



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 1

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Control Box-Divide players into 2 groups. Players inside the box start with ball & dribble/pass the ball to the players on the outside. The players on who receives the ball dribbles into the middle, then dribble to/connect a pass to a different player on the outside. 1-2 Minute rounds. Ask to take lots of touches/change speed. 2) Start balls with players on the outside; player inside receive pass/turn/find new player on the outside. Coach rotates players from inside/outside after 1 Min. *Variation: 2 touch passes, 3 touch (trap, dribble, pass). Require the use of weaker foot.		Coach-What should you do before passing? Player-Call the players name you are passing to, or make eye contact with them. COMMUNICATE C-What should you do before receiving pass? P-Make eye contact, move body in line with ball. Watch ball until it gets to your foot. C-When passing, where should non-kicking foot be pointed? P-Towards my target or teammate.
Activity 2	Dribbling in Crowded Area. 20x20 yd grid; with a 5x5 yd box in middle. To improve dribbling skills in small spaces. Divide players into 2 colors, starting on perimeter of large box. Players try to dribble through the crowded zone without hitting a cone/obstacles/players. *Always require players to SPRINT(Change Speed) when leaving the middle box. Progression 1 - Add a move inside the crowded zone. Progression 2 - Turn it into a race and competition.		C-What part of foot do you use to dribble forward quickly with? P-Laces, toe pointed down, knee up. C-What part of the foot do you use to change directions? P-Inside/Outside/Bottom(sole) of foot. C-What should you do after you get out of the crowded zone? P-Accelerate/change speed.
Activity 3	2v1 to End Line: 2 attackers must try to score on 1 defender by dribbling pass the defenders end line. -Play 4 rounds of 3 min. Rotating teams from attack/defense after each round. Objective: 2 Attackers make decision on how to beat the 1 defender. Pass or Dribble? If defender steps to ball, Pass! If defender sits/defends player without ball, then Dribble!		1. Attacking player with the ball should drive at the lone defender to draw him/her out-then look for the pass. 2. Attackers should look to either dribble the defender, and or combine around the defender. 3. Defenders should isolate the attacker with the ball by cutting off the pass to his teammate and pushing that player to one side. Be patient and wait for the right moment to make a tackle or if the attacker has a bad touch.
Activity 4	2v2 to Goal; Use Cones/Small goal. Divide team into 2 groups, attackers & defenders. Attackers start with ball on their line, and defenders start on their line. Attackers tries to dribble over the Defenders goal or shoot into the goal. Defenders must step out (no goal tending!) & try to steal attackers ball, if successful the defenders can score on attackers line. *Rotate Attackers & Defenders every 1-2 minutes.		Attackers: Coach: Can you dribble quickly & run past defender? Can you pass ball to teammate? If you don't have ball can you move into space to help teammate with ball? Defenders: Coach: can you predict where attacker wants to go? Move in-between the attacker & destination? Can you steal ball instead of kicking away? Can teammates work together (1 should step to ball, 1 should cover space behind). NO GOALIES! -Work on Defensive Concepts!
Match	Play 4v4, 5v5 (with GK), or 7v4 (with GK)	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15-20 minutes



