



U8-U10 Session Boys

U8/U10 SESSION 1 Dribbling and Feinting

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, turning, shielding, feints, Shooting
Tactical	<ul style="list-style-type: none"> • Basic Principles of 1v1

WARM UP



Organisation

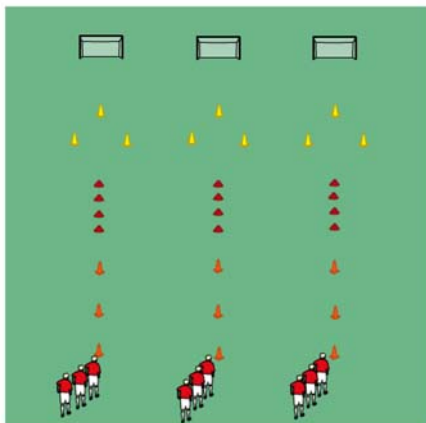
Set up a 20x20yd grid with cones placed randomly inside the grid (See Diagram). Half the cones should be up-right and the others on there side. Split the players into 2 teams. The aim of the game is for one team to run around and knock over the up-right cones while the team's job is to put the cones back up the right way. After 1 min teams switch roles.

Progressions

Players must now dribble a ball

Team knocking down the cones can only do so by kicking their ball onto the cone

TECHNICAL EXERCISE



Organisation

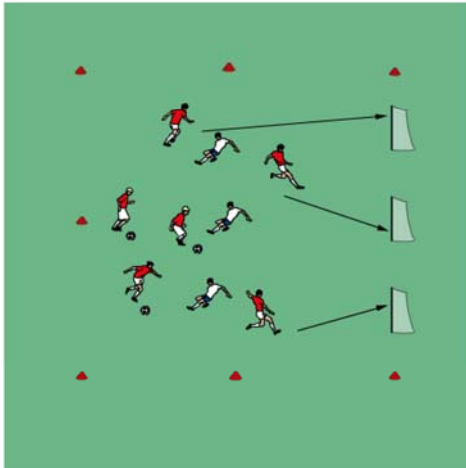
Set up 3 rows of cones as shown in the diagram with a small goal and the end of each row. Split players into 3 groups. Players dribble through the cones and end with a shot on goal. Introduce challenges for players:

- Players can only use a certain part of their foot
- Players must disguise their intentions going through the triangle by looking to go through one side and changing direction to go through the other

Progression

- Introduce competition 1st team through the cones wins.

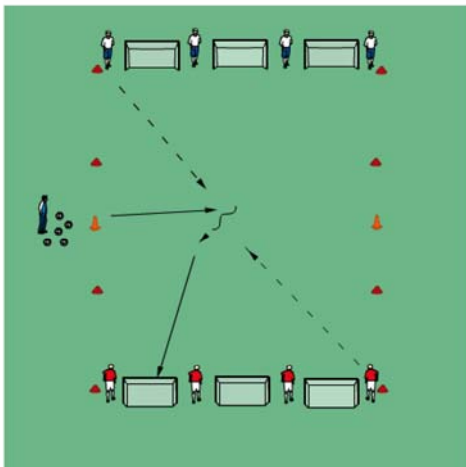
TACTICAL EXERCISE



Organisation

Set up a 15x15yd grid with 3 small goals (See Diagram) select 2 or 3 players to be crab defenders, the rest of the players line up on the side of the grid opposite the 3 goals. On the coaches command the players attempt to dribble past the crabs and score on 1 of the 3 goals. If a crab touches the ball or a player misses the goal they become a crab, last player standing is the winner.

SSG



Organisation

Set up a 25x20 small field with 3 small goals on either end and split players into 2 teams. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins.

Progression

Call out 2 numbers

Develop into 4v4 Game

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep our heads up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender and take shooting opportunity.

