



Week 10- U9-U12- Learn To Train- Various Skills

Category: Tactical: Decision making practices
Difficulty: Beginner

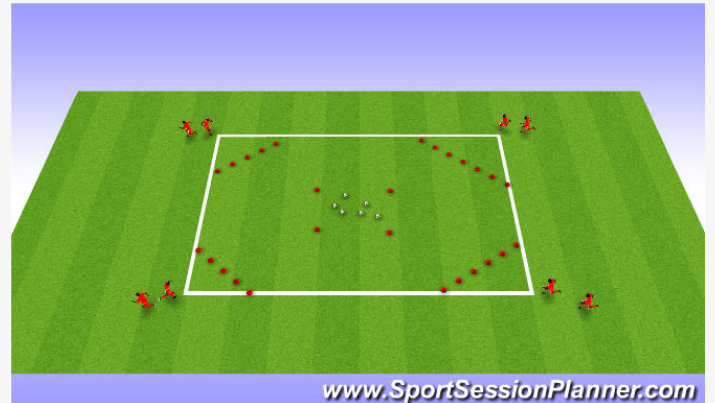
Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

General Movement (10 mins)

Players start at one gate and race to the centre to take one ball, they then race and dribble to the next gate bringing the ball from the centre and leaving it at the gate – players repeat the action until they are at their starting point again – If there is a ball already at the gate when a player gets there, the player should dribble it back to the centre. Players always return to the centre before going to the next gate, either with a ball at their feet or to retrieve a ball from the centre. Four players go at once, relaying their partner when they return to their starting position. Players are able to change speed with the ball

Progression : Switch feet

Cones, balls, bibs



SSG (15 mins)

Set up one pugg net per 3 players. Players line up jump or zig-zag over cones then shoot at the pugg net. Once done they retrieve the ball and set it up for the next player. Do 2 minutes per station then have the players switch to a new station with a new set of obstacles.

Progression: switch feet

Soccer Balls, cones , pugg nets



Analytical Activity (15 mins)

Players are playing 4v4 they defined the 4 centre goals. The players pass around the outside and when they see an opening they try to score a goal. Once a goal is scored the team switches from attacking to dennding.

Progression : players can count their goals they score

Pugg nets, bibs, cones, soccer balls



SSG Free Play and FUN! (15 mins)

3v3/4v4/5v5

No goalies enforce the key point of passing with both feet

1 ball / bibs / cones / pugg nets