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 2

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Dribbling in Crowded Area. 20x20 yard grid. To improve dribbling skills in small spaces. Two teams across from each other. Middle grid with cones and or obstacles. Players try to dribble through the crowded zone without hitting a cone/obstacles. Progression 1 - Add a move inside the crowded zone. Progression 2 - Turn it into a race and competition.		C-What part of foot do you use to dribble forward quickly with? P-Laces, toe pointed down, knee up. C-What part of the foot do you use to change directions? P-Inside/Outside/Bottom(sole) of foot. C-What should you do after you get out of the crowded zone? P-Accelerate/change speed.
Activity 2	Gate Passing with Defenders- Separate players into groups of 2, 1 ball per pair. Select 2-3 players to be Defenders. Defenders try to intercept/steal ball from passers. Passers score by completing pass between the gates. If Defenders steals ball, he/she tries to dribble through a gate to get a point. The passers have to get the ball back from the Defenders. Play 3-6 rounds, rotating the Defenders each round. Make sure to coach the defenders too!		Coach- What surface of the foot should you use to pass? Player-Inside, toe, or laces if facing your partner. C- Where should the player receiving the ball take their first touch? P-Toward the next gate with either the inside or outside of the foot.
Activity 3	Partner Defending: Players partner up, 8-10 yards apart. Players pass back & forth until the coach says "Go", the player that has the ball must control ball as quick as possible & not lose ball. The other player will become a defender. Coach the defender to close down the space as quick as possible. -Coach body shape (bent knees/ staggered feet). -Coach angle of pressure (teach player to force attacker one way, by angling approach of defending run). Progression: Defender must try to take ball from attacker. Play 3-4 rounds of 3-4 min.		C-Why is it important to close down space as quick as possible? P-To take away options for the attacker. C-Where do you want to force the attacker? P-You want to force the player out wide (towards the side line) and or make the attacker go the opposite direction.
Activity 4	4 Corner, 2v2 to goal- Divide players into 2 teams, group the teams in the 2 corners near goal they are defending. Coach is outside the field & serves balls on the ground to teams. Ball should be played to feet while they are still in corner, both players come out & play 2v2 (defenders can't run out until attacker takes 1st touch). Game is over when a team scores/ball out of bounds. 4 Rounds of 3-4 minutes each. Make sure players play with different partners.		C- Should an attacker dribble quickly or slowly? P- It depends quickly to take advantage of a situation, or slowly to allow the play to develop. C-If the player with the ball can't score, what should the player do? P-Find a teammate & pass the ball! *Look to create 2v1 or advantageous 1v1 situations.
Match	Play 4v4, 5v5 (with GK), or 7v4 (with GK)	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15-20 minutes



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 3

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Shooting through the Cones- Place 2 cones 15 yards apart w/ 6 yd goal in middle. Position players at outside cones, no more than 2-3 at each cone. Players take a preparation touch(1st touch) & strike the ball (WITH LACES) through the 6-yd goal to the player on other side of goal. Player receives ball & prepares in 2 touch, then plays ball back through goal to opposite side. After pass the player should follow ball to opposite side, but cannot run through the activity..</p> <p>Variations: Require players to use laces, opposite foot, or outside of foot.</p>		<p>Coach-What should you do before striking the ball?</p> <p>Player-Pick head up & look to see where the open space/goal is, then watch the ball as you strike it.</p> <p>C-How to shoot with laces?</p> <p>P- Toe Point Down, Knee Up, Strike Middle of ball with Laces.</p>
Activity 2	<p>Numbered Shooting - 4 players start off in the grid and are assigned a number. Everyone starts off by dribbling around the grid. When the coach shouts out one of the players number, that player must score on the goal closest as quick as possible.</p> <p>Progression:</p> <ul style="list-style-type: none"> *Score on the furthest goal. *Score with non-dominate foot. *Can call out multiple numbers. <p>Play 4 rounds of 2 min. with 30 sec. rest in between.</p>		<p>C-What should you do before striking the ball?</p> <p>P-Pick head up & look to see where the open space/ goal is, then watch the ball as you strike it.</p> <p>C-When should you shoot?</p> <p>P-When you hear your number called out by coach.</p> <p>C- What surface of the foot should you use to strike the ball?</p> <p>P-the laces for power & long distance. Inside of foot for accuracy.</p>
Activity 3	<p>3v2 to 4 Goals-Each team defends & attacks 2 goals. 3 attackers (players in red) must try to score in the two goals they are going towards, against 2 defenders (players in white). If the defenders steal the ball, they can score on either of the 4 goals.</p> <p>Scoring system:</p> <ul style="list-style-type: none"> -1 point for attackers scoring, since they are up a player. -2 points if the defenders score, since they are down a player. <p>Play 4 rounds of 4 min. with 1 min. rest in between.</p>		<p>1-Attacking team should look to create height, width, & depth with their shape.</p> <p>2-When the deepest players have the ball, the players without the ball should get in wide positions as this will cause the 2 defenders to choose between defending the dribble or the pass (they can't defend all 3 options!).</p> <p>3:If one goal is being defended, the attacking players should immediately switch the point of attack to the other goal.</p>
Activity 4	<p>3v3 Shooting Zones-The field is divided into 3 equal zones. Coach will divide the teams,have the players start on the corners of the grid. The coach will pass a ball to one of the players on the cones-the first 2 players from each team will step out to make it 2v2 plus GK's (3v3).</p> <p>Scoring: 1 point for scoring in zone closest to the goal.</p> <ul style="list-style-type: none"> -2 points for scoring in middle zone. -3 points for scoring in zone furthest from the goal. <p>*Use Cones/Poles if no goals available, 12-16 yards apart.</p>		<p>C- What are the visual cues for making a pass? IE: When should you pass?</p> <p>P- When there is a defender close to me & I have teammates in supporting positions (front, side, behind).</p> <p>C-Who should provide support?</p> <p>P-The players without the ball.</p> <p>C-Where should support be provided?</p> <p>P-In front, behind, on both sides of the player with the ball.</p>
Match	<p>Play 4v4, 5v5 (with GK), or 7v4 (with GK)</p>	<p>Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).</p>	<p>15-20 minutes</p>