Coaching Points

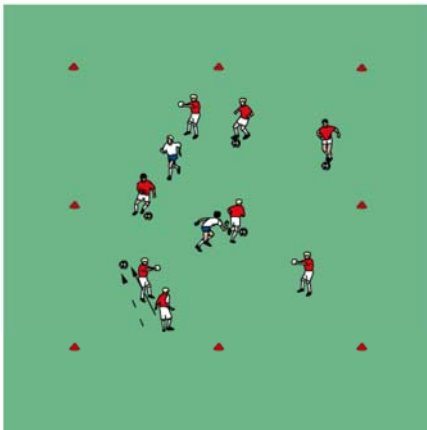
- On balls of feet
- Knees bent, Body over ball
- Head up
- Keep ball under control and close to feet
- Use body feints and deceptive foot movements to lose defender
- Change Speed, Direction or both
- Look to shoot quickly once past the defender

U8/U10 SESSION 2 Passing and Receiving

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving
Tactical	<ul style="list-style-type: none"> • 4v1, 4v2, 4v4 • Providing Good Support and movement off the ball

WARM UP



Organisation

Set up a 20x20yd grid. Have Players line up on one side of the grid, The coach selects 1 or 2 Taggers that wear the bibs. The rest of the group run around the grid trying to avoid the taggers. If they happen to get tagged they are frozen and must hold their hands above their head, open their legs and call other players to help them. The only way to be rescued is by one of your team mates to crawl under your legs.

Progression

Players dribble ball around the grid avoiding the taggers. If tagged, To be rescued a player must pass the ball under your legs.

TECHNICAL EXERCISE



Organisation

Set up a 20x20yd grid with a series of small gates marked out by cones (see diagram). . Get the players into pairs with one ball between two. In their pairs player move around the grid passing the ball to their partner through a gate in the following manner:

- Throw to pass, Catch to receive
- Bounce ball to pass Catch to receive
- Pass ball with inside of foot
- Make 5 consecutive passes

Progression

Select 2 players to act as defenders who attempt to block the gates

TACTICAL EXERCISE



Organisation

Set up a 10x10yd grid with 4 small goals placed on the outside (See Diagram). Split the group into 2 teams one team as the attackers and the other as the defenders. The attackers start with the ball and attempt to make 3 passes while one defender attempts to steel the ball. Once the attackers have made 3 passes they can shoot in any of the 4 goals. If the defender wins the ball they also can score in either of the 4 goals.

Progressions

Introduce another defender

Increase the number of passes the Attackers have to make before they can shoot in one of the 4 goals

SSG



Organisation

Set up a 35x25yd field with 2 end zones placing an equal amount of tall cones in each end zone (See Diagram). The aim of the game is for each team to knock over the other teams cones with the ball. Once a cone has been knocked over the player must pick up the cone and place it with their teams set of cones. The team with the most cones at the end is the winner.

Players should start off using there hands by bouncing the ball to pass and rolling the ball to shoot, this way players will be forced to find good angles of support.

Progression

To finish have players play with there feet for the last 5 mins

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Quality of pass, Accuracy, weight and timing
- Quality of support and movement off the ball

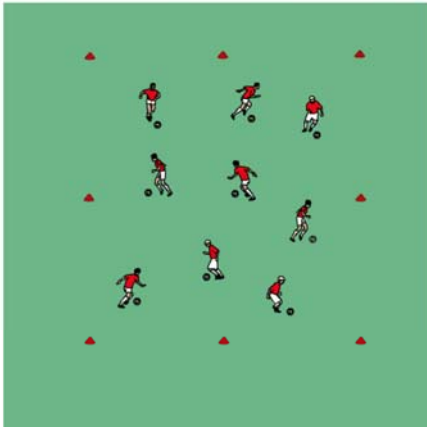


U8/U10 SESSION 3 Shooting

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Juggling, Shooting
Tactical	<ul style="list-style-type: none"> • 1v1, 2v2, 4v4 • Recognising the moment to shoot

WARM UP



Organisation

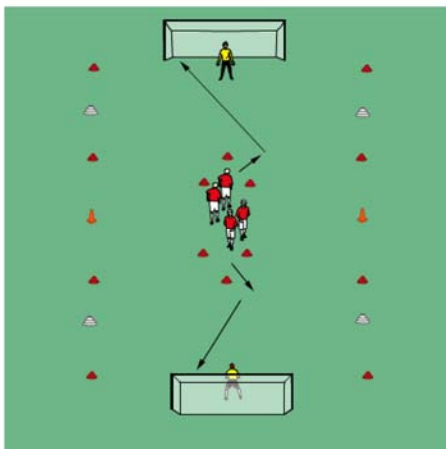
Set up a 20x20yd grid, each player with a ball. Players move around the grid and serve to themselves and perform the following juggling exercises catching the ball each time:

- Laces of both feet
- Inside of both feet
- Outside of both feet

Progression

Have players perform 2 or more juggles before catching the ball, introduce combinations for example laces, thigh, catch.

