



9 to 10 Year Olds

**Season
Program**



The International Coaches Association
www.TheICA.com

Twelve-week training program for children ages 9 through 10 years

Introduction

This section provides you with a twelve-week training program for children ages 9 through 10 years. Each practice features four fun and progressive drills and culminates with a small-sided game.

This is the second stage of the training program. An additional drill has been added to each practice and numbers increased for small sided games. Emphasis is placed on the continued development of fundamental skills and careful consideration has been given to prioritize the most relevant techniques to master at this age level.

Main topics include skills in passing and ball control with additional training for shooting, dribbling and heading. There is a greater emphasis on small group concepts and the introduction of opponents to simulate game situations.

The program is age appropriate and sets a solid foundation for players to advance to the next level.

The program is meant as a guideline and coaches are encouraged to incorporate a minimal understanding of team tactics and laws of the game.

Weekly Practice Schedule:

Week	Technique	Practice Theme/Key Words
Week One	Dribbling	Comfort ability with the ball
Week Two	Dribbling	Change of direction and speed
Week Three	Passing	Pure Mechanics/Pace/Accuracy/Jog/Run
Week Four	Passing	Pace/Accuracy/Basic Overlapping
Week Five	Passing	Pace/Accuracy/One Touch Movement
Week Six	Passing	Disguise/Pace/Accuracy/Timing/Vision
Week Seven	Passing	Disguise/Pace/Accuracy/Timing
Week Eight	Ball Control	Pure Mechanics/Static/Jog/Run
Week Nine	Ball Control	Anticipation/Mechanics/Static/Jog/Run
Week Ten	Ball Control	Pure Mechanics/Static/Walk/Run
Week Eleven	Shooting	Pure Mechanics/Variety of Techniques
Week Twelve	Heading	Pure Mechanics/Accuracy/Power



Ages 9 to 10 Years

Week 1 Drill 1 - Explosive Body Movements



Set Up

- ▣ 2 Players
- ▣ 4 Cones 10 yards apart
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the technical ability of explosive body movements, feints and dribbling moves.

Two cones should be placed approximately 10 yards apart. Two players are positioned each side of the cones. No player may cross over the imaginary line and the defender may not try to steal the ball.

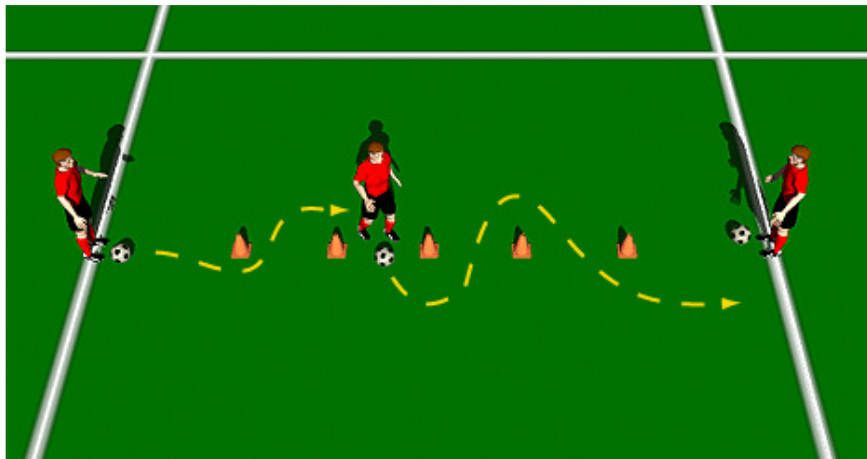
The player in possession of the ball must use body feints, head fakes and a variety of dribbling moves to upset the balance of the defender. A goal is scored each time the dribbling player can lose the defender and stop the ball dead at either of the cones. The dribbling player's knees should be bent and center of gravity low for an explosive start. If the defender does not move by using body movements, then move the ball to move the position of the defender. Once the defender is off balance the player should explode into the opposite direction. Try to face the defender at all times.

The defensive player can prevent the dribbling player from scoring a goal by placing their foot in front of the cone the player is attacking. The defender may not tackle or cross over the imaginary line.

Players should alternate every 3 minutes. Score should be kept to determine winner.

Ages 9 to 10 Years

Week 1 Drill 2 - Dribbling Slalom through Cones



Set Up

- ▣ Small group of players
- ▣ 5 Cones 1 yard apart
- ▣ 1 Ball for each player



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to develop close control while running with the ball.

Two players are positioned at one end of the grid, with one player at the opposite side. Players alternate dribbling the ball at full speed through the line of cones. Cones are placed at 1-yard intervals across the full length of the grid.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

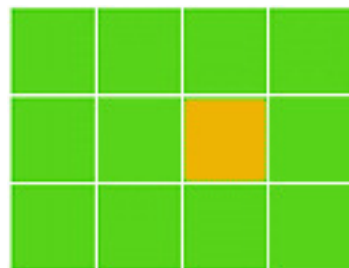
Ages 9 to 10 Years

Week 1 Drill 3 - Dribbling around the Cone



Set Up

- ▣ 2 players or more
- ▣ 3 Cones
- ▣ 1 Ball for each player



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to develop close control while running and turning with the ball.

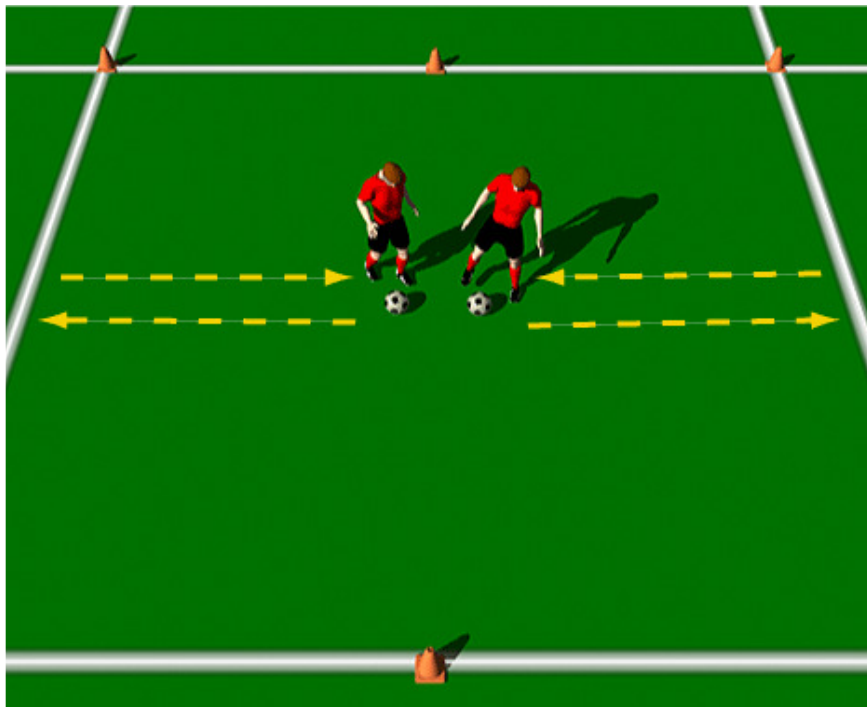
Divide players into small groups, with one ball to each player. Player's alternate dribbling the ball to the opposite cone, turning and dribbling back to the starting position. The cone is placed approximately 5-7 yards from the starting line.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use the outside and inside of the foot to dribble with the ball.
- Don't keep the eye's fixed on the ball. Scan the horizon.

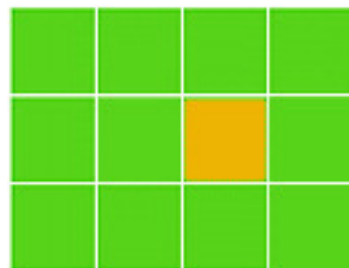
Ages 9 to 10 Years

Week 1 Drill 4 - Dribble, Turn and Escape



Set Up

- ▣ Perform in pairs
- ▣ 6 Cones
- ▣ 1 Ball for each player



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to develop close control while running and turning with the ball.

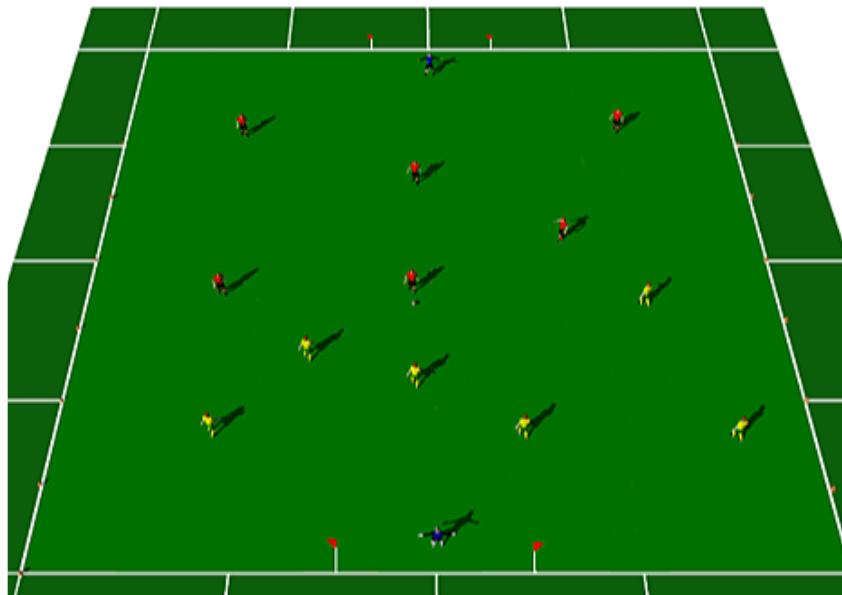
Divide players into pairs, with one ball each. Players alternate dribbling the ball towards each other. At the mid-point of the grid, players turn and dribble back to their starting positions.

The coach should emphasize the following coaching points:

- Maintain close control over the ball.
- Build up speed gradually. Don't sacrifice quality for speed.
- Use a variety of surfaces to turn with the ball such as outside, inside and sole of the foot.
- Use a variety of turning techniques such as the "Step and Hop" or the Cryuff.
- When turning, get the ball out of your feet and into the direction you want to turn.
- If the turning touch is close to the feet the head will be down. If the turning touch is out of the feet, the player can scan the field and run onto the ball for their second touch.
- Use a change of speed and explode away from the player.

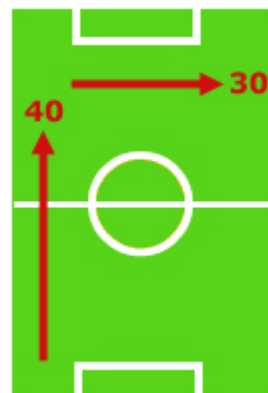
Ages 9 to 10 Years

Week 1 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

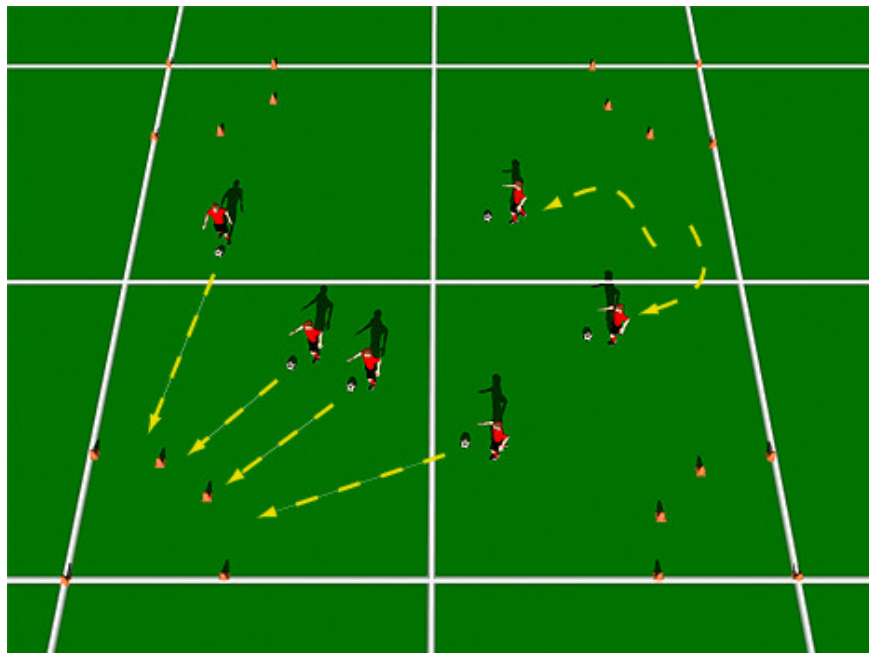
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Ages 9 to 10 Years

Week 2 Drill 1 - Dribble to Corners



Set Up

- ▣ Small group of players
- ▣ 16 Cones
- ▣ 1 Ball for each player



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

The whole group is positioned in a grid 20 yards x 20 yards. Four corners are marked off with cones and designated with numbers one through four. Each player has a ball and dribbles around the inside of the grid. Players must avoid each other.

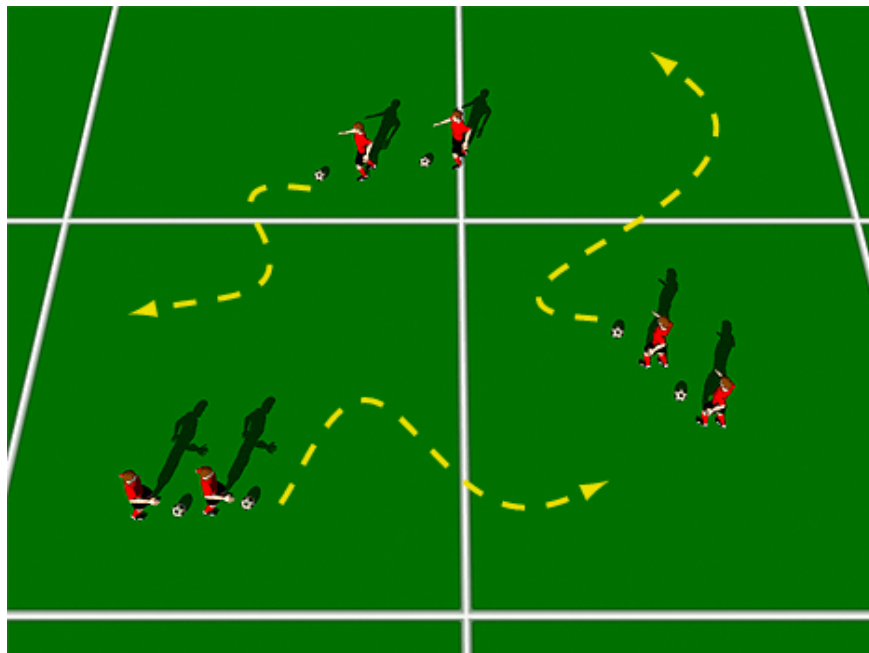
When the coach calls out a number, the players must then dribble the ball quickly to the corner selected while avoiding other players. First player into the corner wins a point.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

Ages 9 to 10 Years

Week 2 Drill 2 - Truck and Trailer



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball for each player



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

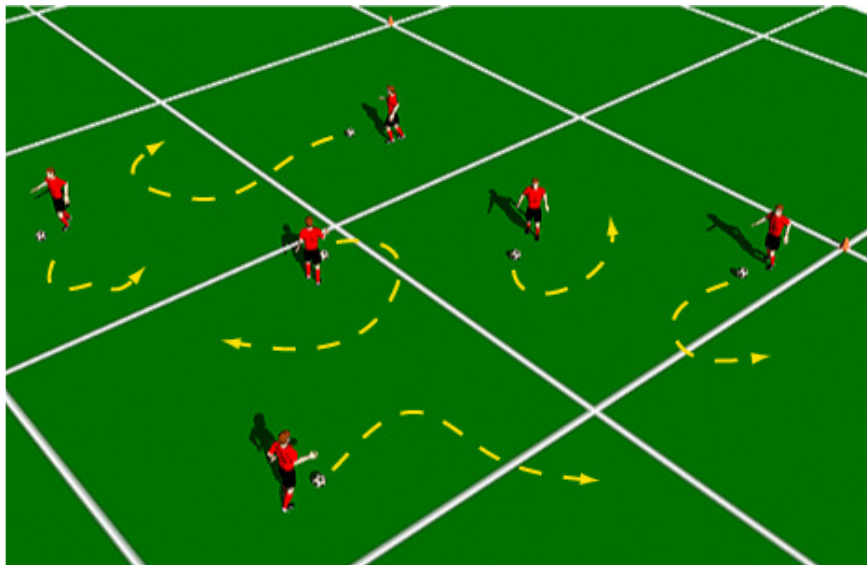
Divide the group into pairs with each player having a ball. The group is positioned in a grid 20 yards x 20 yards. First player is the "truck" the second player the "trailer". On the coach's command the "trailer" must follow the "truck" as closely as possible around the grid. The "truck" must change speed and direction as much as possible. Players reverse roles when the coach shouts 'change'. Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.

Ages 9 to 10 Years

Week 2 Drill 3 - Show Me the Moves



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball for each player



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is designed to improve the player's technical ability when dribbling and running with the ball.

The group is positioned in a grid 20 yards x 20 yards. Each player has a ball. The practice starts with the players dribbling their ball freely around the inside of the grid. The players must instantly react to a series of commands from the coach. The commands are:

Stop — Players must stop the ball using the sole of the foot.

Turn — Players must change direction 180 degrees.

Step Over — Players perform a step over move over the ball.

Fake — Players must fake to pass or cross the ball.