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 4

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>5 Cone Dribbling Move- Set up 5 cones in shape of lower-case t. 10 yards between each cone. Objective is to dribble to middle cone, turn(left/right), dribble to next cone. Players perform moves/cuts/turns at center cone. Warmup with dribble to cone: cut right with inside foot. Do both right/left cuts with inside; then do left/right of outside of foot.</p> <p>1- Snake (outside of foot tap outside, cut with inside foot across body)</p> <p>2- Fake & Take: Fake one direction, dribble the other direction.</p> <p>3-Roll/Rake ball & Take: Roll ball with bottom of foot, then cut across body.</p>		<p>C-What part of foot do you use to dribble forward quickly with?</p> <p>P-Laces, toe pointed down, knee up.</p> <p>C-What part of the foot do you use to change directions?</p> <p>P-Inside or Outside of the foot.</p> <p>C-What should you do after a cut/move?</p> <p>P-Accelerate/change speed.</p>
Activity 2	<p>1v1/2v2 With Fitness. 25x20 Yard Grid. Two cones goals; 5 yd wide. Two teams - Each team on either side of coach.</p> <p>Coach plays a ball into the field & 1 player from each team sprints around the goal they are defending to play 1v1 to goal.</p> <p>*Game ends with goal, or ball out of bounds.</p> <p>Progression - 2v2 same concept.</p> <p>You can make the goals further away for fitness.</p>		<p>C-How should you get around the goal, slow or fast?</p> <p>P - Fast. You are trying to get around the goal quickly to retrieve the ball.</p> <p>C- What are some defensive concepts?</p> <p>P - Close down space, force the player away from your goal, be patient and wait for the right moment to intercept the ball.</p>
Activity 3	<p>3v3 to End Zones- Set up end zones at the end of each area 2-3 yards deep, teams attack oppositions end zone & defend their own. Players score by dribbling into or receiving pass in end zone.</p> <p>Scoring:</p> <p>1 point for dribbling in the end zone.</p> <p>2 points for dribbling & stopping ball in the end zone.</p> <p>5 points if the player scores after a turn, & dribbles into the end zone & stops the ball.</p>		<p>C- What are the visual cues for making a pass? IE: When should you pass?</p> <p>P- When there is a defender close to me & I have teammates in supporting positions (front, side, behind).</p> <p>C-Who should provide support?</p> <p>P-The players without the ball.</p> <p>C-Where should support be provided?</p> <p>P-In front, behind, on both sides of the player with the ball.</p>
Activity 4	<p>4v4 to Goal-Coach serves the ball in from the sideline. Each team has 4 players on the field, playing 4v4. No Goalkeepers. Don't allow players to stand.</p> <p>Progression 1: Add a Neutral with unlimited touches (4v4 +1).</p> <p>Progression 2: Everyone 2 touch, Neutral Unlimited touches.</p> <p>If you have subs, rotate them in every 3 outs, Every time the ball goes out of bounds, count that as 1 out.</p> <p>Play 10-15 min.</p>		<p>C-When is it a good time to try and score?</p> <p>P-Any time you see an open goal.</p> <p>C-Can GK's be an option for a pass?</p> <p>P-Yes, they can relieve pressure for the team in possession.</p>
Match	Play 4v4, 5v5 (with GK), or 7v4 (with GK)	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15-20 minutes



