

TUESDAY Week #1

9-10 yr olds (2013-2014 birth year)

Players: 20, Groups: 2 (10 ea)

6:00p

6:00-6:15 **Game: 3v3**

Setup: 20x30 yd field (no cones necessary), PUGG or 6'x10' goals, 3 teams of 3 (pinnies). 15 min

No GK, No boundaries

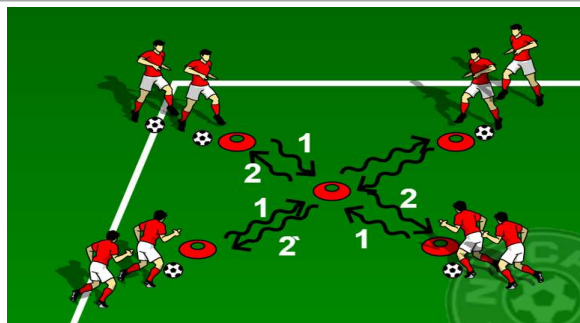
6:15-6:20

BREAK

6:20-6:30 **Training Box**

Setup: 10x10yd area with cones in corners and one cone in middle. Each player with a ball. 6-8 min

Player dribbles to middle cone and changes direction BEFORE reaching cone dribbling back to start position. Coach directs different change of direction skills. Inside cut, Outside cut, Step On Turns, U-Turns, Pull-Push-Behind, Hook Turn



6:30

6:30-6:40 **Cuckoo Clock Box Dribbling**

Setup: 3 boxes (3 yd square, 5 yd square, 8 yd square), 3 lines, 3-4 balls per line.

Blue line to blue box; red line to yellow box; red line to red box

RIGHT foot ONLY - dribble counter clockwise around the box inside touch (2-3x). Dribble clockwise around the box outside touch (2-3x)

LEFT foot ONLY - dribble clockwise around the box inside touch (2-3x).

Dribble counter clockwise around the box outside touch (2-3x)



6:40

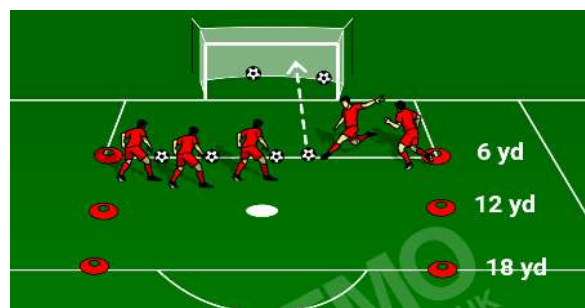
6:40-6:50 **6-yard Shooting**

Setup: All players with a ball.

All Players line up on 6 yard line. One after the other, shoot into back of net. Upon completion, all players that scored move to next 6 yard mark. If you miss, go back to beginning. Score only counts if ball when into back of net in the air. No score if outside of frame, hit frame or hit grass.

Progression: weak foot shot, land on shooting foot

Tips: plant foot beside ball, hop to load, shoe laces



6:45-6:50

BREAK

6:50-7:25 **Game: 7v7 / 8v8**

Setup: 40x80 yd field 7v7 or 8v8, 24' goals, 2 balanced teams (pinnies) w/ GK

No special rules, remind no kicking ball over fence "Control"

Keep Score: Losing Team does 5x (difference in score) PUSH-UPS,

Winning team does 1/2 of the Loser's number



7:25

7:25-7:30 Close / Cleanup / Lesson Learned?