TECHNICAL EXERCISE



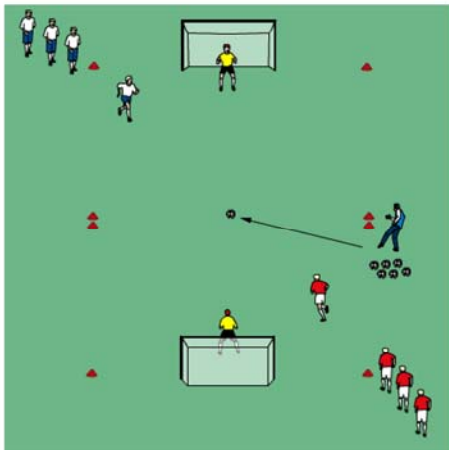
Organisation

Set up a 30x20yd field with a small triangle marked by cones 10yds from each goal(See Diagram). split players into 2 groups and have players line up behind one of the triangles with ball each. Players in turn line their ball between the 2 cones and have one touch set up their shot through one of the sides of the triangle and then must shoot on their second touch

Progression

Players perform feint towards one side of the triangle and then take ball through other side before shooting

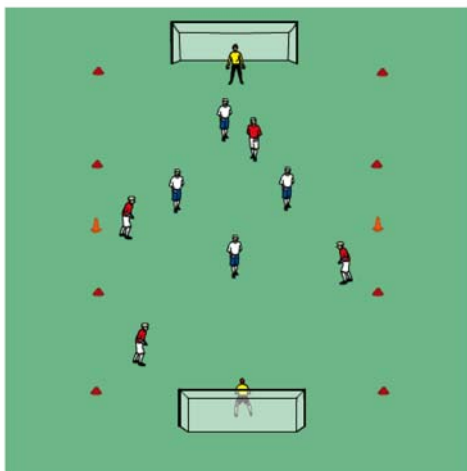
TACTICAL EXERCISE



Organisation

Set up a 30x20 small field and split players into 2 teams. Teams line up as shown in the diagram. The coach plays a ball onto the field and calls a number. The players then compete to score a goal. The team with the most goals at the end wins. Call out 2 numbers at a time.

SSG



Organisation

Set up a 30x20yd grid with 2 goals. Players play a 4v4 game with goalkeepers. Players are encouraged to shoot at every opportunity.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to do before we shoot?**
Look up and observe the keeper
- **What is more important, Accuracy or Power when shooting?**
Accuracy.
- **When do we look to shoot in a game situation?**
When the space is available do so.
- **Once a shot has been taken what is our next action?**
To follow up the shot for possible rebounds.

Coaching Points

- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Concentrate on accuracy before power
- Follow up for rebounds
- Encourage players to take all shooting opportunities
- If shot is not available:
Can I create a shooting opportunity as an individual
Can I pass to a player in a shooting position
Can I combine to create a shooting opportunity



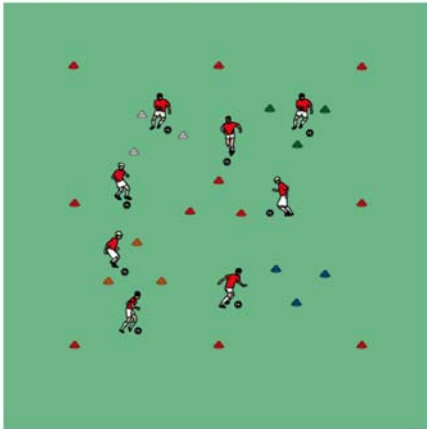
U8/U10 SESSION 4

1v1 Attacking

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Dribbling, Turning, Feints, Shielding,
Tactical	<ul style="list-style-type: none"> • 1v1 • Recognising when and where to dribble

