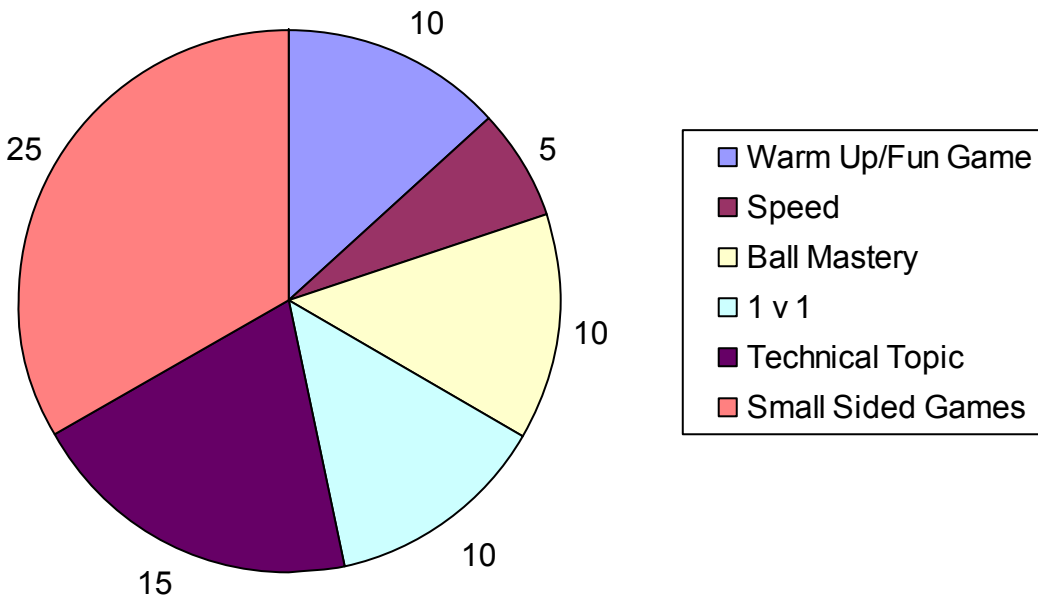


U9 & U10 SESSION PLANNER

SESSION OUTCOMES

1. Fun games that increase coordination and spatial awareness
2. Fun games that improves social interaction
3. Exercises that improve physical, technical, mental speed
4. Ball Mastery that improve both feet and comfort on the ball
5. Passing and Receiving: How, Where, When, Why limited and full pressure drills that challenge players decision making processes
6. 1 v 1 as a topic each session
7. Finishing skills in 1 v 1 / 2 v 2 and 3 v 3 situations.
8. SSG that challenge players decision making processes and reinforce the techniques under full game pressure



TRAINING FACTORS

The duration of the session is to be 75 minute in length. Exercises and skills are now taught with limited and full pressure. High motivation and mini competitions should be introduced.

Technical Topics:

- Passing (Limited Pressure and Full Pressure)
- Receiving (Limited Pressure and Full Pressure)
- Heading (Limited Pressure and Full Pressure)
- Finishing (GK / 1 v 1 / 2 v 2 Full Pressure)
- Crossing (Limited Pressure and Full Pressure)
- Small Sided Games (Possession / Conditions / Multi Dimensional)