Explode — Players must change speed rapidly into an open area.

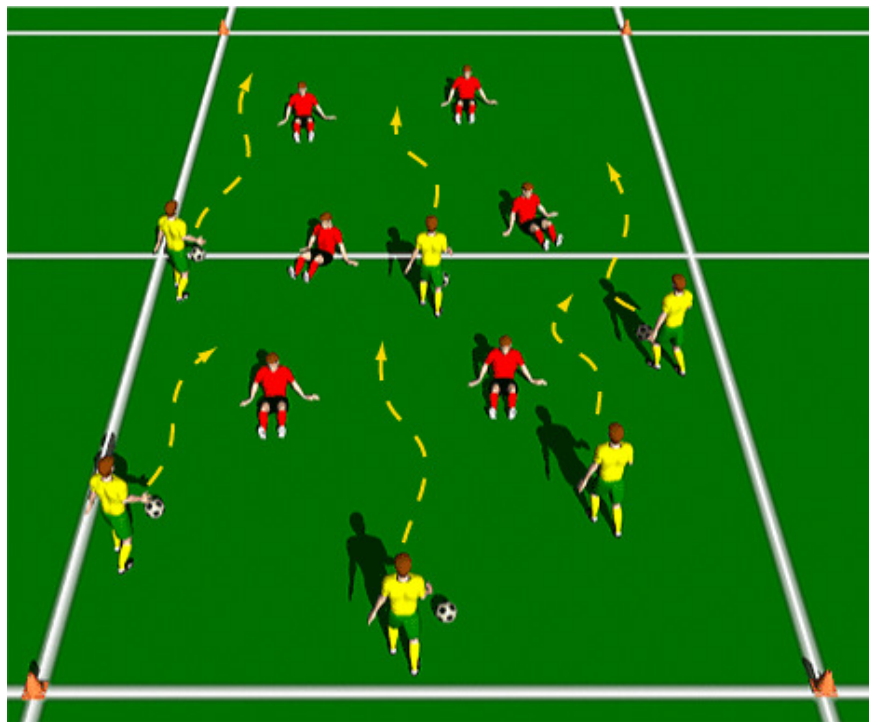
Players must avoid colliding with other teams within the grid.

The coach should emphasize the following coaching points:

- Maintain control over the ball at all times.
- Use a change of speed and direction.
- Keep your head up and scan the field.
- Use a variety of foot surfaces to manipulate the ball.

Ages 9 to 10 Years

Week 2 Drill 4 - Crabs and Lobsters



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball for each player



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is designed to improve the player's technical ability in a variety of dribbling moves.

A group of players are positioned in a grid 20 yards x 20 yards. The group is divided equally into two groups. One group is positioned on the end line of the grid with one ball each. The other group is spread out within the grid.

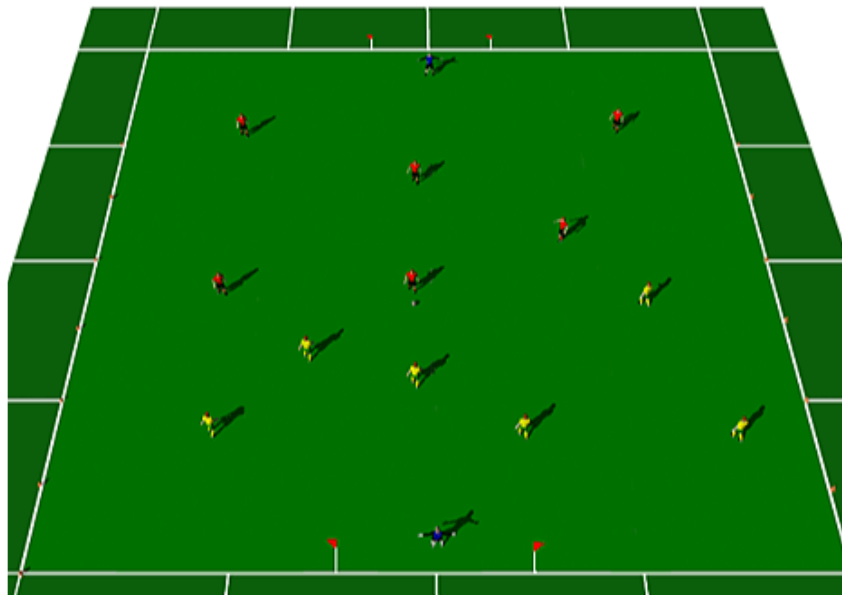
On the command of the coach, the players with the ball must try to get to the opposite end of the grid with the ball in possession and stop the ball dead on the end line with the sole of the foot. All players dribble at the same time. Players on the ground may only move using their hands and feet, they cannot stand up. The defending players must try to kick the balls out over the sidelines. If the ball is kicked back over the starting line the dribbling player may start over.

When reaching the end line the coach counts all the successful players. The group then dribbles back to the opposite side. The dribbling group gets four attempts and all their points are totaled. The groups then switch roles.

Encourage the dribbling players to use a variety of dribbling moves and attack open spaces in the grid.

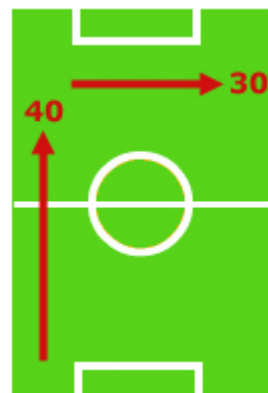
Ages 9 to 10 Years

Week 2 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

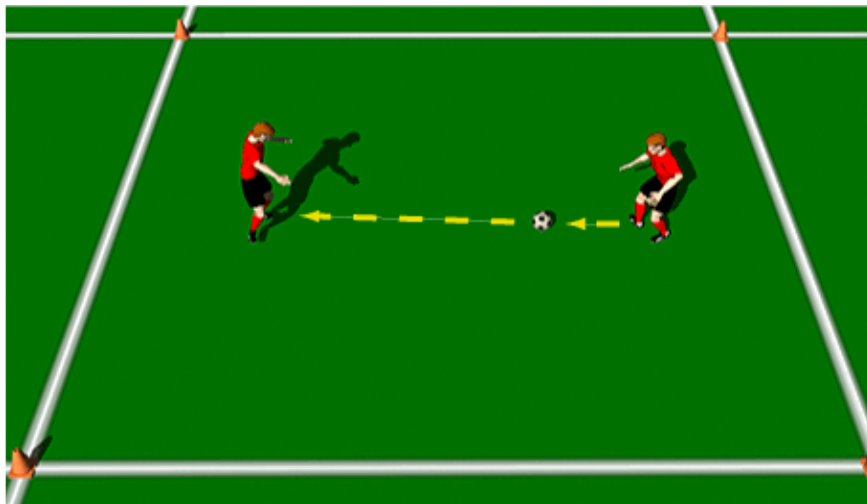
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

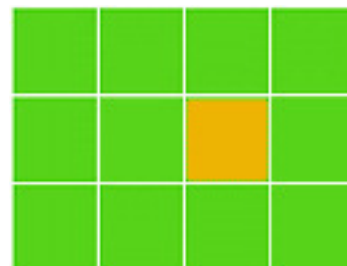
Ages 9 to 10 Years

Week 3 Drill 1 - Speed Passing



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with emphasis on “pace and accuracy”.

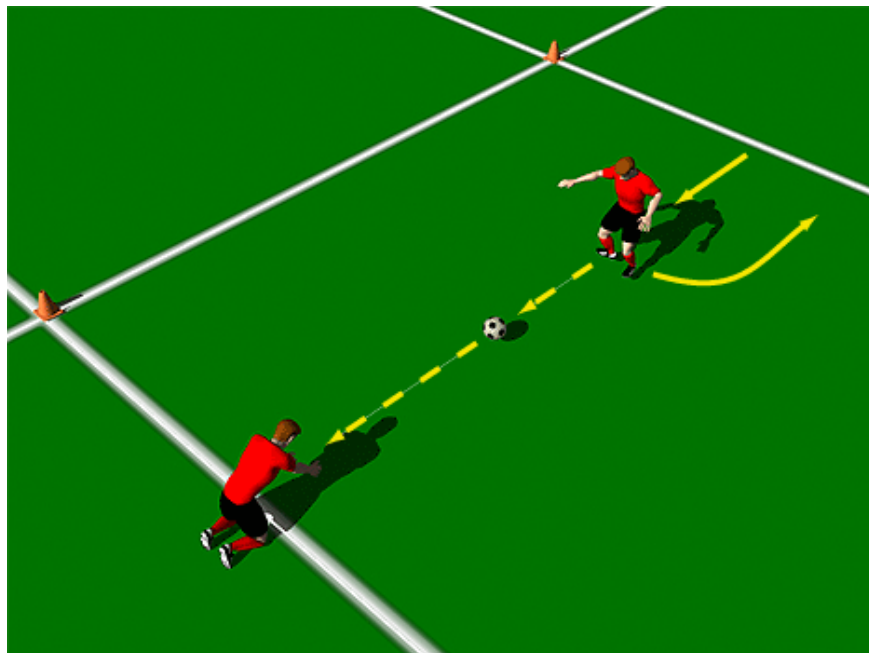
Divide players into pairs, one ball between two. The players stand opposite each other behind the cones. The cones are placed 4-5 yards apart.

The players must pass the ball back and forth between the cones using the “Push Pass”. The ball must be kept on the ground and struck firmly enough to cross the cones. A point is scored for each pass that crosses the line on the ground. The players are given a 30-second period to see how many successful passes they can make. At the end of the period, the coach compares scores with other groups.

Increasing the distance of the cones to make the practice more challenging. The coach should make sure that no player is sacrificing quality for speed. Players are only rewarded for passes that travel on the ground.

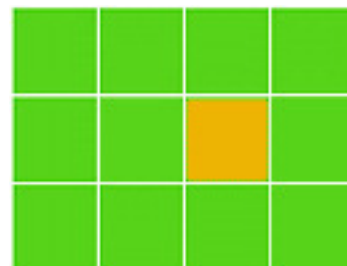
Ages 9 to 10 Years

Week 3 Drill 2 - Relay Passing



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on "pace and accuracy".

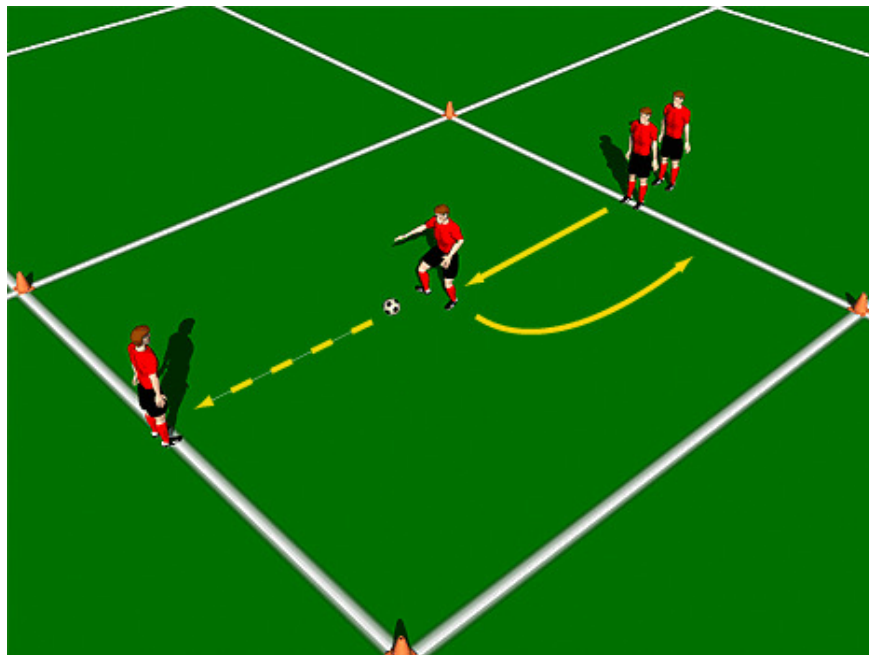
One player is positioned at one side of a grid, 10 yards x 10 yards. The player receives the ball from the server. The receiving player must pass the ball back to the server "first time" and only scores a point for each pass back on the ground to the server's hands. After each pass the receiver must turn and run back to the starting position.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player will always be encouraged to come and meet the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good passes or the player who can perform the most passes in one minute.

Ages 9 to 10 Years

Week 3 Drill 3 - Small Group Relay Passing



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball for each player



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

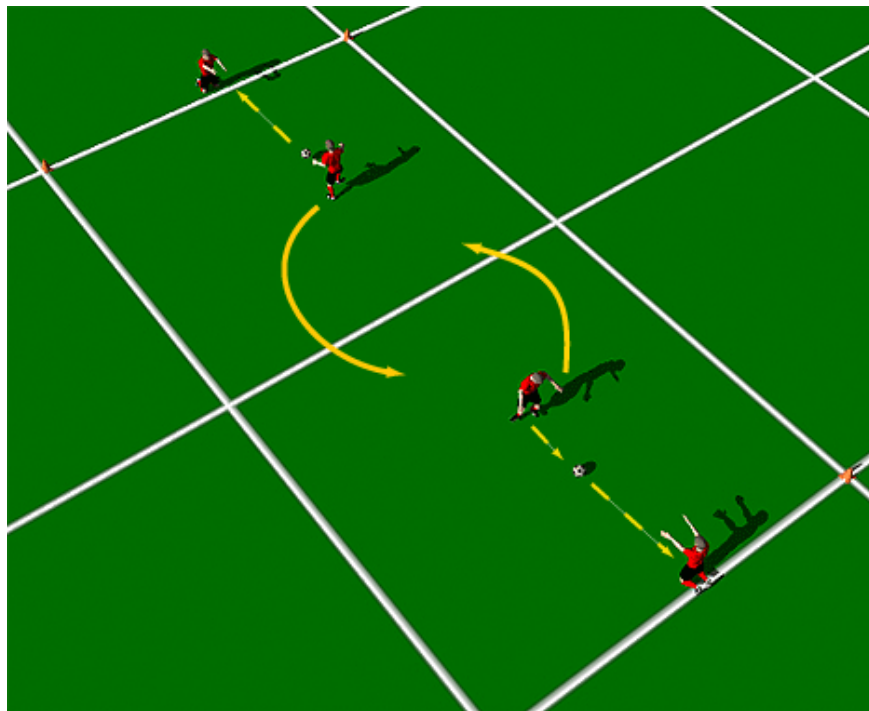
Players are positioned at one side of a grid, 10 yards x 10 yards. The players receive the ball from the server. The receiving player must pass the ball back to the server "first time" and only score a point for each pass back on the ground to the servers hands. After each pass the receiver must turn and join the end of the line.

The server should pass the ball approximately 5 yards. If the server passes the ball too far the receiving player will not come to meet the ball. With a correctly weighted pass the receiving player will always be encouraged to come and receive the ball.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good passes or the player who can perform the most passes in one minute.

Ages 9 to 10 Years

Week 3 Drill 4 - Pressure Passing



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball for each player



- ▣ Grid 10 x 20 yards
or 9 x 18 metres

Coaching Points

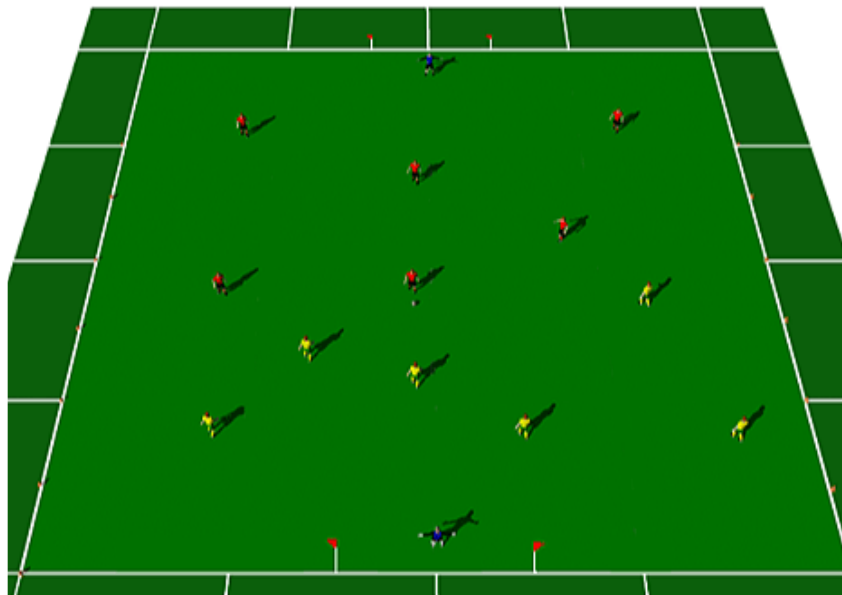
This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

Position four players in a grid 10 yards by 20 yards. Place a server with a ball at both sides of the grid. Each server passes the ball to the two receivers to pass back “first time” to the server. The players in the center should work at full speed and concentrate on quality first touch passing.

If a working player turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball. Create a competition between players and see who can get the most passes in 60 seconds. The first player to reach 20 good passes wins. Only passes made on the ground are countable.