WARM UP

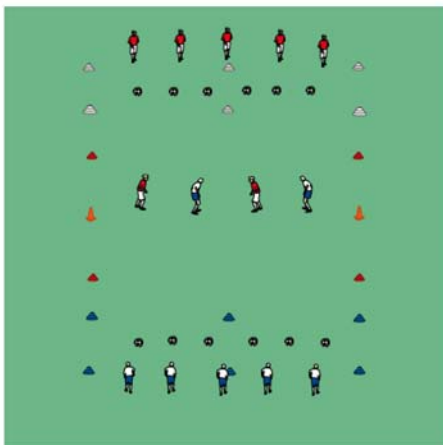


Organisation

Set up a 20x20yd grid with small triangles marked inside (See Diagram) each player with a ball, dribble inside the grid and look to enter through the side of a triangle leaving through a different side. Introduce challenges for players:

- Players can only use a certain part of their foot
- Players must disguise their intentions going through the triangle by looking to go through one side and changing direction to go through the other

TECHNICAL EXERCISE



Organisation

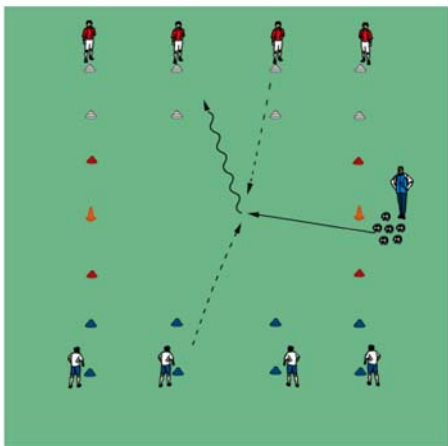
Set up a 30x20yd field with 2 end zones of 5yds each (see diagram). Place half the balls in one end zone and half the balls in the other. Each team selects 2 players to be the defenders. Teams line up on opposite sides of the field and the defenders position themselves between the 2 end zones (see diagram). On the coaches command the teams run across to the opposite end zone pick up a ball and attempt to carry the ball back to their end zone without being tagged by the defenders, if tagged the ball is replaced and they must try again. The team with the most balls in their end zone after a set time is the winner

Progressions

Players now have to dribble ball across, defenders must also dribble a ball

Players must dribble the ball past the defenders who are now attempt to touch the ball with their feet

TACTICAL EXERCISE



Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Teams line up as shown in the diagram. The coach numbers the players in each team. The coach plays a ball onto the field and calls a number. The players then compete to creating a 1v1 with the emphasis is to dribble the ball into the end zone.

SSG



Organisation

Set up a 30x20yd area with 2 end zones of 5yds see diagram. Players play a 4v4 game and attempt to dribble into the opponent's end zone. Defending players are not allowed to challenge players in the end zones.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do you need to think about when dribbling the ball?**
Be on toes, knees bent, head up, keep ball close and under control.
- **Why do we need to keep are head up in 1v1 situations?**
To observe the defender, and look at the space available behind.
- **What can we do to try to unbalance the defender in 1v1 situations?**
Use tricks or feints
- **What do we do once we have unbalanced the defender?**
Quickly change direction and accelerate past the defender.

Coaching Points

- On balls of feet
- Keep ball under control
- Head up observe defender
- Timing and distance of Feint
- Quality of disguise and execution of feint
- Change Speed and Direction
- Accelerate away lifting head up keeping control off the ball
- Encourage players to dribble and take players on when space is available

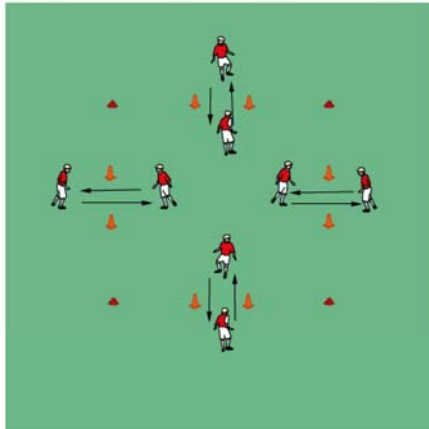
U8/U10 SESSION 5

2v1, 2v2 Attacking

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Passing, Receiving, Shooting
Tactical	<ul style="list-style-type: none"> • 2v1, 2v2 • Support and movement off the ball