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 5

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Dribble, Turn, Dribble- Place 3 cones in a straight line, across middle of field, 10 yds apart from each other. 2-3 players per line. On coaches command players begin dribbling. Players should dribble to cone & turn as quick as possible, & dribble back.</p> <p>1) Dribble to middle cone, turn, dribble back.</p> <p>2) Dribble to middle cone, turn, pass to next player in line.</p> <p>3) Dribble to middle cone, cut ball across body, dribble past cone, pass to opposite end.</p> <p>Coach instructs players to use both feet & different surfaces. Must show different turns/dribbles. Dribblers need to avoid each other at the middle cone.</p>		<p>1) Players use laces & run/sprint to middle cone, slow down & take smaller touches as they approach cone, then use outside/inside/sole to cut & turn ball, then accelerate (using laces) back to the cone.</p> <p>2) Players should pass with inside of foot.</p> <p>3) Players need to dribble with head up.</p>
Activity 2	<p>Rondo: 4v1 (Monkey in Middle). Rondo is in a 15x10 yard grid. Four players will be working together to keep the ball away from 1 defender in middle (player in red/monkey). -Play for 5-10 min.</p> <p>1) Have a defender for 30-45 seconds, then rotate. *best for younger players.</p> <p>2) Player on the outside that loses the ball to the defender &/or kicks the ball out of bounds becomes defender (Monkey in the middle).</p> <p>*Encourage the players to keep the ball on ground, change the angles support their teammates, communicate, & play quickly.</p>		<p>Coach: Should the players on the outside stay active or stand still?</p> <p>Player: Move around/ be active to support teammates.</p> <p>Coach: What foot should you aim for when passing to your partner?</p> <p>Player: Their "Target" Foot. The foot closest to the direction they want to play. Usually opposite from where ball is received.</p>
Activity 3	<p>3v2 to 4 goals- Each team defends & attacks 2 goals. The team of 3 has a numbers advantage & should make correct decision to DRIBBLE, PASS, or SHOOT. If the team of 2 defends one of the goals, the team of 3 should quickly look to pass ball to attack the other goal.</p> <p>Play 4 rounds of 4 minutes each. Each round the teams should rotate who has 3 & who has 2.</p> <p>Play 10-15 min.</p>		<p>1-Attacking team should look to create height, width, & depth with their shape.</p> <p>2-Players should use the combination skills from the BOX DRIBBLING & COMBINATION activity.</p> <p>3-When the deepest players have the ball, the players without the ball should get in wide positions as this will cause the 2 defenders to choose between defending the dribble or the pass (they can't defend all 3 options!).</p> <p>4-If one goal is being defended, the attacking players should immediately switch the point of attack to the other goal.</p>
Activity 4	<p>3v3 Shooting Zones-The field is divided into 3 equal zones. Coach will divide the teams, have the players start on the corners of the grid. The coach will pass a ball to one of the players on the cones-the first 2 players from each team will step out to make it 2v2 plus GK's (3v3).</p> <p>Scoring: 1 point for scoring in zone closest to the goal.</p> <p>-2 points for scoring in middle zone.</p> <p>-3 points for scoring in zone furthest from the goal.</p> <p>*Use Cones/Poles if no goals available, 12-16 yards apart.</p>		<p>C- What are the visual cues for making a pass? IE: When should you pass?</p> <p>P- When there is a defender close to me & I have teammates in supporting positions (front, side, behind).</p> <p>C-Who should provide support?</p> <p>P-The players without the ball.</p> <p>C-Where should support be provided?</p> <p>P-In front, behind, on both sides of the player with the ball.</p>
Match	<p>Play 4v4, 5v5 (with GK), or 7v4 (with GK)</p>	<p>Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching (speaking) too much. Try to only coach in natural stoppages (when the ball is out of bounds, after a goal, etc).</p>	<p>15-20 minutes</p>