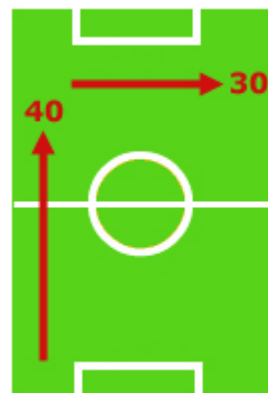
Ages 9 to 10 Years

Week 3 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

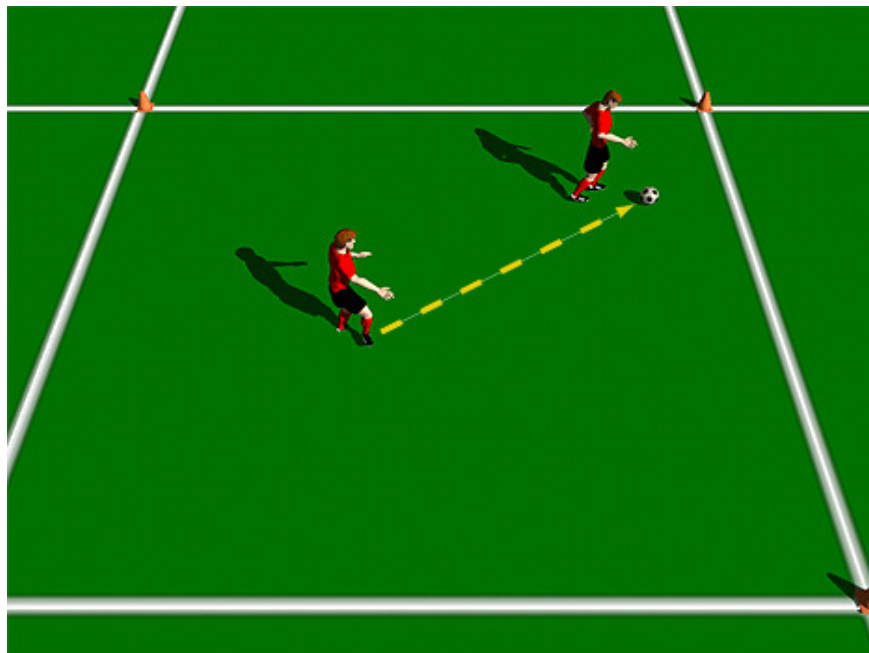
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

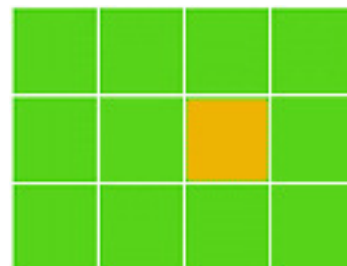
Ages 9 to 10 Years

Week 4 Drill 1 - Follow the Pass



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the correct mechanics involved in the execution of the “Push Pass.”

Two players are positioned in a grid 10 yards x 10 yards. One player acts as a server, the other as the receiver. The server passes the ball into different areas of the grid for the receiver to chase, turn, and pass back to the server.

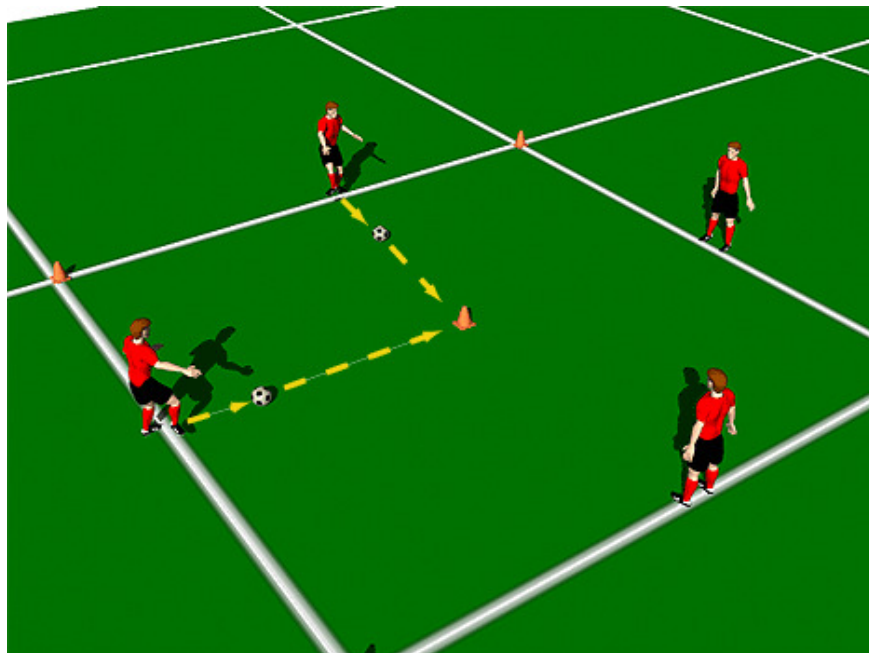
The coach should emphasize the following coaching points:

- Work at a high intensity.
- Turn as economically as possible when controlling the ball.
- Place non-kicking foot along side the ball, not too close so that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot through the horizontal mid-line of the ball.
- The head should be kept steady and eyes fixed firmly on the ball.

Alternate player's roles every 60 seconds.

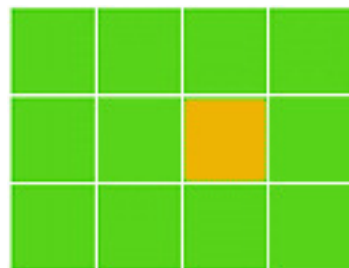
Ages 9 to 10 Years

Week 4 Drill 2 - Knock Down the Cone



Set Up

- ▣ 4 Players
- ▣ 5 Cones
- ▣ 2 Balls



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the mechanics involved in the execution of the “Push Pass” with an emphasis on accuracy.

Four players are positioned in a grid 10 yards by 10 yards. Players work in pairs with their partner on the opposite side of the grid. On the coach’s command, the first pair to knock down the cone in the center of the grid wins. One of the losing pair must stand up the cone after it is knocked down.

First pair to knock down the cone 5 times wins.

Ages 9 to 10 Years

Week 4 Drill 3 - Target Passing



Set Up

- ▣ Small group of players
- ▣ 6 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

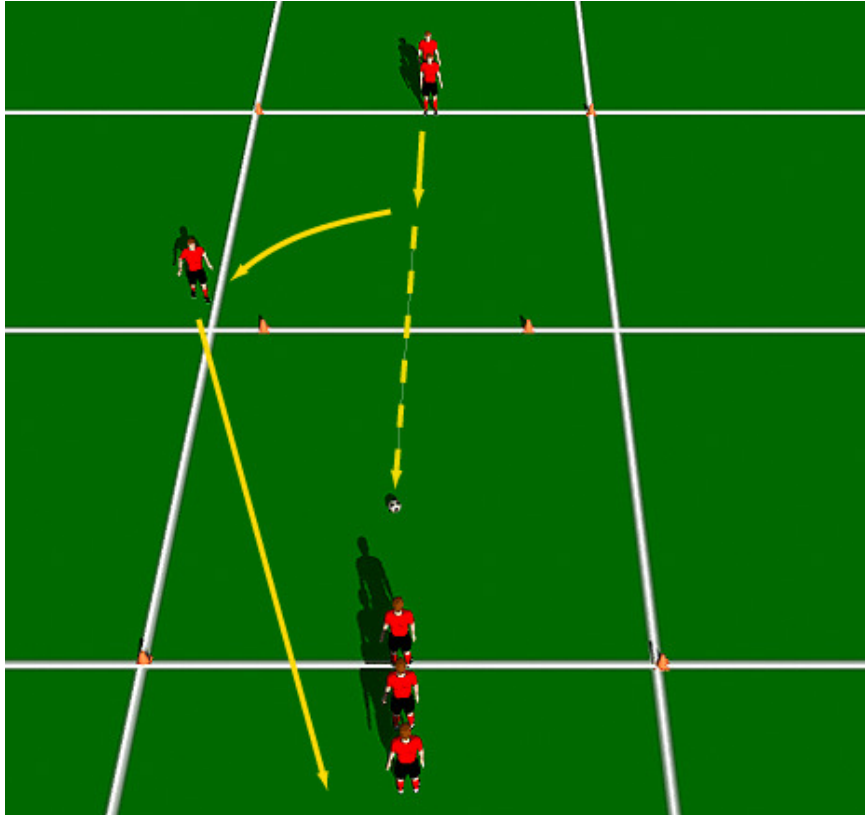
This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy.

A small group of players are positioned at one side of the grid with the server at the opposite side. Each player alternates receiving a rolled pass from the server. Players should try to pass the ball “first time” through the two cones, turn and join the end of the group.

A point is awarded for each pass returned on the ground and through the cones.

Ages 9 to 10 Years

Week 4 Drill 4 - Pass and Overlap



Set Up

- ▣ Small group of players
- ▣ 6 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 20 yards
or 9 x 18 metres

Coaching Points

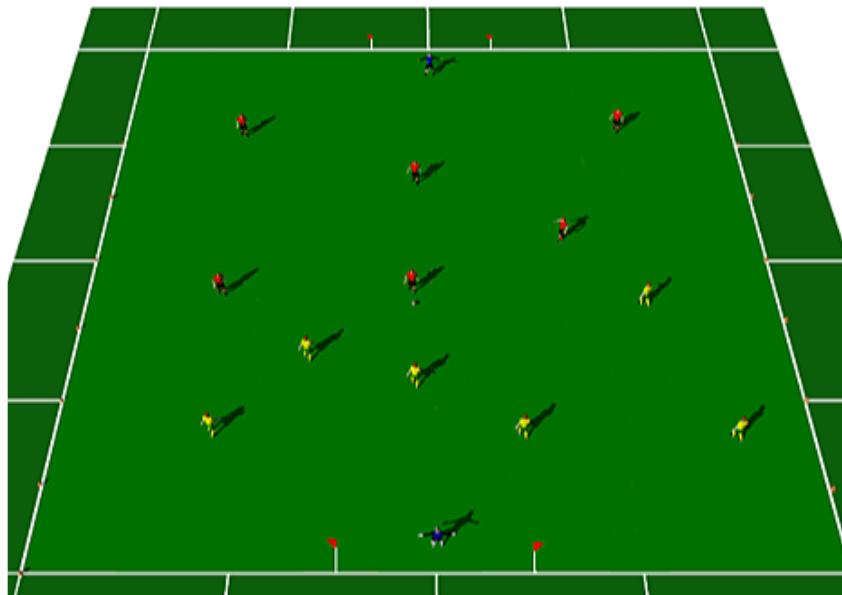
This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on an overlapping run after making a pass.

Two groups are positioned at opposite sides of the grid. The first player passes the ball through the two center cones to the player at the opposite side. After passing the ball, the player makes a fast supporting run around the side cone and joins the opposite group.

- Encourage players to keep the ball on the ground.
- Move quickly after passing the ball.
- Try to play "one touch" passes whenever possible.

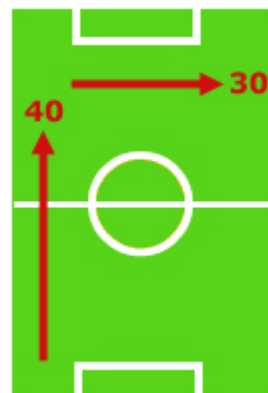
Ages 9 to 10 Years

Week 4 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

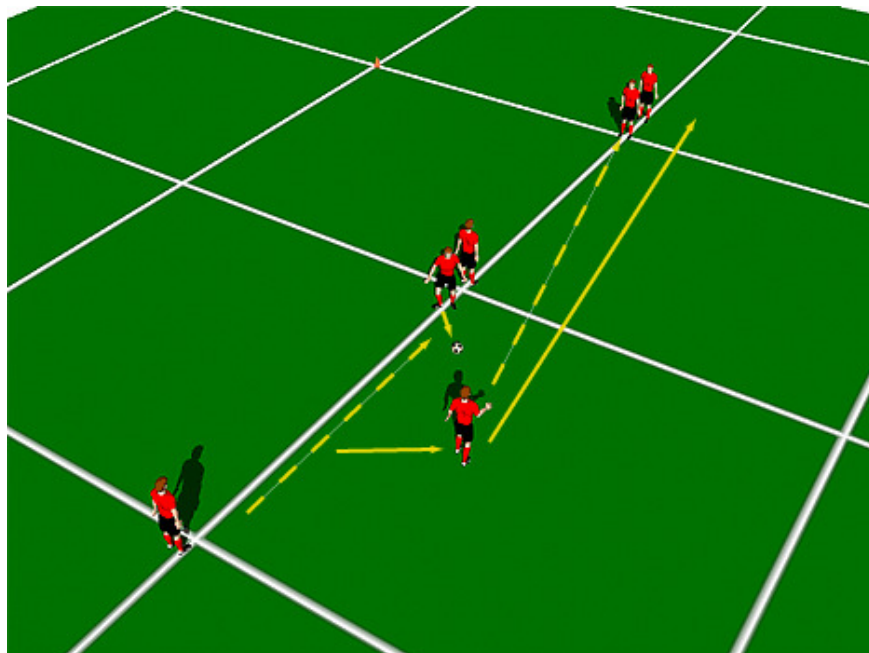
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Ages 9 to 10 Years

Week 5 Drill 1 - Give and Go



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

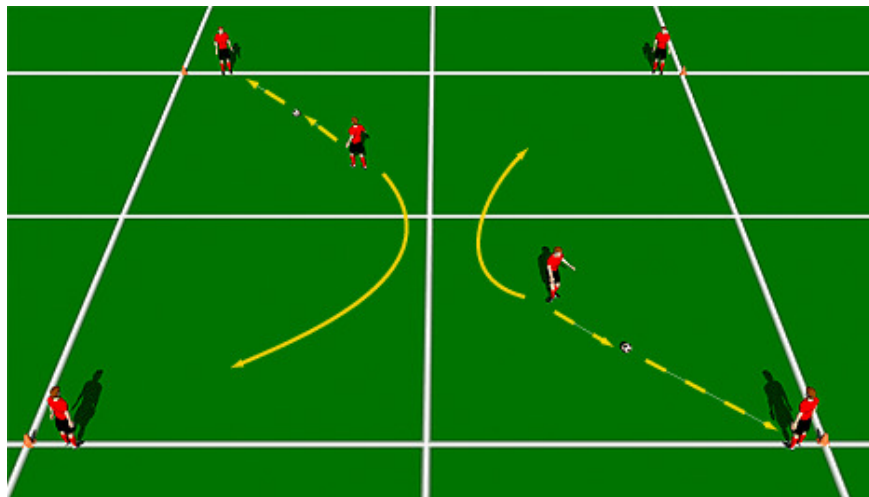
This practice is designed to improve the technical ability of the "Push Pass" as it relates to a "give and go" situation. Emphasis should be placed on "pace, accuracy and timing".

Players at each end of the grid alternate playing a "give and go" with the receiving player facing them in the center of the grid. Once the player receives the ball back from the center player they must pass it to the player on the opposite side of the grid to repeat.

Players should keep score. A goal is awarded for every completed "give and go" with a quality pass forward.

Ages 9 to 10 Years

Week 5 Drill 2 - Passing Rotation



Set Up

- ▣ 6 Players
- ▣ 4 Cones
- ▣ 2 Balls



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

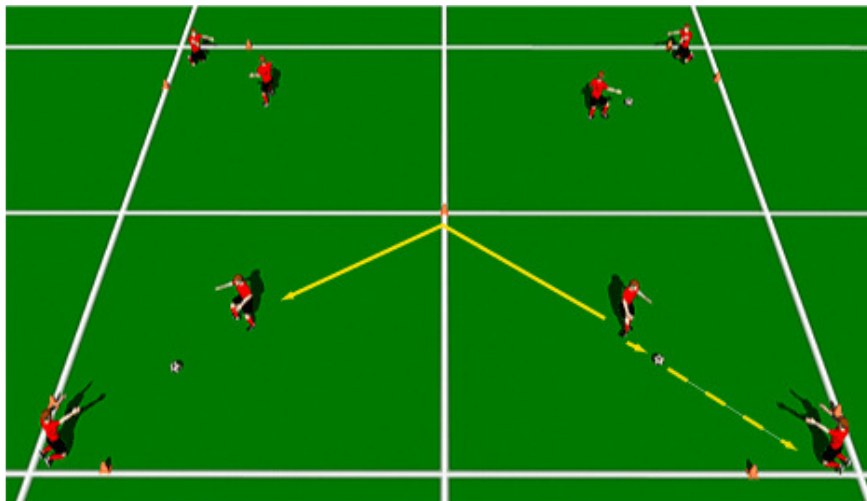
This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on pace, accuracy and “one touch” passing.

A player is positioned in each corner of the grid. Two players in the center rotate receiving passes from the corner players. Players in the center must try and pass the ball “first time” to either of the two servers they are facing. The two servers should look to exchange passes between them whenever possible and not stand still with the ball at their feet.

Players in the center work for 60 second then rotate with two servers. See which pair can get the most passes in 60 seconds.

Ages 9 to 10 Years

Week 5 Drill 3 - Passing Rotary



Set Up

- ▣ 8 Players
- ▣ 9 Cones
- ▣ 4 Balls



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace and accuracy”.

