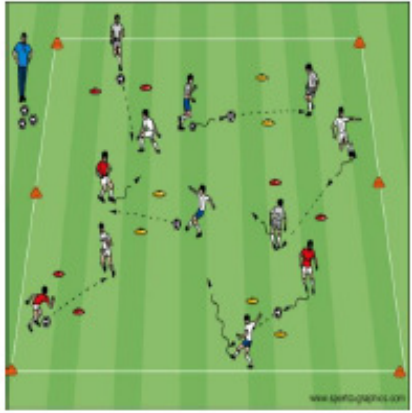
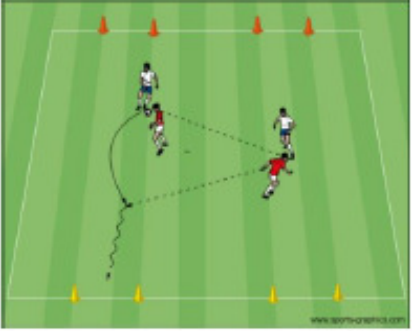
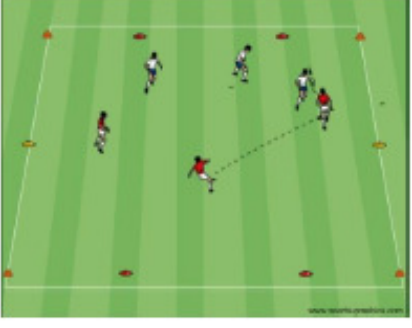




## U9, U10 Lesson Plan - Week 2

Technical Warm up	Organization	Coaching Pts.
	<p><b>Gate Passing:</b> In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point. <b>Coach:</b> Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.</p>	<ul style="list-style-type: none"> <li>• Technique of passing               <ul style="list-style-type: none"> <li>○ locked ankle, toe up</li> <li>○ eyes on ball at instant of contact, follow through to partner</li> <li>○ strike ball solid through the middle, knees bent and balanced</li> <li>○ receiving first touch - directional</li> </ul> </li> <li>• Communication to ask for the ball</li> </ul> <p style="text-align: right;"><b>Time: 10 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>2v2 to 4 Goals:</b> In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals.</p>	<ul style="list-style-type: none"> <li>• Tech of passing and receiving</li> <li>• Pace of the pass</li> <li>• First Touch – Directional</li> <li>• Clear Communication (demand the ball)</li> <li>• Supporting Shape</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>3v3 to End Zones:</b> In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<ul style="list-style-type: none"> <li>• Soft 1<sup>st</sup> touch receiving into space, away from pressure</li> <li>• Proper weight, accuracy and timing of passes</li> <li>• Possession vs. Penetration</li> <li>• Proper angle and distance of support off the ball</li> <li>• Communication between players</li> </ul> <p style="text-align: right;"><b>Time: 25 minutes</b></p>
Game	Organization	Coaching Pts.
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time: 10 min.</b></p>	