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 6

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Combination Grid-Put players in groups of 4. Each grid has 2 players on end line & 2 players inside grid. Players should look to be at diagonal angles from each other.</p> <p>1) Ball starts with endline player, passes to closest middle player, who passes to other middle, who passes to the other endline player. -2 touch minimum for all the players.</p> <p>2) Give&Go/1-2 : Player on endline passes ball to closest middle player,(who is wide of ball), player2 then passes ball at a diagonal to player 3(in middle), who players ball back in path of player2; player2 passes to other endline player4.</p>	<p>Combination Grid</p>	<p>1) Players need to have a good first touch -to set up the next pass. The better the first touch the quicker you can make your next pass.</p> <p>2) Players should pass with inside of foot.</p> <p>3) Players need to pick their heads up before passing the ball.</p>
Activity 2	<p>Rondo: 4v1 (Monkey in the Middle). The Rondo will be played in a 15x10 yard grid. Four players will be working together to keep the ball away from the defender in the middle (player in red/monkey). The player on the outside that loses the ball to the defender and or kicks the ball out of bounce becomes the defender (Monkey in the middle). Encourage the players to keep the ball on the ground, change their angles to support their teammates, communicate, and play quickly. -Play for 5-7 min.</p>	<p>Rondo - 4v1</p>	<p>Coach: Should the players on the outside stay active or stand still?</p> <p>Player: Move around/ be active to support teammates.</p> <p>Coach: What foot should you aim for when passing to your partner?</p> <p>Player: Their "Target" Foot. The foot closest to the direction they want to play. Usually opposite from where ball is received.</p>
Activity 3	<p>4v4 to End Zones with Goals-Set up end zones 2-3 yards deep, with a goal in back of endzone. Teams attack oppositions end zone/goal & defend their own. Players score by dribbling/shooting on goal. The endzone line acts as an offside line, players can dribble over line. But cannot be in the endzone before teammate passes ball.</p> <p>Scoring:</p> <ul style="list-style-type: none"> -1 point for shooting from outside the end zones. -2 points for dribbling into the end zone and then scoring. -3 points for receiving a pass inside the end zone and then scoring. <p>Play 3 rounds of 5-6 min.</p>	<p>4v4 to End Zones</p>	<p>C- What should you do before turning?</p> <p>P- Look over shoulder for space to turn.</p> <p>C-Why should you accelerate after a turn?</p> <p>P-To get away from defenders/get into space quickly.</p>
Activity 4	<p>5v5 to Goal plus Counter Goals-Set up big goal with goalkeeper & 4 field players defending it. Set up 2 counter goals (smaller goals) with 5 players defending. The 5 attack the big goal,&the 4 attack the counter goals. The 5 should play a 1-3-1 formation; the 4 should be set up as GK-3-1.</p> <p>Play two 10-minute rounds, coaching points during the break</p> <p>1-The attacking team outnumbers the defending team, and should look to create numbers up situations (3v2, 2v1, etc).</p> <p>2-Players should use the combination skills from the combination grid activity/ possession(angles of support) from rondo.</p>	<p>5v5 to Goal plus Counter Goals</p>	<p>The team with the GK, should stay compact & counterattack when attacking team pushes too high. Attacking team (5 players) should spread the field,& use all space/width on sides & the depth. The deep space (space behind ball) can be used to lure the defenders away from their goal.</p>
Match	<p>Play 4v4, 5v5 (with GK), or 7v4 (with GK)</p>	<p>Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).</p>	<p>15-20 minutes</p>



