we exploit? • How can we create space to release a shot?
<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>www.SportSessionPlanner.com</p>	<ul style="list-style-type: none"> • When and how to release the shot? • What type of shot to release? • From where can we shoot and what surface do we use? • What should we do if there is a rebound?
<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 finish 		