



UHL Session 1 U9-U10

Category: Technical: Coerver/Individual Skills
Difficulty: Moderate

Am-Club: Oakville Soccer Club
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Description

Warm Up/Phys Lit (10 mins)

Organization

- All players on the full 3v3 field
- Balls are placed somewhere in the area away from any particular player

Activity

- Players move around the area in different ways, jogging, skipping, jumping etc.
- On the coaches call or signal the players move to a ball. Once at the ball the player will do 5 repetitions of a ball manipulation chosen by either the coach or one of the players e.g Pull Push, inside outside
- The players will then attempt to complete this as many times as possible on different soccer balls around the area
- The coach will then call stop after 30 seconds and ask who got round the most balls.
- The coach will then set the players off moving around the area again having given another ball manipulation exercise when they signal go.

Coaches Emphasis

- Use of different areas of the foot
- Be creative in movements between balls
- Awareness of next ball
- Start low when asking who achieved what number to include all players and build confidence in all players
- FUN



Initial Game (15 mins)

Organization

- Split players in to teams of 3
- Create fields 15 x 20
- All players playing at once if possible

Activity

- Straight 3v3/4v4 games, keeping the field tight we are looking for players to manipulate the ball quickly and use the space they have created
- Encourage players to be creative and positive with the ball.

Coaches Emphasis

- Quick Decision making
- Soft feet
- Changes of speed and direction
- Awareness of the field



Activity (15 mins)

Organization

- 3 sets of cones
- At each set of cones there is one red, one yellow, and one blue
- The same coloured cones will be zig zagged
- Each set of cones 10 yards further back from the last
- Equal players start behind each of the starting cones of different colours

Activity

- Players dribble their ball in a zig zag through their coloured cones
- Use different dribbling techniques to get through the cones keeping the ball tight
- Progress so all dribbling is with laces to first cone then add change of direction to drive away to second cone
- Make competitive with a team competition to finish off the activity

Progression

- At the middle cone the players are asked to perform a specific skill before accelerating away to the final cone
- Adapt the skill after the players have been 3-5 times each.

Coaching Emphasis

- Lots of touches
- Different parts of the foot
- Changes of direction and speed
- Bending knees on change of direction

Final Game (20 mins)**Organization**

- 5v5/7v7 Game

Activity

- The players play a standard game for their age and stage
- Coaches role here is to allow the players to play and display their understanding of the session.

Coaches emphasis

- Encourage Players to be positive
- Make good decisions
- Attack with speed
- Awareness of players and space