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 7

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Box Dribbling & Combination: 20x20 yard grid. Divide group into 2, half of the group on outside of box, the other half on the inside. ONLY players on the inside start with balls. #1-Pass Back-Inside players dribble ball & pass to outside players, outside player receives & passes back, inside player turns/dribbles & finds new outside player to pass to. #2-Take Over- Inside player dribbles to outside player, players perform take over, outside player now dribbles inside & finds a new outside player to perform takeover. #3-Wall Pass- Inside player approaches/dribbles to outside player at an angle, passes ball & sprints, outside player in 1-2 touches passes ball (at diagonal) to inside players feet/ space in front.		Coach-What part of the foot should you dribble with when you want to run? Player-The Laces. C-What part of the foot should you use when passing the ball? P-The inside with the foot turned sideways, ankle locked, toes up & heel down.
Activity 2	Dribble, Finish, Turn, and Defend. 2 counter goals. A line of cones 10 yards in front of the goals (Scoring Zone). Two teams with every player having a ball. First player (White) dribbles towards goal and shoots once he enters the scoring zone. The opponent (Red) begins to dribble once the player in White shoots. The player in White then comes over and defends the player in Red. Once the player in Red scores or gets the ball taken away, a new player in White dribbles and tries to score. This continues for 2-4 min before giving a break.		Coaching Points: -Head up/vision/awareness of space -Control/first touch -Dribbling technique & 1v1 Skill -Shooting technique. *Can also focus on defending technique. Angle & Speed of approach, quick feet, bent knees, staggered feet positioning (not flat footed)
Activity 3	2v2 with Targets. 15x20 grid. 6 players per field, avoid players in lines. Point is scored for passing ball from 1 target to the other target. Play for 90 seconds & rotate the Targets with team with lowest points. Progression: (1)Targets have 2 touch. (2) Add a Neutral. Progression 3: Can add 2nd Neutrals & play 2v2+4 (2 Neutrals with 2 Targets; 8 total players)		Coach players in possession to use targets to keep possession. We always want to look forward to attack! Players should constantly move and support each other to keep possession. Targets should move side to side, giving supporting angles. -Attempt to make the game 2v1, using passing and combinations.
Activity 4	4v4 to Goal with 2 Targets-Set up a big goal (use cones if no goal available) with a goalkeeper & 3 field players defending it. Set up 2 counter goals (target players in the small goals). 4 players defending the counter goals. If the 4 attack the big goal the 3 players defending the big goal steal the ball, they must try to find either target player to get a point. Play two 8-10minute rounds, coaching points during the break		The focus of this game should be possession. When your team has the ball, you have 2 more players than the other team and therefore have the advantage. You can encourage the team in possession to keep the ball & be patient. Or to quickly attack the defending team before they can organize (since they are numbers-down & weaker).
Match	Play 4v4, 5v5 (with GK), or 7v4 (with GK)	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15-20 minutes