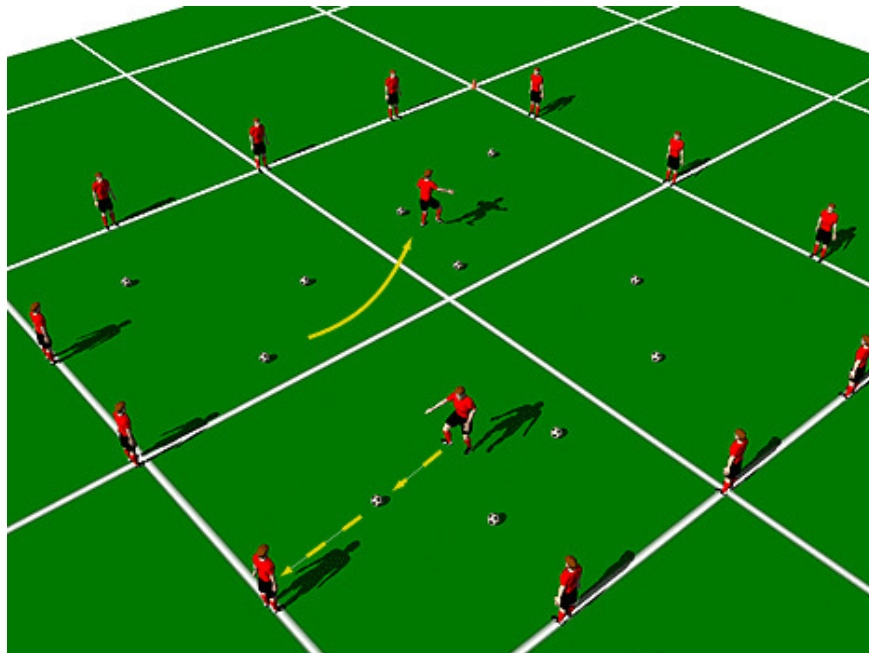
A server is positioned at each corner of the grid. The grid is approximately 20 yards x 20 yards. Each server has a ball. Four players are positioned inside the grid, each player opposite a server. The server rolls a ball through the two cones for the receiver to pass back first time using the push pass. The player must pass the ball back through the cones and on the ground to receive a point.

After passing the ball, the player must check to the center cone and rotate to the right and receive a pass from the next server.

Each player works to see how many good passes they can make in 30 seconds. After the 30-second period is completed, the coach compares scores, and the servers switch with the receivers.

Ages 9 to 10 Years

Week 5 Drill 4 - Pressure Passing



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ Large supply of balls



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on accuracy and explosive movement off the ball.

Two players are positioned in the grid with the remainder of the group spread evenly around the outside of the grid. A minimum of 10 balls are scattered inside the grid. On the coach's command, the two players within the grid have 2 minutes to make as many passes as they can to the outside players. After receiving a pass, the servers pass the ball back into an open area in the grid.

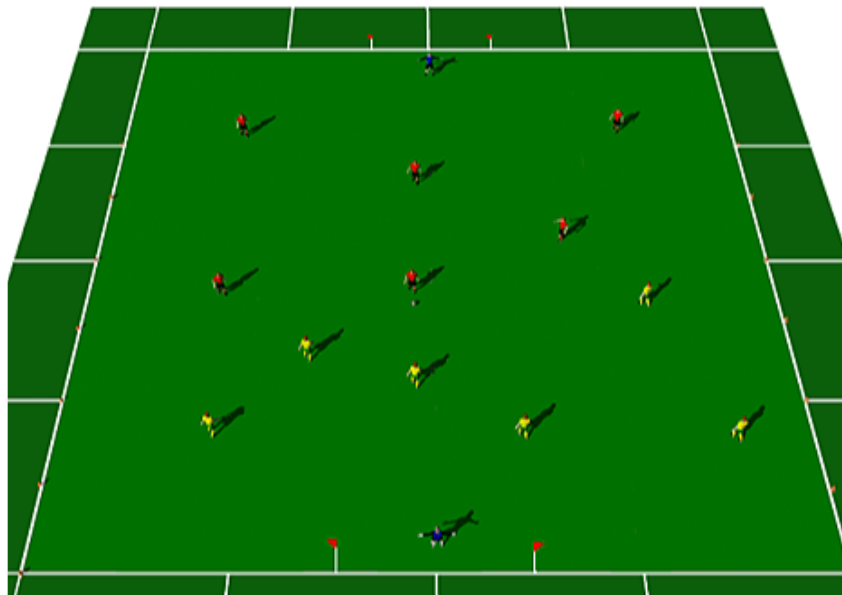
Players must work at full speed and concentrate on quality passing.

Outside players should be constantly talking and alert for passes.

Rotate two middle players every two minutes.

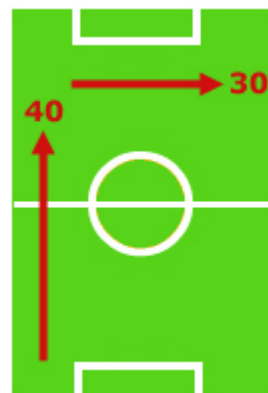
Ages 9 to 10 Years

Week 5 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

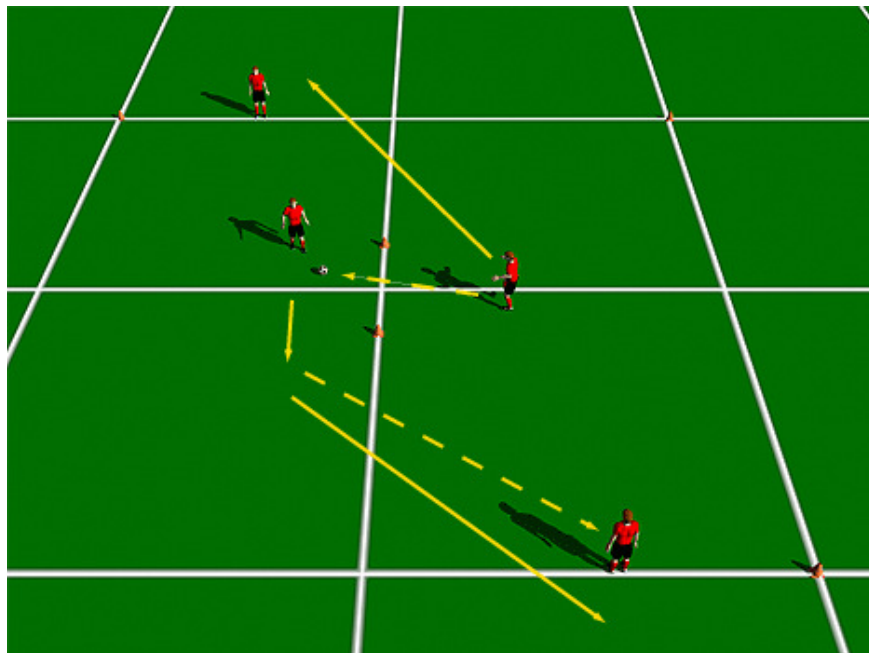
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Ages 9 to 10 Years

Week 6 Drill 1 - Reverse Pass



Set Up

- ▣ Small group of players
- ▣ 6 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 20 yards or 18 x 18 metres

Coaching Points

This practice is designed to improve the correct mechanics involved in the execution of the “Reverse Pass.”

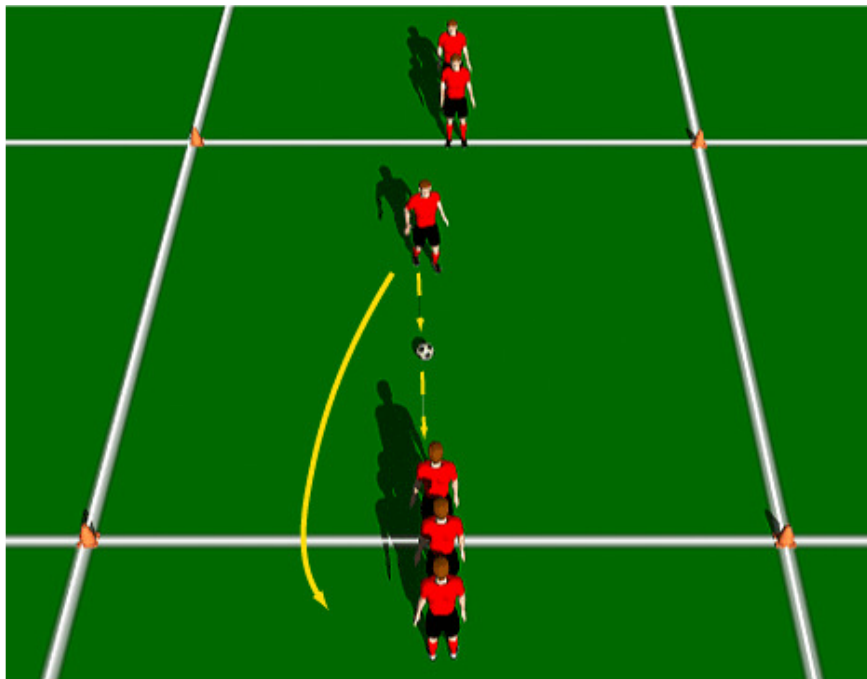
Two groups are positioned at each end of a grid 20 yards x 20 yards. One player runs with the ball towards the opposite player. At the middle cones the player in possession executes a reverse pass for their partner to take in their stride. After the exchange, both players accelerate to the end of the grid. Next pair then repeat the practice.

The coach should emphasize the following coaching points:

- Slow down speed at moment of executing the reverse pass.
- Fake in the opposite direction before passing the ball.
- Accelerate explosively, with and without the ball.
- Receiver should accept the ball using the laces of the shoe so the ball is taken in stride.
- Controlling the ball using the inside of the foot will slow down run.

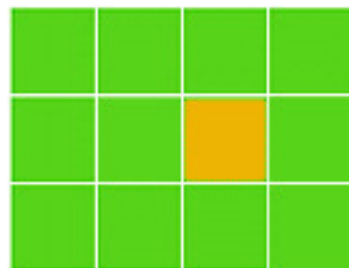
Ages 9 to 10 Years

Week 6 Drill 2 - Pass and Run



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the correct mechanics involved in the execution of the "Push Pass".

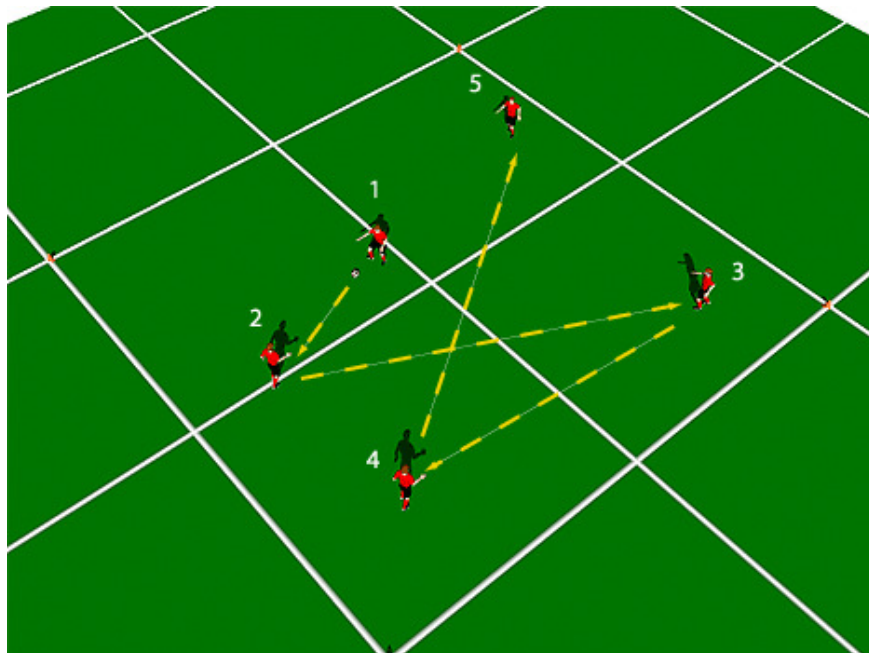
Two groups are positioned at each end of a grid 10 yards x 10 yards. The first player with the ball passes to the player opposite. After passing, the player sprints to the opposite end of the grid and joins the back of the line. The receiving player repeats to continue the sequence.

The coach should emphasize the following coaching points:

- Concentrate on quality ground passes to feet.
- Deliver a pass that the receiver can play using "one touch".
- Accelerate explosively without the ball.

Ages 9 to 10 Years

Week 6 Drill 3 - The Numbers Game



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

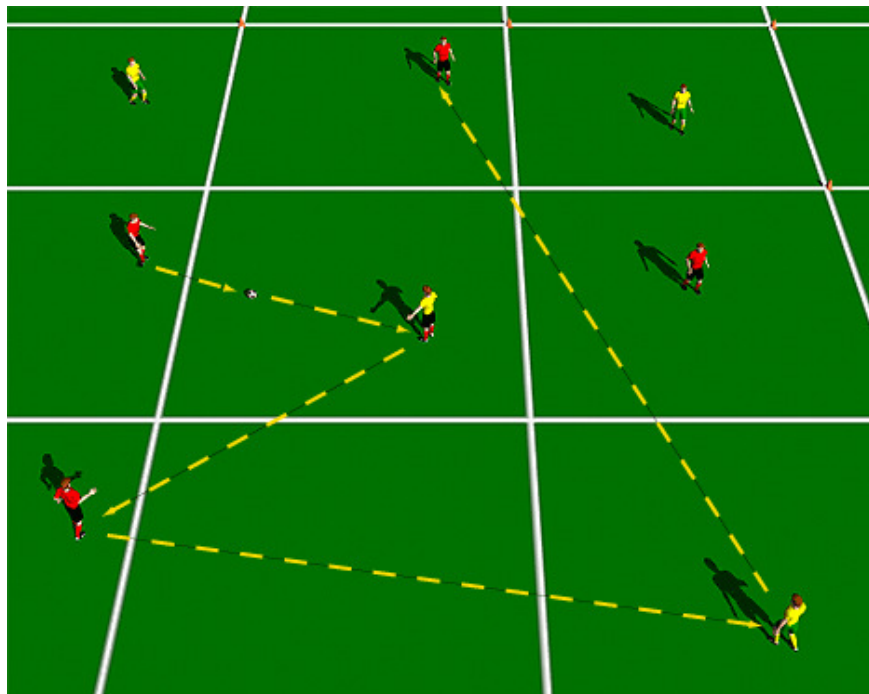
This practice is designed to improve the technical ability of the "Push Pass" with an emphasis on awareness of supporting players.

Divide your players into groups of fives. Position each group inside a grid, with one ball per group. The grid is approximately 20 yards x 20 yards. Each player has a number 1 through 5. The players pass the ball around the grid using the "push pass". The practice starts with #1 passing to #2, #2 must pass to #3, #3 must pass to #4, #4 passes to #5 and #5 must pass to #1. This sequence is maintained throughout the drill. Each receiving player must shout out their number to attract the attention of the passing player e.g.: If #1 has the ball, #2 must shout out their number to attract the attention of the player.

The players should move continually around the full area of the grid, constantly adjusting their position. Players should be encouraged to look around them before they receive a pass, enabling them to identify the next passing option quickly.

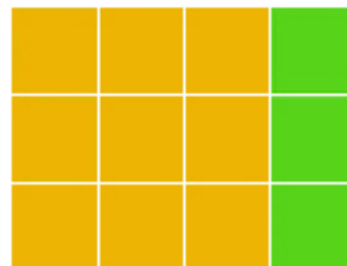
Ages 9 to 10 Years

Week 6 Drill 4 - The Color Game



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 30 x 30 yards or 27 x 27 metres

Coaching Points

This practice is designed to improve each player's vision when passing the ball.

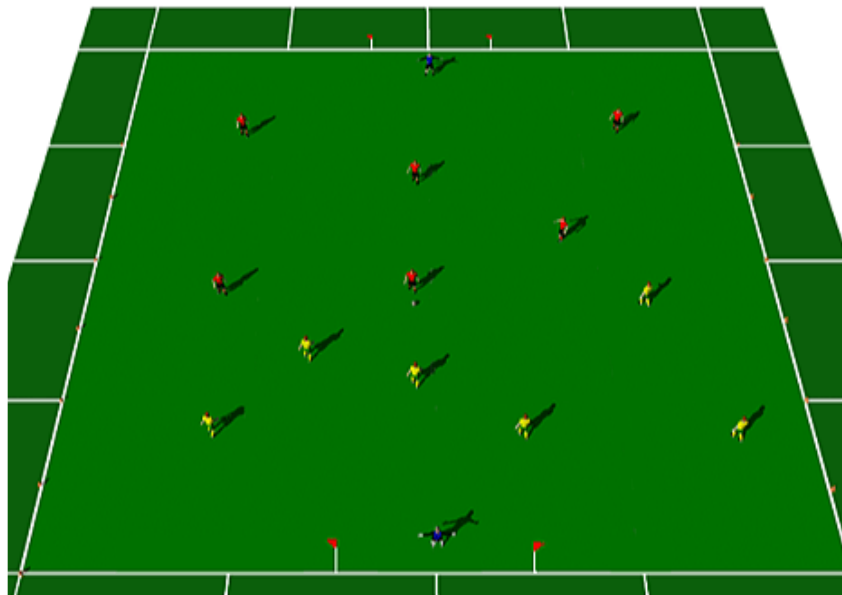
An area is marked out approximately 30 yards by 30 yards. Divide players into two groups and identify each team with different colored vests. Players move around grid passing the ball "two touch". The passes must always be in the sequence of "**Red Player - Yellow Player**" (red can only pass to yellow and yellow to red). This forces players to scan the area before receiving the pass. Progress to "one touch" play. Encourage players on the ball to pass over a variety of distances, not always a short pass. Encourage players off the ball to get into a position in line of the players vision (don't hide). Condition the players "not to talk or clap" for the ball. All communication is visual. Then take off condition.

Progression:

On the coaches command the player in possession must pass to the player named by the coach. When the coach shout's "Johnny" the player in possession must quickly scan the field, locate the player, and pass quickly to the player's feet. The play is continued with the "Red-Yellow" sequence until the coach calls another player's name.

