



UHL Session 10 U9-U10

Category: Technical: Passing & Receiving

Difficulty: Beginner

Am-Club: Oakville Soccer Club
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Warm Up/Physical literacy (10 mins)

Organization

- Players Line up in a single file line in the centre of a 20 x 20 square

Activity

- The players line up in a single file line in front of the coach
- The coach names the line either side as different football teams
- The coach will then run through some actions that the players have to perform on the shout
- Down - Touch the floor with one hand
- Up - Jump for a header call your name
- Right - Put your right hand up
- Left - Put your left hand up
- Spin - 180 turn
- On the call of the teams the players will sprint to that line and back
- Give the players 4-5 practices
- Make it competitive by last person back is out

Progression

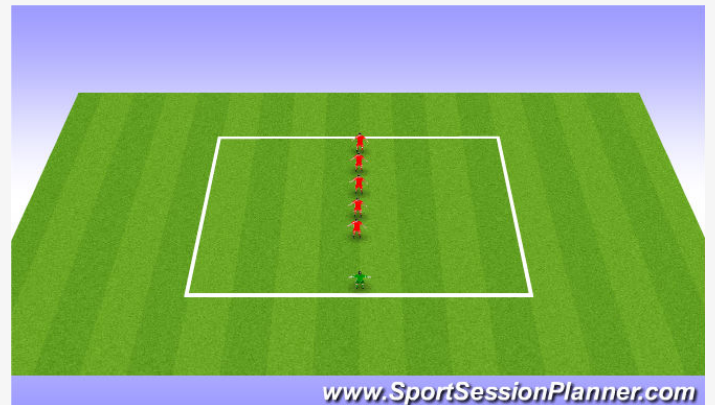
- All calls are opposite

Progression

- Add the ball in with players doing different ball manipulations when in line.

Coaches Emphasis

- FUN
- Quick reactions



Initial Game (15 mins)

Organization

- 25 x 25 area
- 4v4 in the centre
- Each team has a player at the opposite end to where the rest of the team starts

Activity

- The teams play a 4v4 game in the centre
- To score they must pass the ball in to their team mate who is standing at the outside line

Coaches emphasis

- Use the full area
- Forwards when possible
- Body shape to receive the ball
- Have a Plan
- FUN



Final Game (15 mins)

Organization

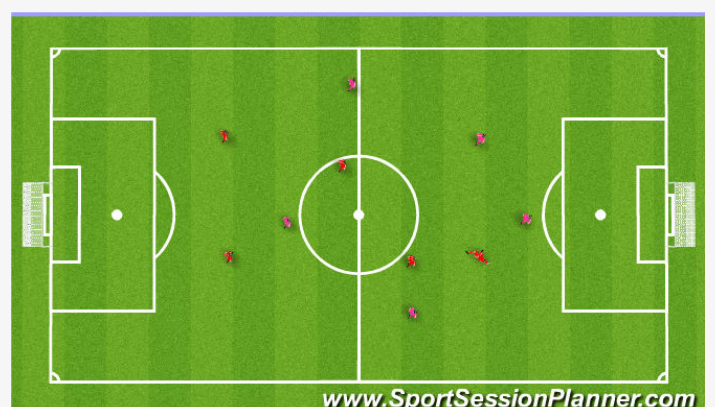
- 5v5 game

Activity

- The players play a standard game for their age and stage
- The role of the coach is to allow the players to play and demonstrate what they have taken from the session, while offering positive encouragement.

Coaches emphasis

- Encourage Players to be positive
- Make good decisions
- Quality of pass
- Awareness of players and space
- Confidence on the ball



Screen 4

Organization

- 2 boxes measuring 10 x 10
- 5 Boxes in each box
- 1 Ball

Activity

- Players have 1 ball between them in each box
- Players are numbered 1-5 in each box and will play the ball around in number order
- The coach will make the session competitive by both teams competing to get to 10 rotations through their numbers first.

Progression

- The players pass the ball around to each other in their own box, when the coach calls a number, that number will then attempt to win the ball from the opposite box.
- The first player to win the ball wins the point for their team
- Repeat the process until you have a team reach 5 points

Coaches Emphasis

- Body Shape
- Quality of pass
- First touch
- Awareness of space and players

