



UHL Session 6 U9-U10

Category: Technical: Dribbling and RWB

Difficulty: Moderate

Am-Club: Oakville Soccer Club
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Description

Germs (10 mins)

Organization

- 20 x 20 area
- All attacking players begin on the end line
- Defending players begin in the middle of the area

Activity

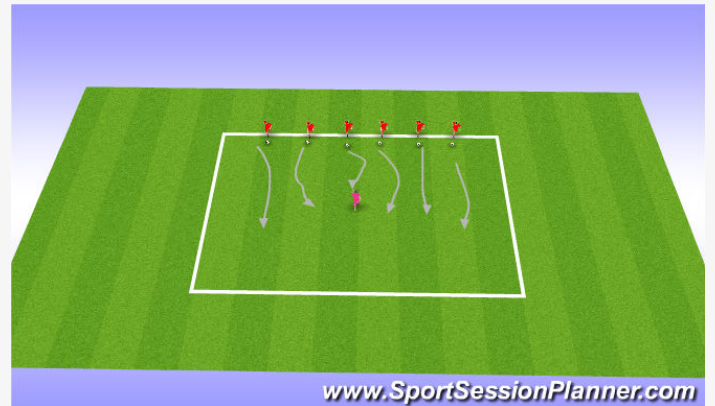
- The players on the end line have to run past the player in the middle without being tagged
- If you are tagged you join hands with the player in the centre and attempt to help tag other players.
- The last free player is the winner.

Progression

- Add the ball and the defenders now have to knock the ball out of the area

Coaches Emphasis

- Isolate one player
- Changing direction and speeds
- Awareness of players and space
- FUN



Initial Game (15 mins)

Organization

- 30 x 20 area
- Two 5 yard zones at each end of the box

Activity

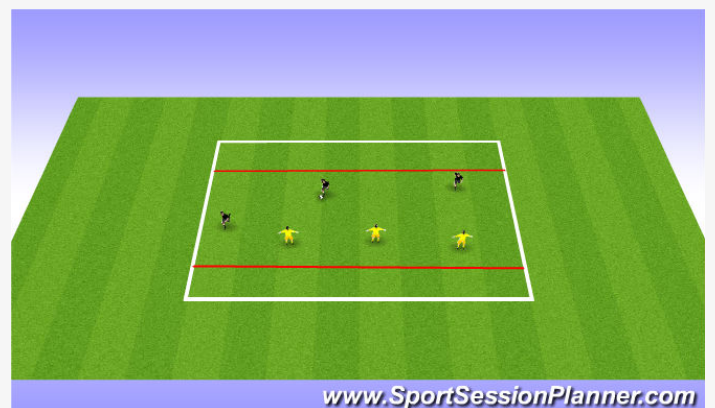
- 5v5 players attack the end zones attempting to dribble in to get the point

Progression

- Players dribble in to the box and stop the ball, they then keep the ball and attack the opposite goal
- Team with the most consecutive dribbles in to endzone in 5 mins wins

Coaching Emphasis

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



Numbers Game (15 mins)

Organization

- 3v3 Field
- Two groups of players
- Players line up on opposite sides of the field
- One goal at each end of the field
- Coach stands in a corner with the ball at his feet

Activity

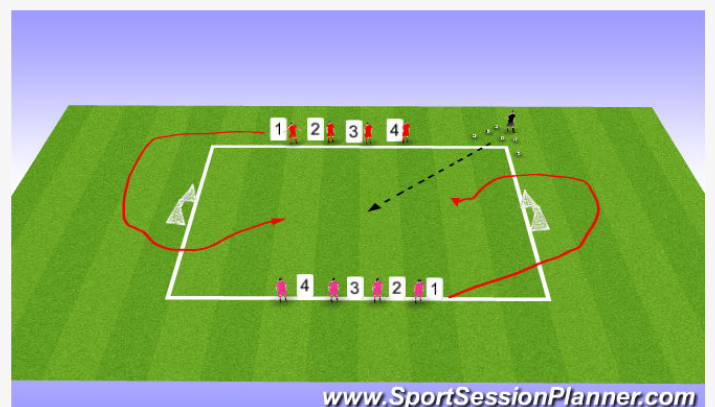
- Both teams number themselves 1 to however many they have in their team
- On the call of their number players on the blue team will run around the goal to their right and then step on to the field calling for the ball from the coach
- The red player will do the same but run around the goal to their right
- The players will then go 1v1 to score

Progressions

- Have the players start in different positions e.g Sat Down
- Call out more than one number at a time

Coaching emphasis

- Be creative to beat the player



- Highlight the need to change speed and direction
- Look for space by keeping head up

Final Game (20 mins)

Organization

- 7v7 game

Activity

- The players play a standard game for their age and stage
- The role of the coach here is allowing the players to play and show 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