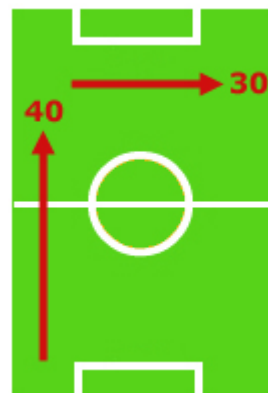
Ages 9 to 10 Years

Week 6 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

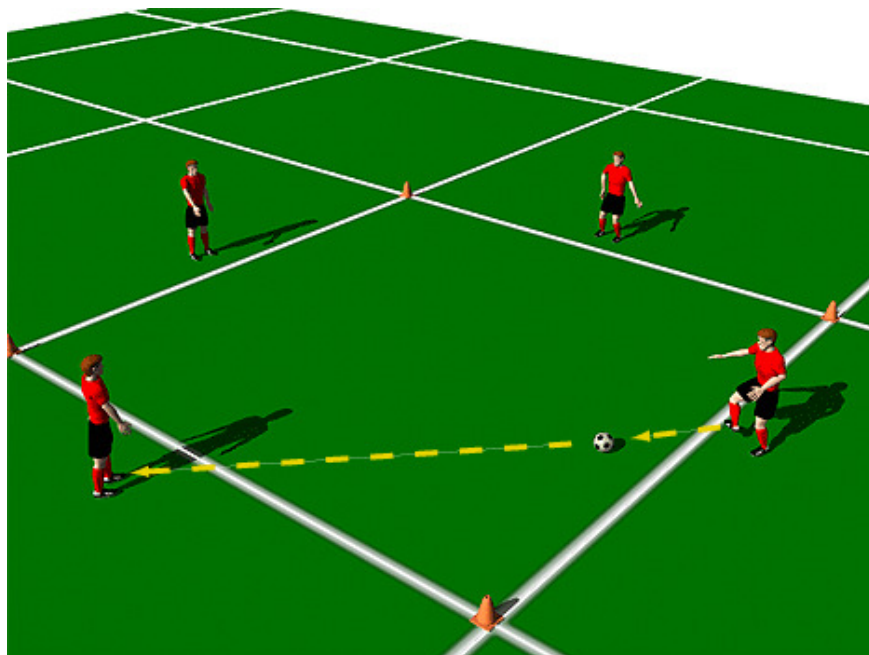
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

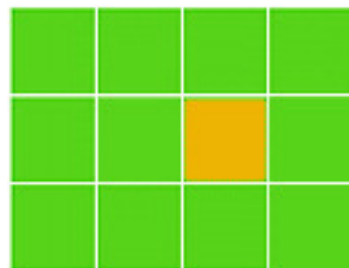
Ages 9 to 10 Years

Week 7 Drill 1 - Passing and Support



Set Up

- ▣ 4 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

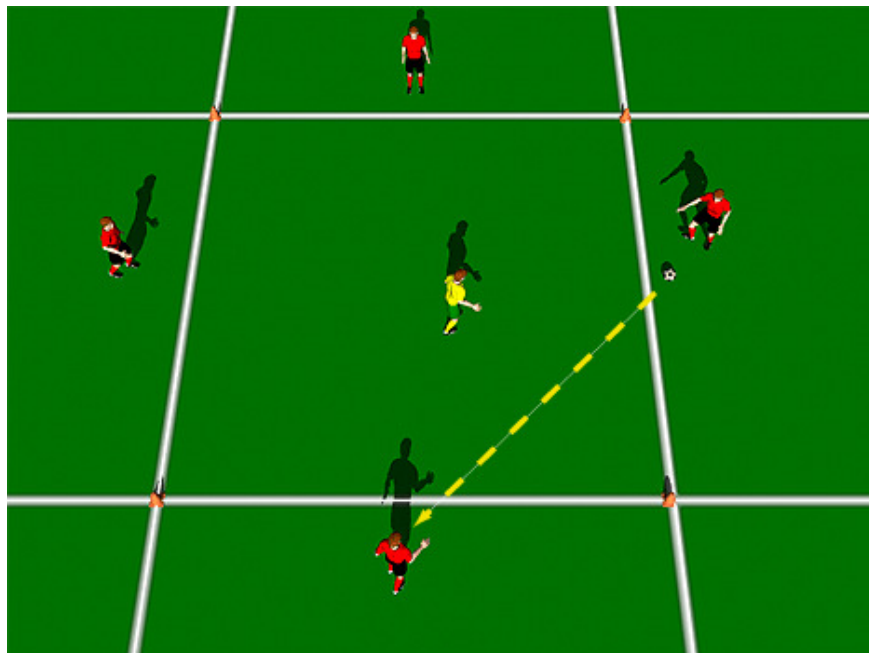
This practice is designed to improve short range passing with an emphasis on quality movement off the ball.

Four players are positioned on the outside lines of a grid 10 yards by 10 yards. Players pass the ball around the outside of the grid. After passing the ball the player should offer a good supporting angle. Players should be constantly moving their feet and asking for the ball.

Care should be taken on the quality of the speed of the pass and the pass should be accurate to the player's feet.

Ages 9 to 10 Years

Week 7 Drill 2 - Pass outside the Grid



Set Up

- ▣ 8 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “pace, accuracy and timing”.

A grid is marked off 10 yards by 10 yards. A player is positioned on each side of the grid. One defender is placed in the center of the grid. Three resting defenders are stationed outside the grid. The object of the practice is for the four players on the outside of the grid to keep possession of the ball without it being intercepted by the center defender. The outside players cannot enter the grid and the pressurizing defender cannot leave the grid. The outside players receive a goal for eight consecutive passes. Increase the number of passes per goal to challenge players. Coach can also place a condition of one or two touch passing.

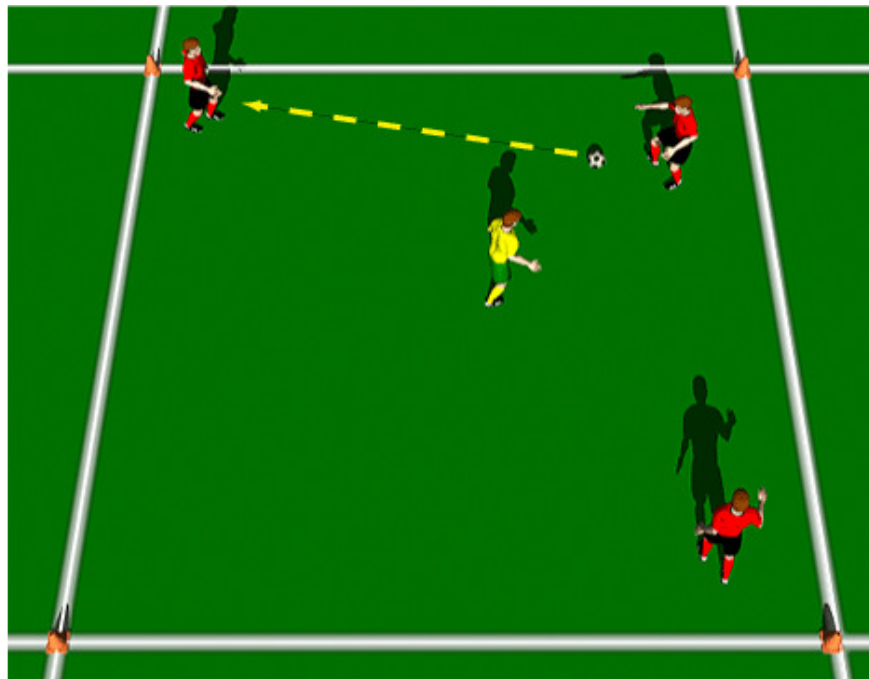
Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

The coach should emphasize the following coaching points:

- Players should always be alert and light on their feet.
- Disguise your intentions before passing the ball by using head fakes and body feints.
- Deliver quality accurate ground passes to feet.
- Deliver a pass your partner can hit first time.
- Consider the speed of the pass, not too hard and not too soft.
- Offer a good supporting angle once you have passed the ball.
- Communicate with the player in possession of ball.

Ages 9 to 10 Years

Week 7 Drill 3 - 3 v 1 Passing Under Pressure



Set Up

- ▣ 4 Players
- ▣ Plus 2 resting defenders
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve the technical ability of the “Push Pass” with an emphasis on “disguise, pace, accuracy and timing”.

Three players are positioned within a grid 10 yards by 10 yards. The three players must try and keep possession from the defender. The three players in possession may move anywhere within the grid. The defender's goal is to disposes the players in possession. The two supporting players must always work to offer the deepest and widest possible angles for the player in possession.

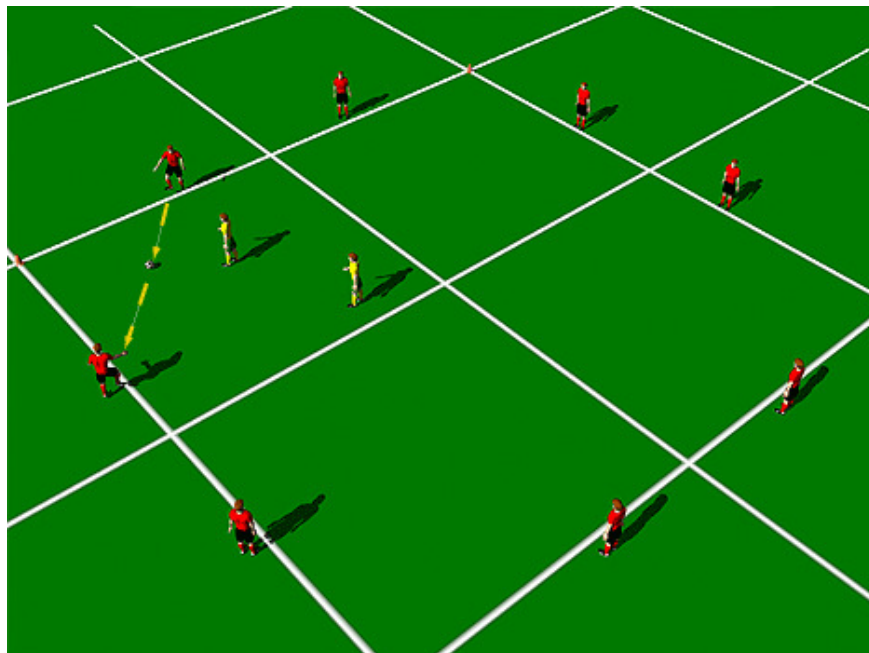
The supporting players should ask themselves two questions when supporting the player in possession:

- How wide can I get to give the best possible passing lane?
- How far from the player can I get to give the maximum time on the ball when the pass is received?

The player in possession must look to disguise their passing intentions by using step-overs, body feints and head fakes. They must also have the discipline to hold on to the ball and commit the defender towards them. If they release the ball too early the defender will have less ground to cover to put pressure on the receiving player. Players in possession are awarded one goal for 10 consecutive passes. Rotate working defender with resting defender frequently to ensure high pressure. Rotate players so each player performs the role of the defender.

Ages 9 to 10 Years

Week 7 Drill 4 - Keep the Ball



Set Up

- ▣ Group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is designed to improve each players technical ability in short range passing with an emphasis on “disguise, pace, accuracy and timing”.

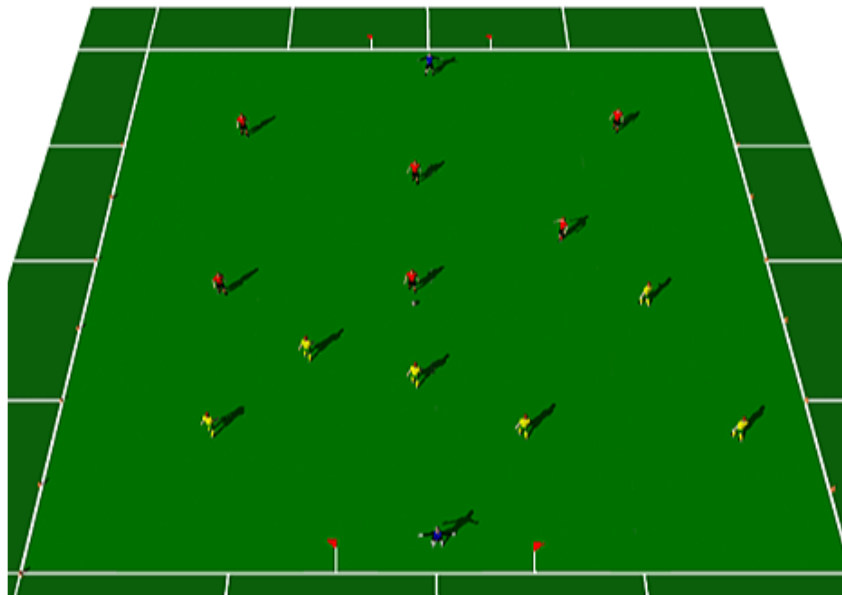
An area is marked out approximately 20 yards by 20 yards. A group of players are positioned around the outside of the grid. Two defenders are placed in the center of the grid and wear different colored vests.

The object of this practice is for the players on the outside of the grid to maintain possession of the ball by using one or two touch passes. Whenever possible the players must try to pass in between the two defenders.

A goal is awarded for ten consecutive passes and each time the defenders are split with a pass. The player responsible for losing possession swaps with one of the defenders.

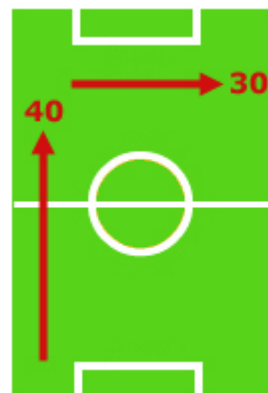
Ages 9 to 10 Years

Week 7 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

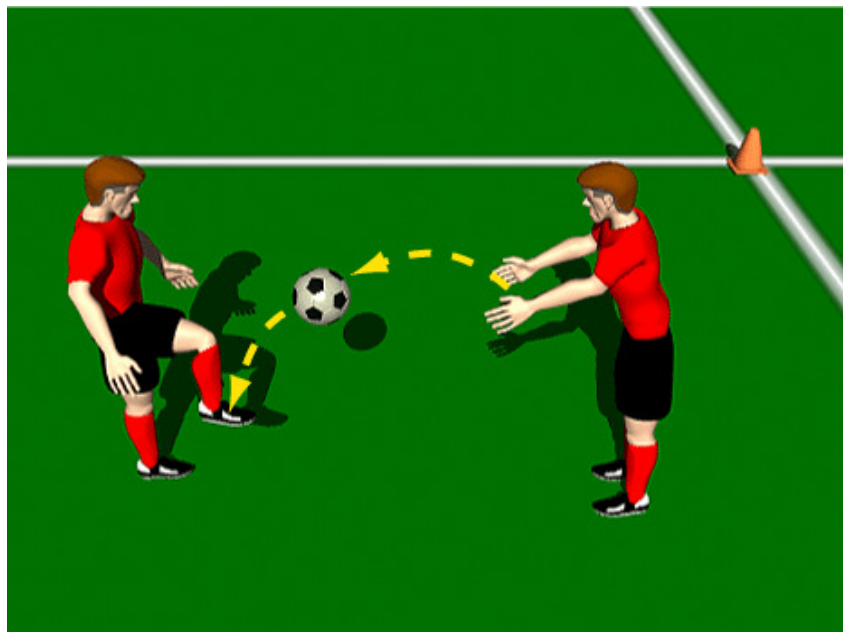
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

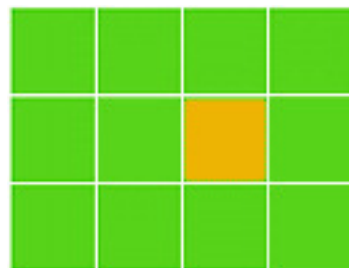
Ages 9 to 10 Years

Week 8 Drill 1 - Cushion Control using the Feet



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball from waist height, for his partner to control using the laces of the shoe. The player controlling the ball should get the controlling foot under the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it down to the ground. The player then serves the ball for his partner. Ensure that the serve is a "looped" serve and not shallow.

Players can keep score, one point for every successful control.

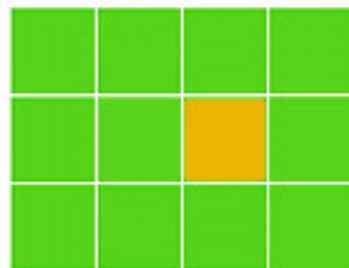
Ages 9 to 10 Years

Week 8 Drill 2 - One Man Relay Cushion Foot



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

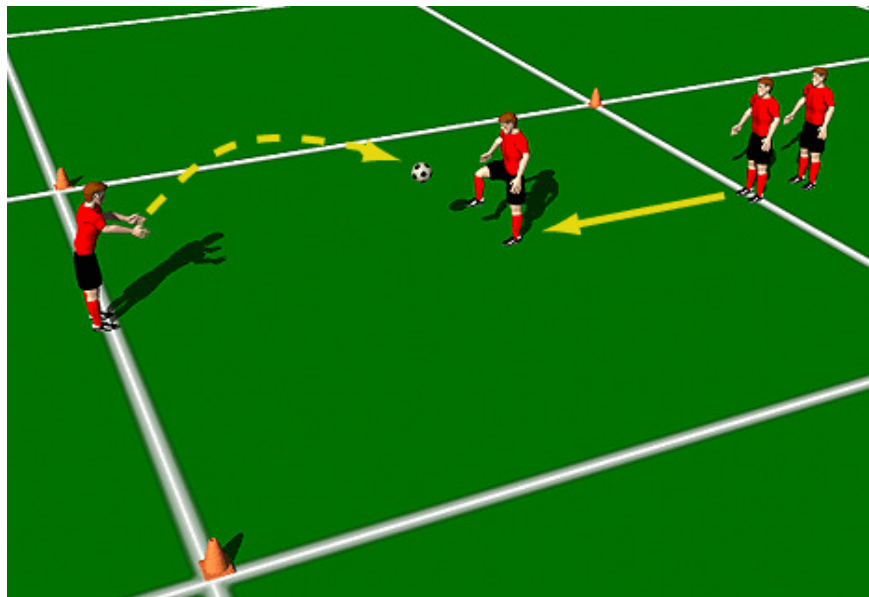
This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Two players are positioned in a grid 10 yards x 10 yards. The server throws a looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the ball. The player runs towards the server and receives the ball from the server. The receiving player must control the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must return to the starting position and repeat.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first player to reach 20 good controls and passes or who can perform the most controls and passes in one minute.