WARM UP



Organisation

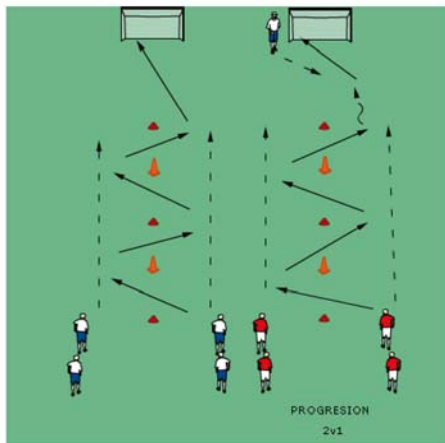
Set up a 20x20yd grid with four 3yd gates marked on the perimeter as shown in the diagram. Split players into pairs with one ball between two, players pass the ball back and forth over a distance of 5yds through the gates and perform the following exercises:

- Receive using inside of the foot
- Receive using inside of one foot and pass with inside of the other foot
- Receive using outside of the foot
- Receive using Sole of the foot
- 1 touch passing

Progression

After making a pass players on the inside move to receive a ball from another player on the outside

TECHNICAL EXERCISE



Organisation

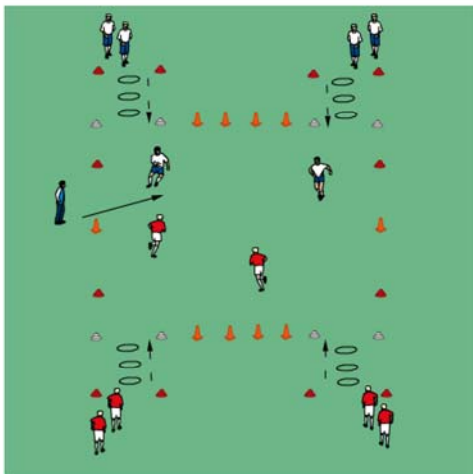
Set up a line of cones about 3yds apart (See diagram) with a goal at the end. In pairs players line up as shown in the diagram and perform the following exercises Followed by a shot on goal:

- 2 touch passing using inside of foot
- 1 touch passing using inside of foot
- 2 touch passing using outside foot
- 1 touch passing using outside foot

Progression

- See second diagram introduce a defender who defends the goal on after the final pass creating a 2v1

TACTICAL EXERCISE



Organisation

Set up an area as shown in the diagram, split players into 2 teams and have them line up as shown in the diagram. On the coaches command the 1st player in each line performs an exercise through the agility hoops, the 1st player through will receive the ball and players will play a 2v2. The aim of the game is for each team to knock over the other teams cones with the ball. Once a cone has been knocked over the player must pick up the cone and place it with their teams set of cones. The team with the most cones at the end is the winner.

Progression

- Vary exercises through agility hoops

SSG



Organisation

Set up a 35x25yd field with 2 end zones placing an equal amount of tall cones in each end zone (See Diagram). The aim of the game is for each team to knock over the other teams cones with the ball. Once a cone has been knocked over the player must pick up the cone and place it with their teams set of cones. The team with the most cones at the end is the winner.

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What do we need to think about when receiving the ball?**
Be on toes, move into line with the ball, select receiving surface, create space on 1st touch, head up.
- **What do we need to think about when passing the ball?**
The weight, timing and accuracy of the pass.
- **What do other players need to do to help the player on the ball?**
Take up good supporting positions, and make runs
- **What type of forward pass is best?**
Penetrating pass into space which eliminates defenders.

