



UHL Session 4 U9-U10

Category: Technical: Dribbling and RWB

Difficulty: Moderate

Am-Club: Oakville Soccer Club
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Description

Warm Up (10 mins)

Organization

- Players in pairs line up opposite each other in the middle of a 20x30 box
- One ball between the pair
- Pairs stand around 3 yards apart

Activity

- The players begin by throwing the ball to each other over 3 yards
- On the coaches go the player with the ball spins and attempts to get to the end line behind them before they are tagged by their partner
- If they make the line they get a point if they get tagged then the tagger gets the point

Progression

- After 5-6 goes change the way they move the ball to passing two touch, this time the player with the ball when go is called leaves the ball turns and runs to the line. all other rules remain the same

Progression

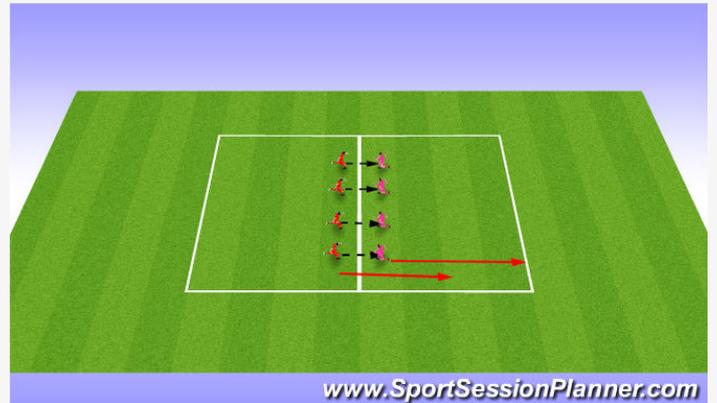
- The player on the ball when go is called spins and takes the ball with them

Progression

- The player on the ball when go is called tries to beat their opponent and make it to their opponents line with the ball

Emphasis

- Quick reactions
- Fun
- Awareness when dribbling
- Changes of speed and direction
- Competition



Initial Game (15 mins)

Organization

- Split players in to teams of 3/4 depending on group size
- Create fields 15 x 20

Activity

- Players play 3v3/4v4 handball with basic european handball rules
- Players are allowed to move only 1 step when they have the ball
- No tackling allowed
- If a ball is dropped it is given to the other team.
- 2 minutes per game tourney
- Winner is the team with the most goals scored

Coaches Emphasis

- Attack with speed
- First look forwards
- Movement to create passing options
- Awareness of space and players



Activity (15 mins)

Organization

- Set up two cone gates One either side of the goal
- In between the two gates add a group of defenders
- At a cone 10 yards in front of the gates opposite the defenders, add a line of attackers

Activity

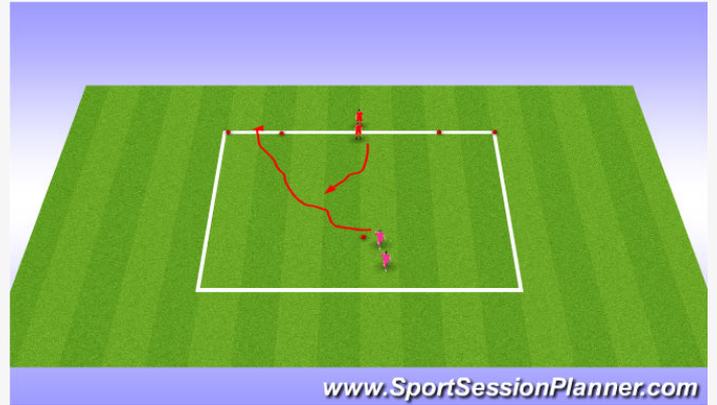
- The attacking players attempt to to run through either of the two gates to earn a point
- The defending players attempt to tag the attacker to earn a point
- Players switch end after each go

Progression

- The attacking players have a ball at their feet and attempt to dribble through the gates without being tackled.

Coaches Emphasis

- Changes of direction and speed
- Ball manipulation
- Decision making when to risk
- Fun



SSG (20 mins)

Organization

- 7v7 game

Activity

- The players play a standard game for their age and stage
- The role of the coach here is to allow the players to play and encourage the players to display what they have taken from the session.

Coaches emphasis

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