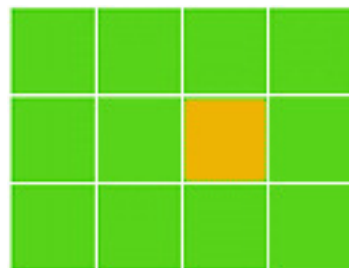
Ages 9 to 10 Years

Week 8 Drill 3 - Small Group Relay Cushion Foot



Set Up

- ▣ Small group of players
- ▣ 1 Ball
- ▣ 4 Cones



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

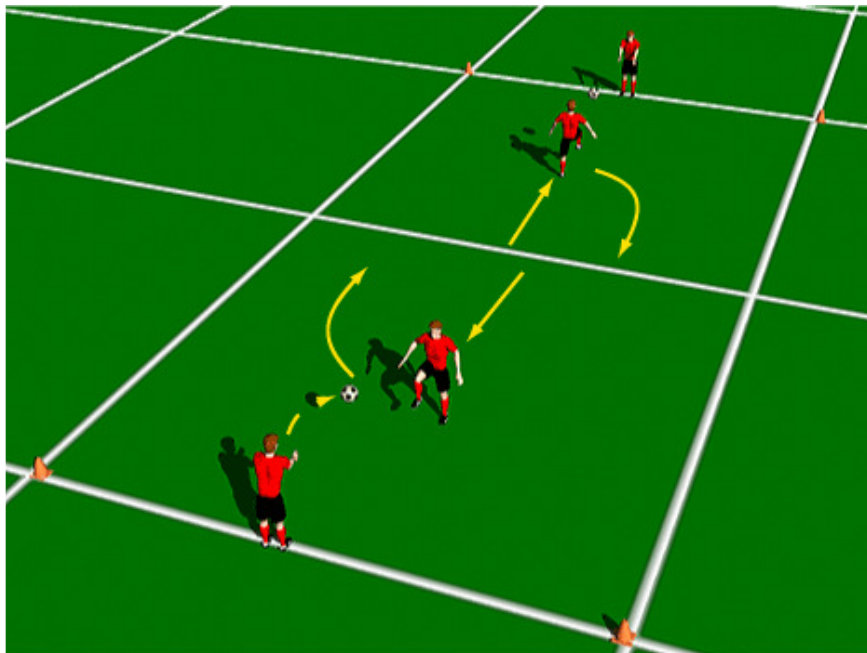
Players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

Players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the foot. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

Ages 9 to 10 Years

Week 8 Drill 4 - Cushion Foot Pressure Relay



Set Up

- ▣ 4 Players
- ▣ 4 Cones
- ▣ 2 Balls



- ▣ Grid 10 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

Place two servers with a ball each at both sides of the grid. The server throws a high looped pass to the Receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the serve.

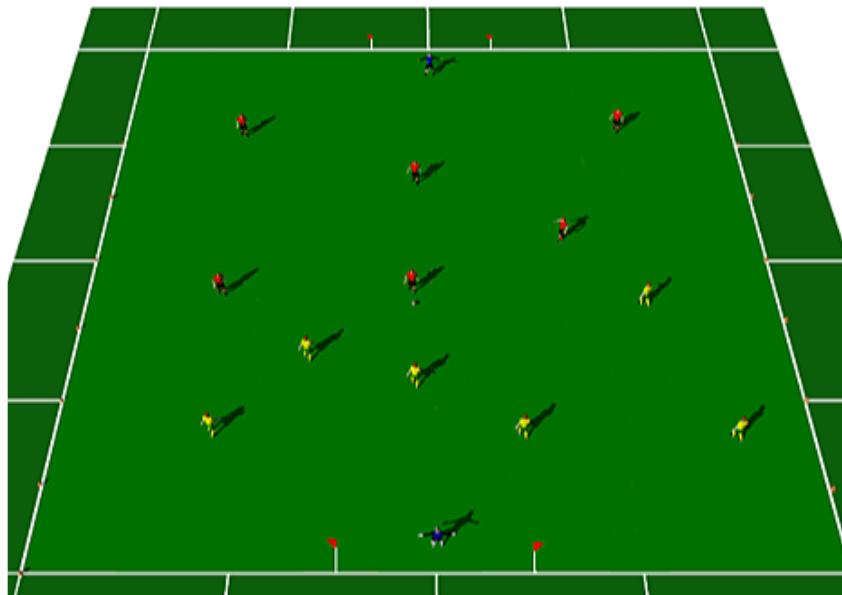
After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and receive a pass from the opposite server.

The players in the center should work at full speed and concentrate on quality first touch passing. If the players working turns to a server for a pass, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

Competitions should be played e.g.: how many points in 60 seconds, the first player to reach 20 points wins.

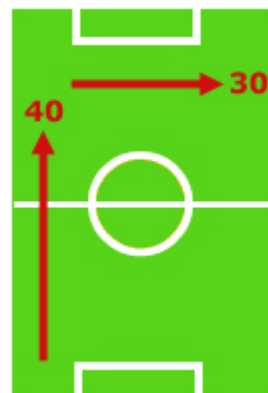
Ages 9 to 10 Years

Week 8 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

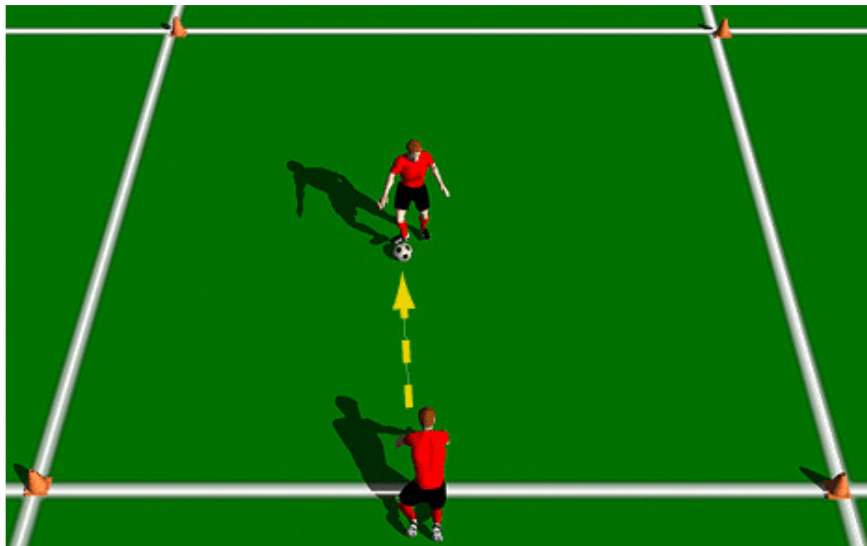
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

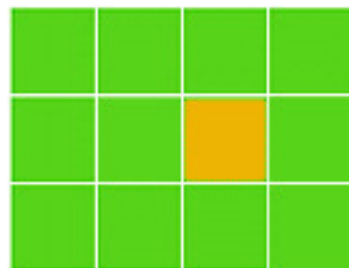
Ages 9 to 10 Years

Week 9 Drill 1 - Cushion Control - Inside of the Foot



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

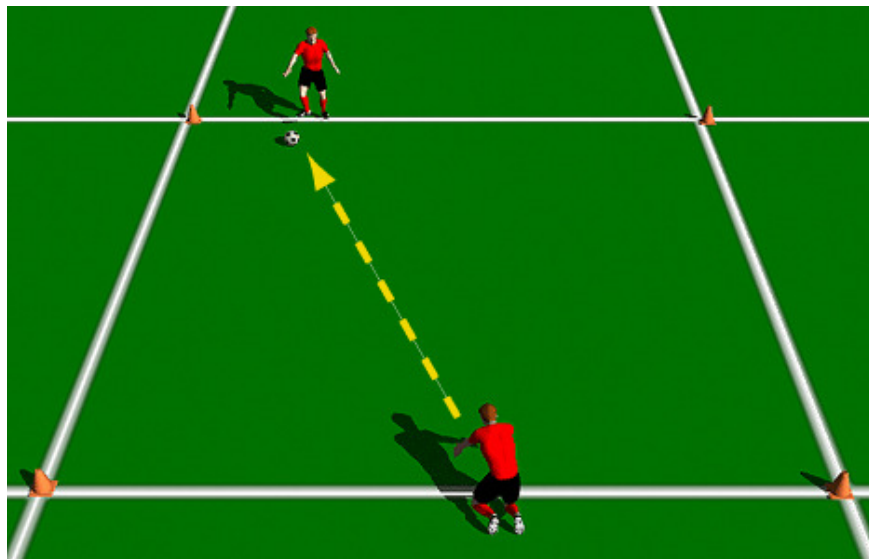
This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for his partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server.

Players can keep score, one point for every successful control.

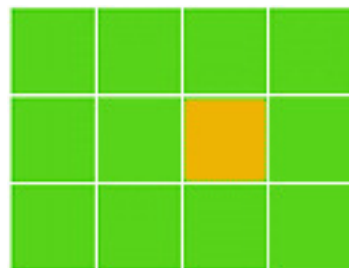
Ages 9 to 10 Years

Week 9 Drill 2 - Getting behind the flight of the ball



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

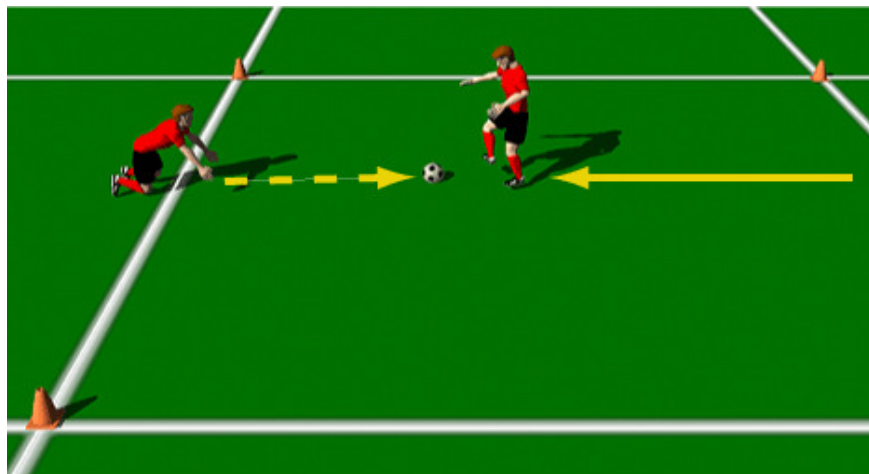
This practice is designed to improve each player's ability in "ball control". The emphasis is placed on getting behind the flight of the ball early, so the player is composed and comfortable when controlling the ball.

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other at each end of the grid. The player with the ball starts the practice by rolling the ball to the side of their partner and in between the cones. As the ball is traveling towards the receiving player, they must quickly get behind the flight of the ball and be in a balanced position ready to control it. The player must control the ball with their feet and pass it back to their partner. The speed of the service should be increased gradually. Ensure that the ball is not rolled too close to the receiving player. Have the server aim for the inside of the cones.

The earlier the player gets behind the flight of the ball, the more time that player will have to control it. Swap roles so each performs the drills.

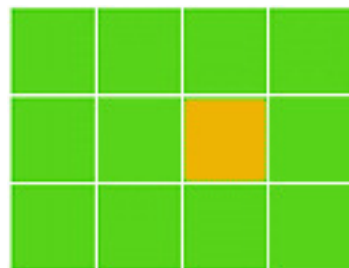
Ages 9 to 10 Years

Week 9 Drill 3 - Cushion Control using the Foot



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

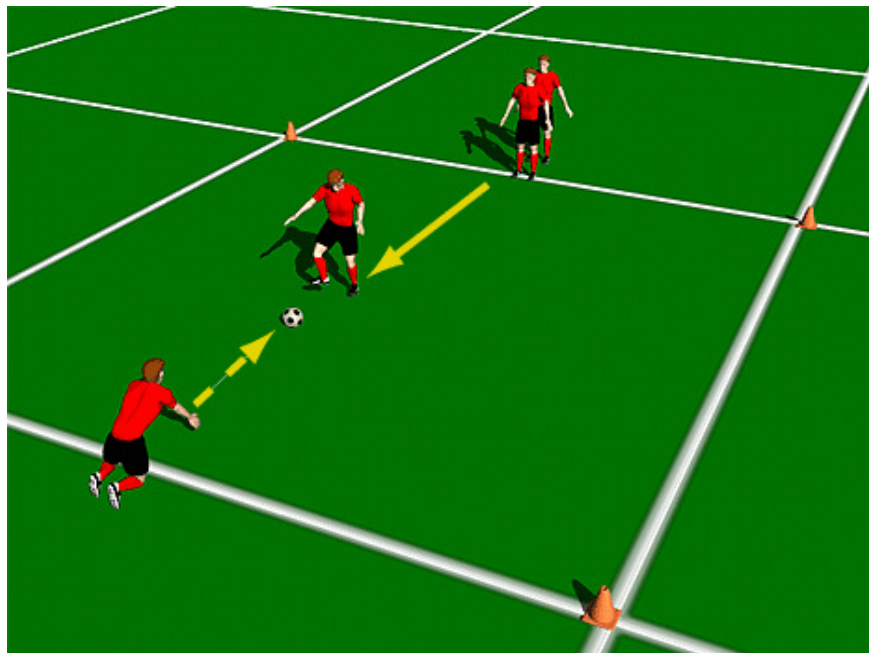
This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Feet".

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by rolling the ball along the ground, for their partner to control using the inside of the foot. The player controlling the ball should get the controlling foot behind the flight of the ball. On contact with the ball, the player immediately withdraws the foot, taking the pace off the ball, and cushioning it. The player then passes the ball back to the server.

Players can keep score, one point for every successful control.

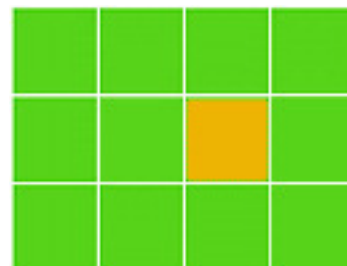
Ages 9 to 10 Years

Week 9 Drill 4 - Small Group Relay Cushion Foot



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is structured to improve the technical ability of the “Cushion Control using the Feet”.

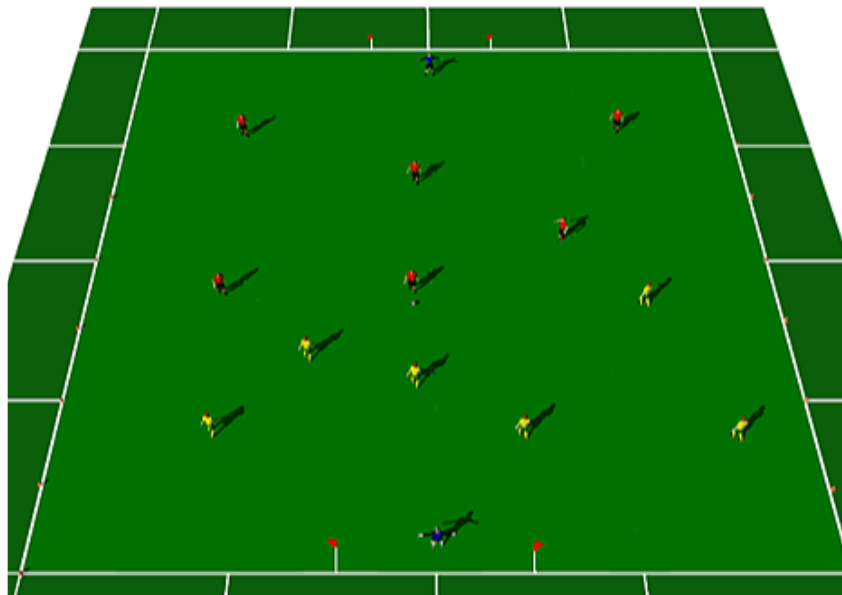
A small group of players are positioned in a grid 10 yards x 10 yards. The server rolls the ball along the ground to the receiving players. Players alternate receiving the ball from the server.