Coaching Points

- On toes/move into line
- Select controlling surface
- Create space on 1st touch
- Head Up
- Use correct passing technique
- Good Accuracy. Weight and Timing of the pass
- Quality of decision by player with the ball, dribble pass or shoot.
- Quality of support and movement off the ball by other player

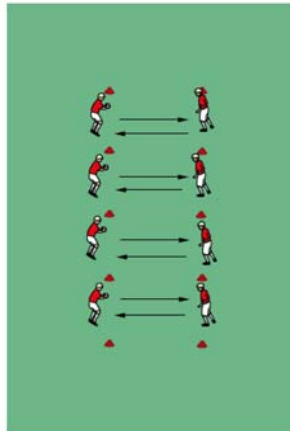


U8/U10 SESSION 6 Crossing and finishing

Table of objectives

Physical	<ul style="list-style-type: none"> • ABC's through drills and games • Endurance through drills and games
Psychological & Social	<ul style="list-style-type: none"> • Enjoyment/Fun • Build self esteem • Create positive environment
Technical	<ul style="list-style-type: none"> • Crossing, Shooting, Volley Techniques
Tactical	<ul style="list-style-type: none"> • 1v1 • Crossing and Finishing

WARM UP



Organisation

Set up a series of 3x5yd grids. Split players into pairs with one ball between two. Players perform the following passing and volley techniques (on volley players serve themselves and volley to partner)

- 2 touch passing
- 1 touch passing
- Inside foot volley
- Instep volley
- Half Volley

TECHNICAL EXERCISE 1



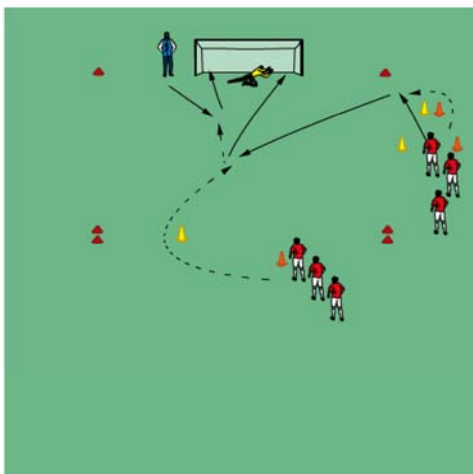
Organisation

Set up an area as shown in the diagram, divide players into 2 groups and have them line up as shown in the diagram. Players lined up on the side each have a ball and place the ball between the orange and yellow cones. The player then touches the ball through the yellow cones, runs through the orange cones and crosses the ball into the striker to finish (See Diagram). Players switch lines.

Progression

Run same exercise on the left.

TECHNICAL EXERCISE 2



Organisation

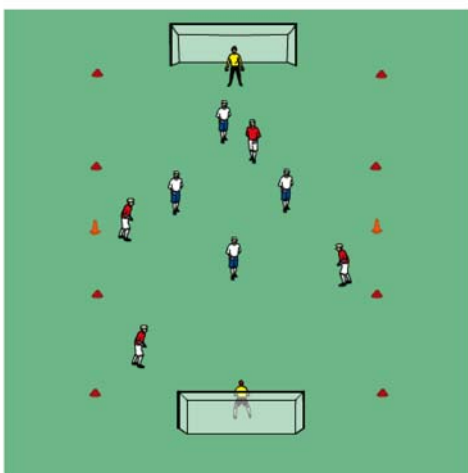
As in previous exercise except for the coach passes another ball into the striker after the striker has finished off the cross

Progression

Coach serves a ball for a volley after the striker has finished off the cross

Again switch to left side

SSG



Organisation

Set up a 30x20 yd field with 2 large goals, players play hand ball, with the objective to throw the ball into the net.

Progression

- Players volley ball into the net.
- Players volley ball to each other

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the Group

- **What does the crosser need to do before delivering the cross?**
Look up to see strikers position
- **What is the best area to cross the ball?**
Just in front of the penalty Spot, away from the GK and in the path of the incoming striker
- **What things does the striker need to think about before striking the ball?**
The timing of the run, observe Gk, watch flight of the ball, surface of the foot to strike the ball.
- **What is more important, Accuracy or Power when shooting?**
Accuracy.

Coaching Points

- Quality of the cross
- Timing of the strikers run don't arrive too early
- Head up observe Goalkeeper
- Judge the flight of the ball, and select technique to strike the ball
- Quality of Finish