The receiving player must control the ball using the inside of the foot. After successfully controlling the ball the player must pass the ball back to the server, turn and join the end of the line. The player receives a point for each successful control and pass back to the server.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

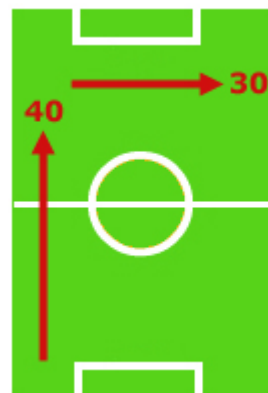
Ages 9 to 10 Years

Week 9 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

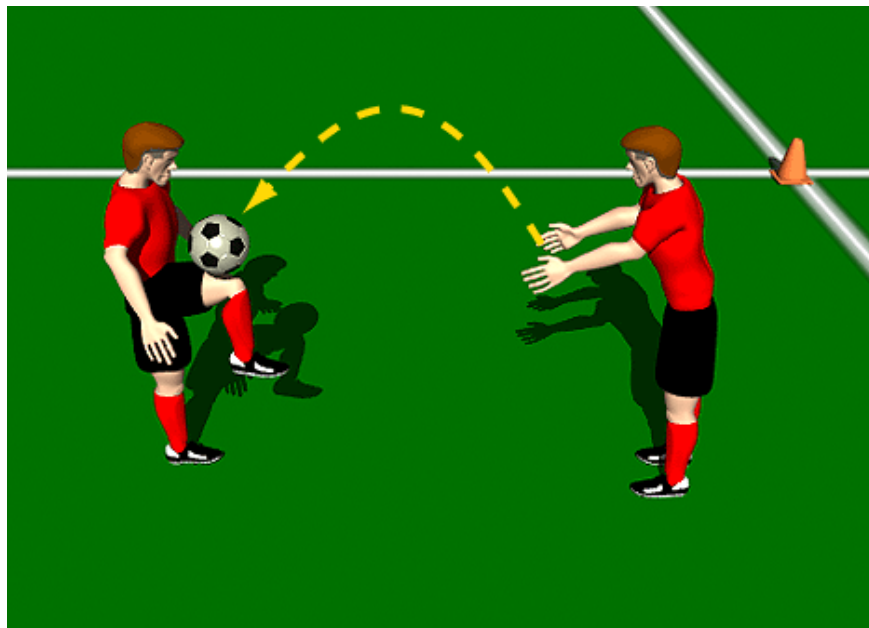
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

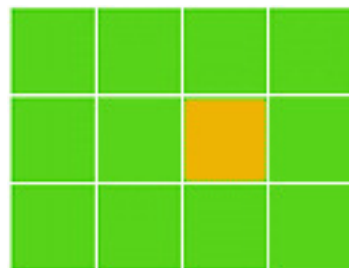
Ages 9 to 10 Years

Week 10 Drill 1 - Cushion Control using the Thigh



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve each player's ability in ball control. The emphasis is placed on "Cushion Control using the Thigh".

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height, for their partner to control using the thigh. The player controlling the ball should constantly be moving to get their thigh under the flight of the ball.

On contact with the ball, the player immediately withdraws the thigh, taking the pace off the ball, and cushioning it down to the ground. The player then passes the ball back to their partner to repeat. Ensure that the serve is a high "looped" serve and not shallow. Players can keep score, one point for every successful control. Alternate roles so each player performs the drill.

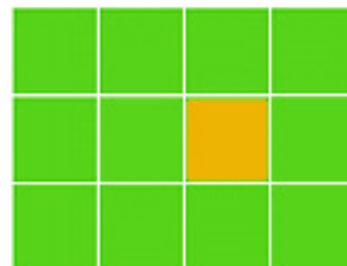
Ages 9 to 10 Years

Week 10 Drill 2 - Cushion Control using the Chest



Set Up

- ▣ 2 Players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

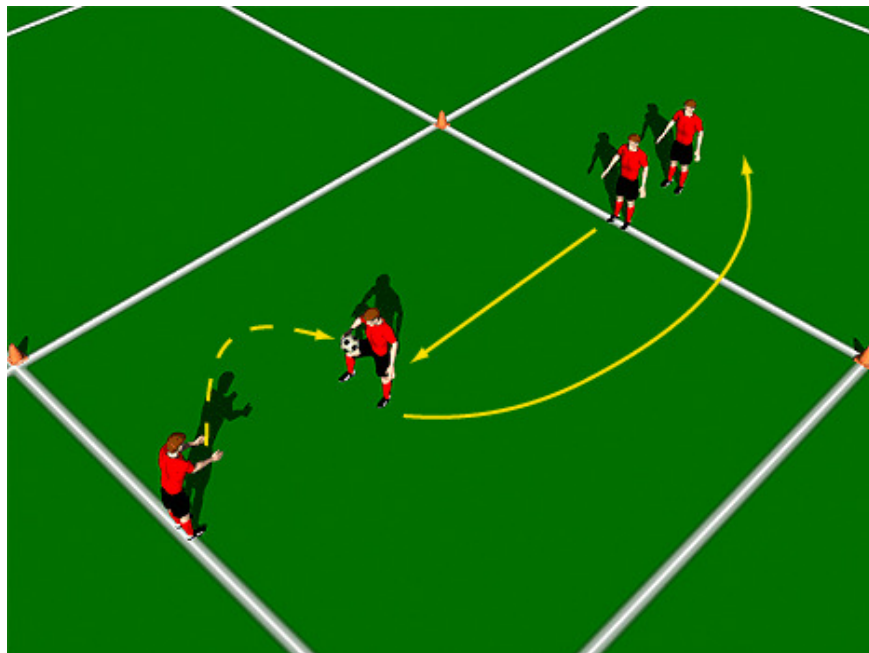
This practice is designed to improve each player's ability in Ball control. The emphasis is placed on "Cushion Control using the Chest".

Two players per grid, with one ball. The grid should be 10 yards x 10 yards. The players are positioned facing each other about 5 yards apart. The player with the ball starts the practice by serving the ball above head height for their partner to control using the chest. The player controlling the ball should constantly be moving to get the chest under the flight of the ball.

On contact with the ball, the player immediately withdraws the chest, taking the pace off the ball, and cushioning it down to the ground. The player then passes the ball back to the server to repeat drill. Ensure that the serve is a high "looped" serve and not shallow. Players can keep score, one point for every successful control. Alternate roles so each player performs the drill.

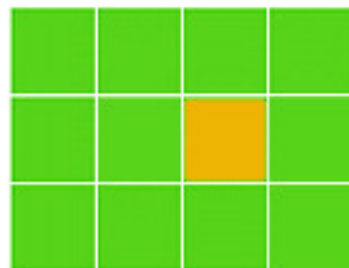
Ages 9 to 10 Years

Week 10 Drill 3 - Thigh Control Relay



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is structured to improve the technical ability of the “Cushion Control using the Thigh”.

A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the thigh. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group.

The coach should emphasize correct technique and slowly build up the tempo to match speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

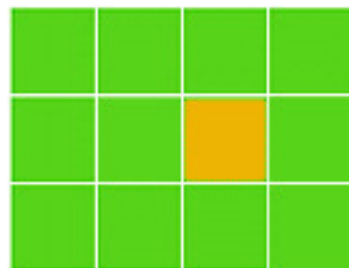
Ages 9 to 10 Years

Week 10 Drill 4 - Chest Control Relay



Set Up

- ▣ Small group of players
- ▣ 4 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is structured to improve the technical ability of the “Cushion Control using the Chest”.

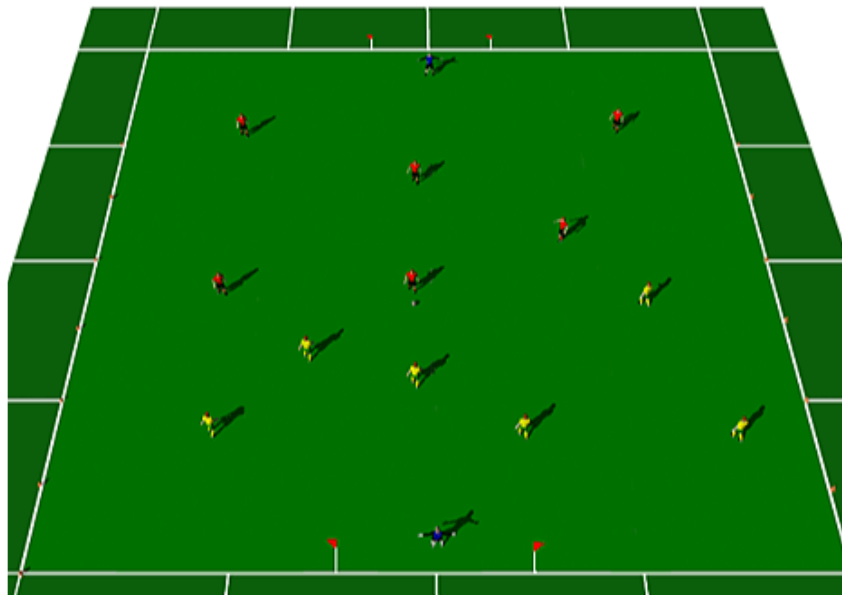
A small group of players are positioned in a grid 10 yards x 10 yards. The server throws a high looped pass to the receiving player. The ball should be served approximately 5 yards in front of the server. With a correct serve the receiving player is always encouraged to come and meet the pass.

The players alternate receiving the ball from the server. The receiving player must prevent the ball from hitting the ground by controlling the ball using the chest. After successfully controlling the ball the player must pass the ball back to the server. The player receives a point for each successful control and pass back to the server. After each pass the receiver must turn and join the end of the group.

The coach should emphasize correct technique and slowly build up the tempo to game speed. Care must be taken to emphasize quality over speed. Create a competition between groups. Keep score and award points for the first team to reach 20 good controls and passes or the team who can perform the most controls and passes in one minute.

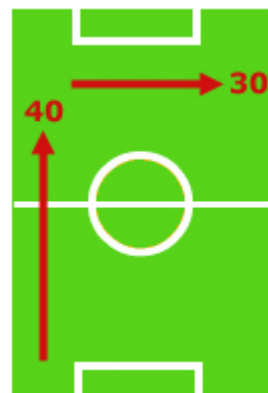
Ages 9 to 10 Years

Week 10 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

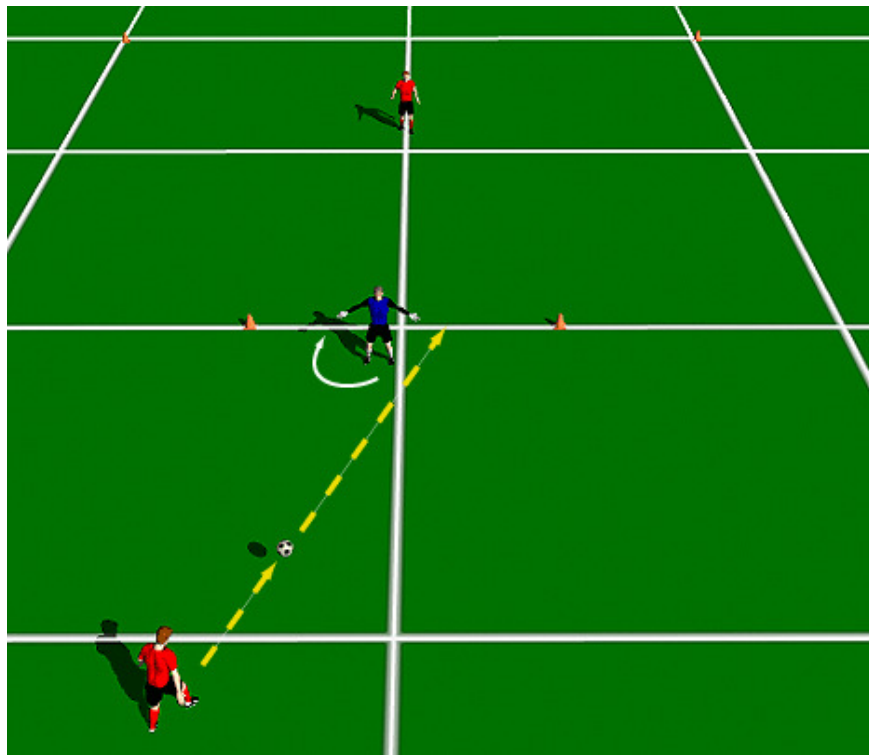
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

Ages 9 to 10 Years

Week 11 Drill 1 - Shooting - Goalkeeper in middle



Set Up

- ▣ 3 Players
- ▣ 2 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 40 yards
or 18 x 36 metres

Coaching Points

This practice is designed to improve the player's technical ability using the "Low driven shot".

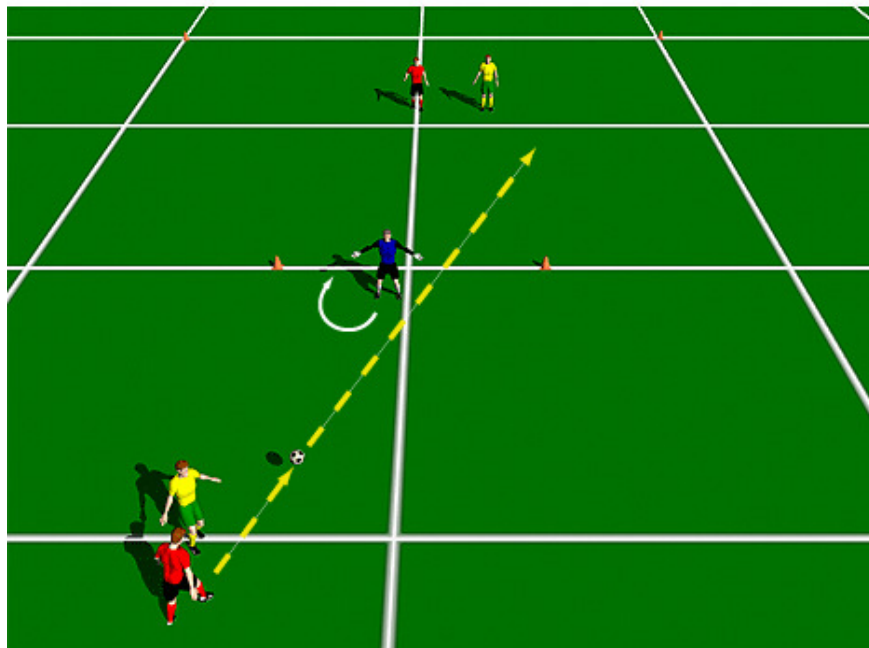
Three players are positioned in a grid 20 yards x 40 yards, using one ball. One player is placed each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to one of the players. The player tries to score past the goalkeeper. The ball must travel between the flagpole's or cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner:

- 3 goals if the player scores on first touch.
- 2 goals if the player takes two touches before scoring.
- 1 goal if the player takes three or more touches before scoring.

The player on the opposite side must always be alert to strike the ball when it comes into their end from a shot. If the goalkeeper saves the shot, they turn around and roll the ball out to the opposite player. The player in goal should be rotated with the outfield players. Keep a record of the score to determine the champion.

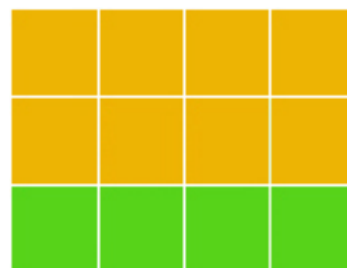
Ages 9 to 10 Years

Week 11 Drill 2 - 1 v 1 - Goalkeeper in middle



Set Up

- ▣ 5 Players
- ▣ 2 Cones
- ▣ 1 Ball



- ▣ Grid 20 x 40 yards
or 18 x 36 metres

Coaching Points

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Five players are positioned in a grid 20 yards x 40 yards, using one ball. Two players are positioned either side of the goal.

The goalkeeper starts the practice by rolling the ball to one of the players. The first player to the ball tries to score past the goalkeeper, the second must defend, if they win the ball they may also shoot. The ball must travel between the cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner:

- 3 goals if the player scores on first touch
- 2 goals if the player takes two touches before scoring
- 1 goal if the player takes three or more touches before scoring.

The players on the opposite side must always be alert to strike the ball when it comes into their end from a shot. If the goalkeeper saves the shot, they then turn around and roll the ball out to the opposite players. The player in goal should be rotated with the outfield players. Keep a record of the score to determine the champion.

Ages 9 to 10 Years

Week 11 Drill 3 - Long and Short Range Shooting



Set Up

- ▣ Small group of players
- ▣ 2 Cones
- ▣ Large Supply of balls
- ▣ Full size goal



- ▣ Full Penalty Area

Coaching Points

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques.

A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal. One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass for the shooter to strike at goal. After taking both shots, the shooter returns to their starting position and joins the end of the line.

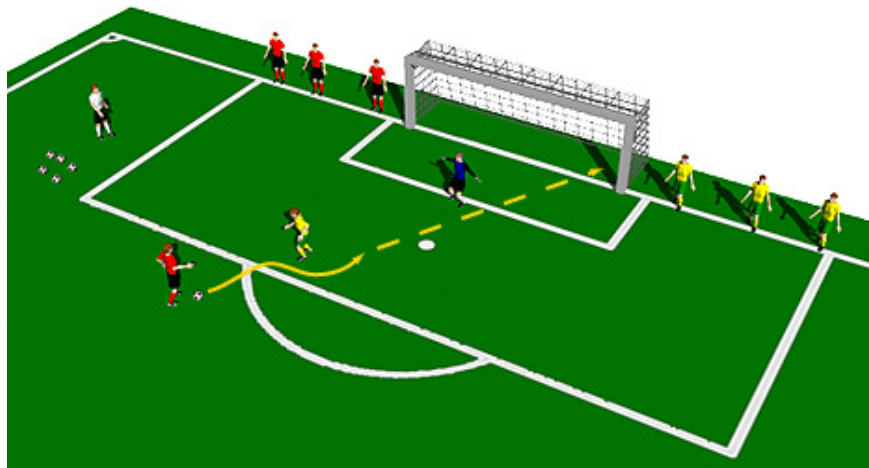
Coach should keep track of goals scored and make a competition amongst the shooters.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "**accuracy**" and not power.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Ages 9 to 10 Years

Week 11 Drill 4 - Shooting 1 v 1 Knock Out



Set Up

- ▣ Small group of players
- ▣ Large supply of balls
- ▣ Full size goal



- ▣ Full Penalty Area

Coaching Points

This practice is designed to improve a wide variety of shooting techniques while under pressure.

Players are divided into pairs and placed on the end line at opposite sides of the goal. Each pair is assigned a number. The goalkeeper starts the practice by serving the ball out towards the edge of the penalty area.

On distributing the ball, the goalkeeper calls out a number such as 1, 2, 3, or 4 etc. The pair selected then run out to the ball. First player to get to the ball becomes the attacker, the second acts as the defender.

The defender must attempt to win the ball, and the attacker tries to score. The defender becomes the attacker if they can win possession. After a shot is taken, both players return to their starting positions. Coach should keep track of goals scored and make a competition amongst the players.

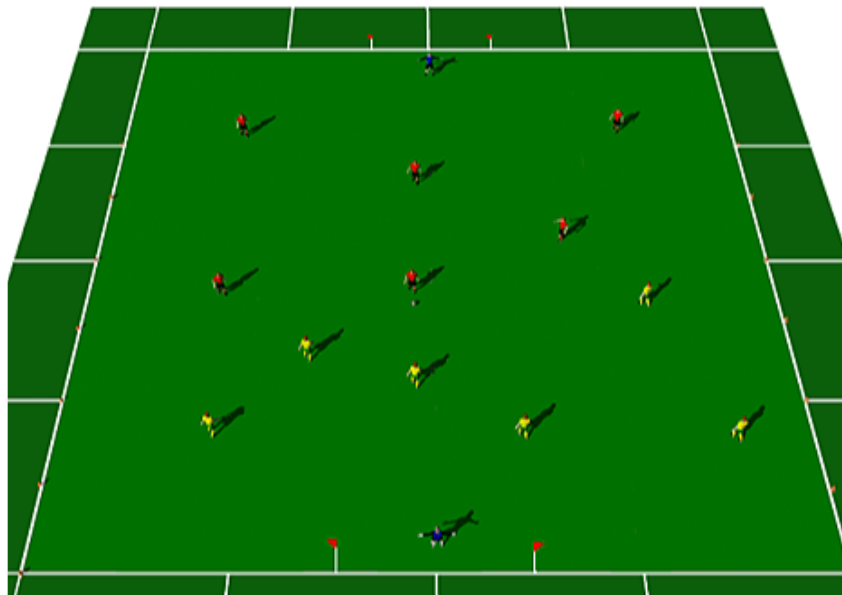
The coach should emphasize the following coaching points:

- The emphasis should be placed on "**accuracy**" and not power.
- Encourage attackers to run at the defenders with speed.
- Keep the tempo high and at match pace.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

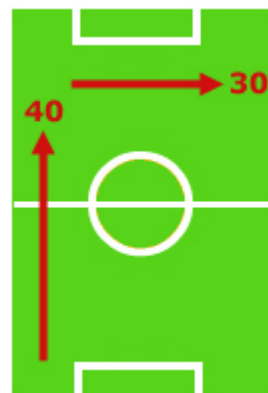
Ages 9 to 10 Years

Week 11 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

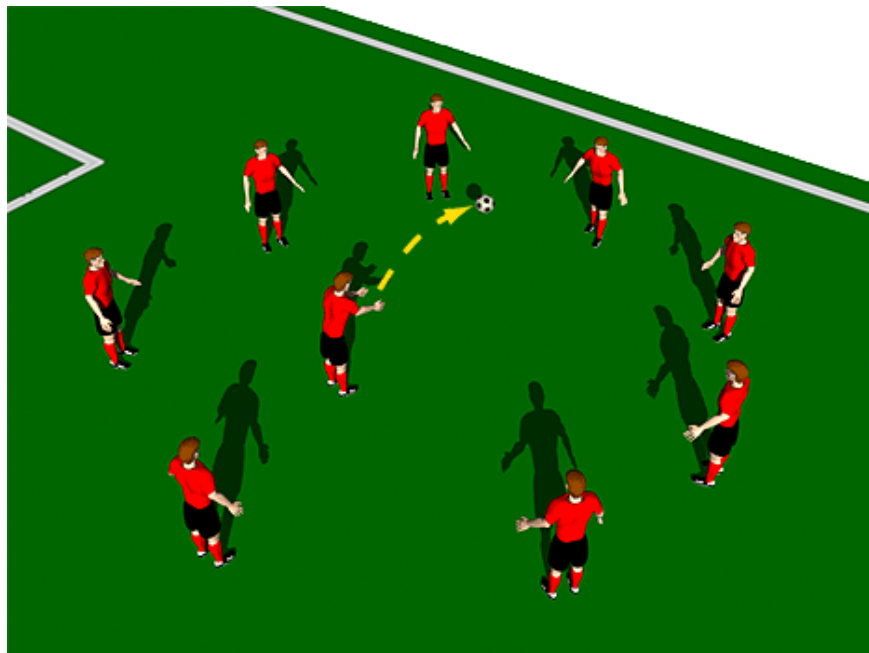
Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.

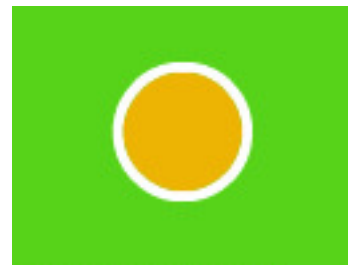
Ages 9 to 10 Years

Week 12 Drill 1 - Heading Reaction Game



Set Up

- ▣ Small group of players
- ▣ 1 Ball



- ▣ Circle approx 10 yards or 9 metres

Coaching Points

This practice is structured to improve the technical ability of "Heading" with an emphasis on "quick reaction".

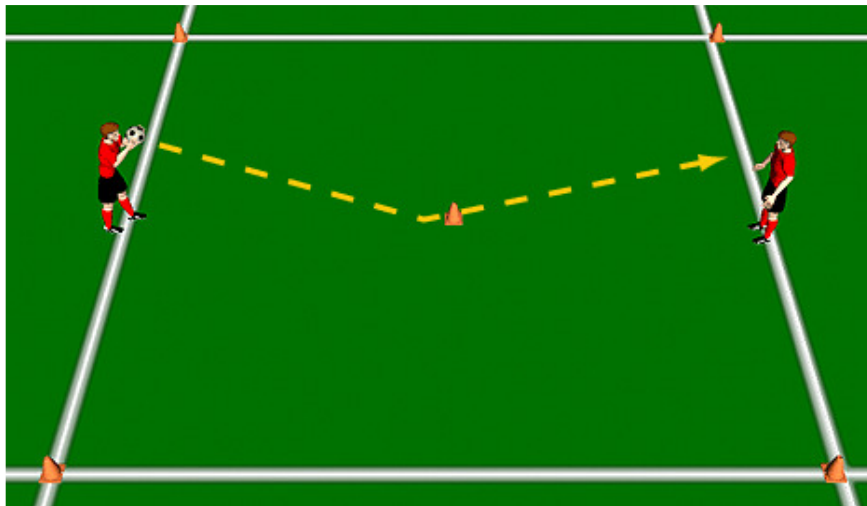
A group of players are positioned in a circle around the coach, using one ball. The coach serves a straight throw to the players in random order. As the coach serves the ball he shouts one of two commands "HEAD" or "CATCH".

- If the coach shouts, "HEAD" - the player must do the opposite and catch the ball.
- If the coach shouts, "CATCH" - the player must do the opposite and head the ball.

The player receives a goal for every successfully performed header or catch. If the player heads the ball it must be headed back to the coaches hands, if they catch the ball he must then throw it back to the coach. A competition can also be played. When the player makes a mistake they are eliminated and sit on the ground. The last player standing wins.

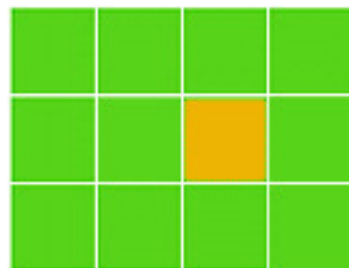
Ages 9 to 10 Years

Week 12 Drill 2 - Heading for Accuracy



Set Up

- ▣ 2 Players
- ▣ 5 Cones
- ▣ 1 Ball



- ▣ Grid 10 x 10 yards
or 9 x 9 metres

Coaching Points

This practice is designed to improve accuracy and power when heading the ball.

Two players are positioned in a grid 10 yards x 10 yards. One player holds the ball firmly between their hands. The players alternate heading the ball from their hands, while attempting to hit the cone. A goal is awarded each time a player hits the cone.

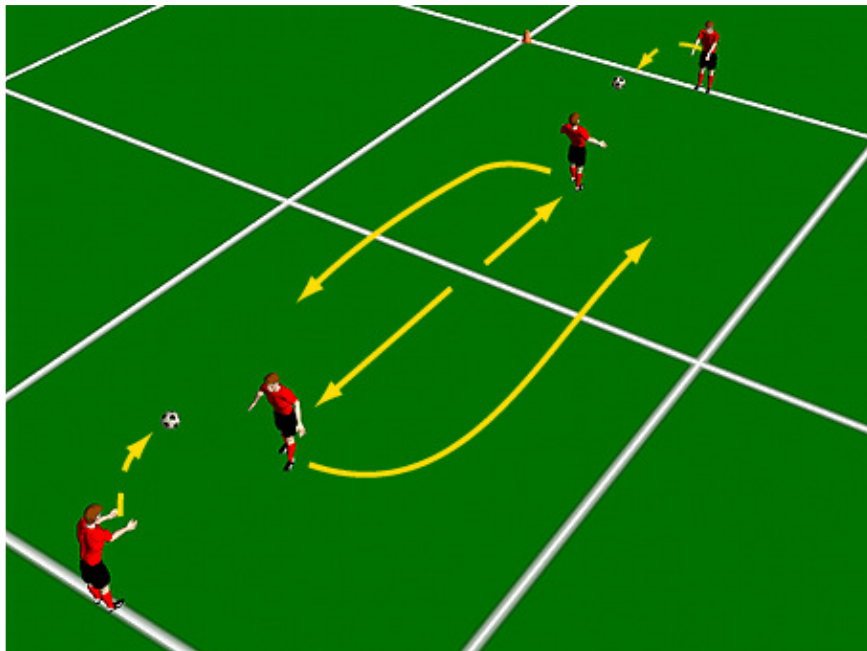
The coach should emphasize the following coaching points:

- Position feet one behind the other. This will lead to good balance. Remember to keep the head steady and eyes fixed firmly on the ball.
- Holding the ball, bring the ball quickly up towards the forehead. Swing the upper body backwards, then forward quickly and make contact on the ball with the center of the forehead.
- Do not let go of the ball; use the power of the head to hit the ball out of the hands.

The player should direct the ball downward to hit the cone. Do not tilt the head too far back or the ball will skim from the head.

Ages 9 to 10 Years

Week 12 Drill 3 - Heading Pressure Relay



Set Up

- ▣ 4 Players
- ▣ 4 Cones
- ▣ 2 Balls



- ▣ Grid 10 x 20 yards
or 9 x 18 metres

Coaching Points

This practice is structured to improve the technical ability of "heading" the ball on the run" with an emphasis on "accuracy".

Two players are positioned in a grid 10 yards x 20 yards. Two servers with a ball stand at each side of the grid. Each server alternates serving a high looped throw for the receiver to head back to the server. Ensure that the servers do not serve the ball too far, so that the player in the center does not need to come to meet the ball.

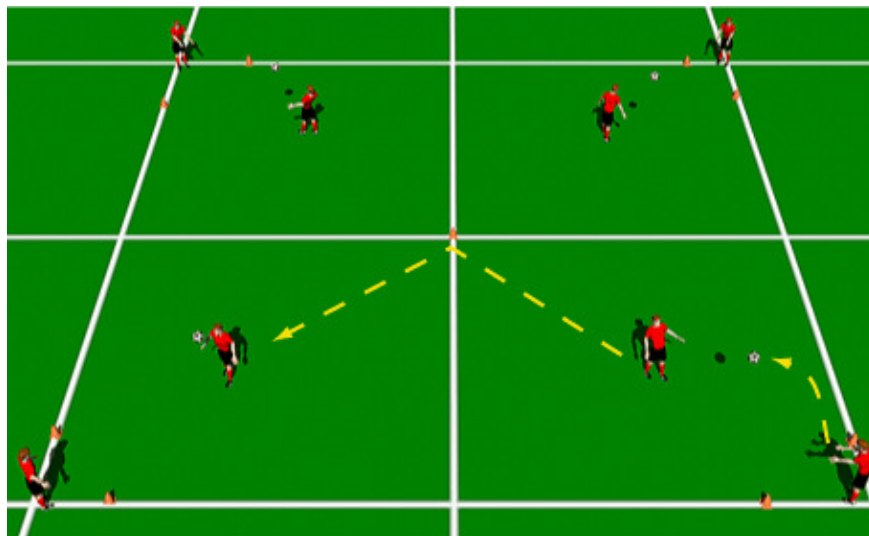
The player working in the center has to receive a throw from server and head it back to server. The player then turns quickly and repeats with the server on the opposite side. The players in the center should work at full speed and concentrate on quality.

If the player working turns to a server for a header, and the server is retrieving the ball, the player must continue to run and turn to receive the ball from the opposite server. The player should not wait for a server to retrieve the ball.

Competitions should be played: how many headers in 60 seconds, the first player to reach 20 good headers. Only headers made back to the server's hands are countable.

Ages 9 to 10 Years

Week 12 Drill 4 - Heading Rotary



Set Up

- ▣ 8 Players
- ▣ 9 Cones
- ▣ 4 Balls



- ▣ Grid 20 x 20 yards
or 18 x 18 metres

Coaching Points

This practice is structured to improve the technical ability of "heading" with an emphasis on "accuracy".

Eight players are positioned in a grid 20 yards x 20 yards. One cone is placed in the center of the grid as a marker. Four players are positioned in the corners of the grid, each with a ball. Four players start from the center cone, each facing one of the servers.

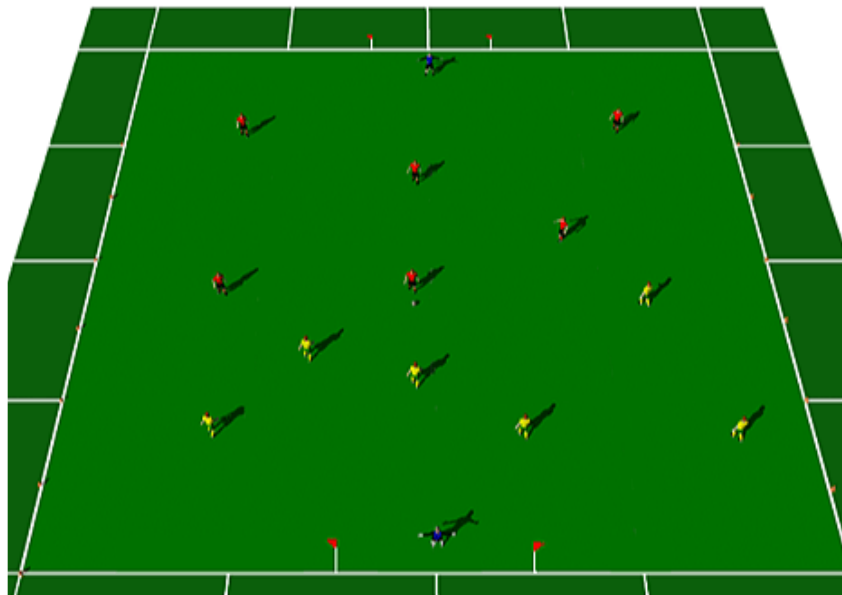
The players in the center of the grid receive a throw from the server and head the ball back to the server. They then must check back to the center cone and rotate to the next server on their right and repeat exercise.

The players repeat this practice for approximately 3 minutes as they rotate around the grid. Emphasis should be placed on the accuracy, heading the ball back to the servers hands. The header should be played back at the correct pace so the receiver can catch the ball with ease.

It is advised to have an extra ball at each cone to keep the tempo of the practice constant. A goal is scored for each successful header made. Each player should keep their own score. A team total can be recorded to challenge the next set of four players.

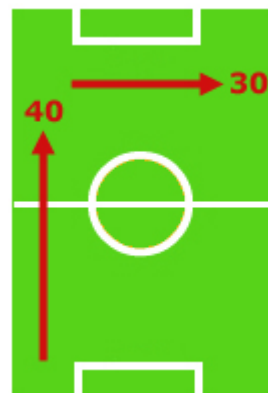
Ages 9 to 10 Years

Week 12 - Small-Sided Game (with goalkeepers)



Set Up

- ▣ Supply of cones
- ▣ Flags for goals
- ▣ Supply of balls



- ▣ Field 30 x 40 yards or 27 x 36 metres

Coaching Points

The practice should be concluded with a small-sided game reinforcing the coaching points from your drills.

- Divide the players into two equal teams with goalkeepers.
- Each field should be approximately 30 yards x 40 yards.
- Use corner flags or cones as goals.
- Total time, 30 minutes.

Record Score

Team 1 _____ v Team 2 _____

At the end of your session, review all coaching points made during the practice.