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 8

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Dribble, Turn, Dribble- Place 3 cones in a straight line, across middle of field, 10 yds apart from each other. 2-3 players per line. On coaches command players begin dribbling. Players should dribble to cone & turn as quick as possible, & dribble back.</p> <p>1) Dribble to middle cone, turn, dribble back.</p> <p>2) Dribble to middle cone, turn, pass to next player in line.</p> <p>3) Dribble to middle cone, cut ball across body, dribble past cone, pass to opposite end.</p> <p>Coach instructs players to use both feet & different surfaces. Must show different turns/dribbles. Dribblers need to avoid each other at the middle cone.</p>		<p>1) Players use laces & run/sprint to middle cone, slow down & take smaller touches as they approach cone, then use outside/inside/sole to cut & turn ball, then accelerate (using laces) back to the cone.</p> <p>2) Players should pass with inside of foot.</p> <p>3) Players need to dribble with head up.</p>
Activity 2	<p>Dribble, Finish, Turn, and Defend. 2 counter goals. A line of cones 10 yards in front of the goals (Scoring Zone). Two teams with every player having a ball. First player (White) dribbles towards goal and shoots once he enters the scoring zone. The opponent (Red) begins to dribble once the player in White shoots. The player in White then comes over and defends the player in Red. Once the player in Red scores or gets the ball taken away, a new player in White dribbles and tries to score. This continues for 2-4 min before giving a break.</p>		<p>Coaching Points:</p> <ul style="list-style-type: none"> -Head up/vision/awareness of space -Control/first touch & Dribbling technique -Skill/Creativity/Improvisation -Shooting technique. <p>*Coach Defending technique & decision making.</p>
Activity 3	<p>2v2 Battle-Two teams of 4 players on either side of the small goals. One goal per team. When the coach kicks a ball out, 2 players from each team will go after the ball. The team that retrieves the ball must try to score into their goal.</p> <p>Progression-the two players must connect at least one pass before going to goal.</p> <p>Play 2 rounds of 4 min. with 1-2 min. rest in between.</p>		<p>C-When should the player dribble to goal?</p> <p>P-When you have no option to pass and you have a 1v1 situation.</p> <p>C-Why would a player pass the ball to their teammate?</p> <p>P-The teammate may be in a better position to score.</p>
Activity 4	<p>5v5 to Goal-40 (width)x50 (length). Each team has 4 players on the field, with 1 GK, playing 4v4. The game ends when a team scores 3 goals or the 6 minutes are up. Rotate teams after 3 goals.</p> <p>*Use Cones for goals if none available.</p> <p>Play 3 rounds of 6 min.</p>		<p>C-When is it a good time to try and score?</p> <p>P-Any time you see an open goal.</p> <p>C-Can GK's be an option for a pass?</p> <p>P-Yes, they can relieve pressure for the team in possession.</p>
Match	<p>Play 4v4, 5v5 (with GK), or 7v4 (with GK)</p>	<p>Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching (speaking) too much. Try to only coach in natural stoppages (when the ball is out of bounds, after a goal, etc).</p>	<p>15-20 minutes</p>



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 9

Stage	Activity Description	Diagram	Coaching Points
Activity 1	Control Box-Divide players into 2 groups. Players inside the box start with ball & dribble/pass the ball to the players on the outside. The players on who receives the ball dribbles into the middle, then dribble to/connect a pass to a different player on the outside. 1-2 Minute rounds. Ask to take lots of touches/change speed. 2) Start balls with players on the outside; player inside receive pass/turn/find new player on the outside. Coach rotates players from inside/outside after 1 Min. *Variation: 2 touch passes, 3 touch (trap, dribble, pass). Require the use of weaker foot.		Coach-What should you do before passing? Player-Call the players name you are passing to, or make eye contact with them. COMMUNICATE C-What should you do before receiving pass? P-Make eye contact, move body in line with ball. Watch ball until it gets to your foot. C-When passing, where should non-kicking foot be pointed? P-Towards my target or teammate.
Activity 2	Rondo 4v2: Objective is to pass the ball to each player without losing the ball, this time with a defender in the middle. Players can move side to side on the line, should try to stay outside of box. -Rotate the Defender after 45 seconds (each player should be defender). Progression: (1) Restrict touches to 3 touch or 2 touch. (2) Reduce the size of the grid, which will make it tougher for the 4 players keeping possession.		Make sure players are moving side to side on their lines, creating space & making it easy for the player in possession to pass. Players should look up to find their target BEFORE receiving the ball. Players should be communicating to each other on where to pass ball.
Activity 3	3v3 to 6 Goals-Each team has 3 goals to defend & 3 goals to attack. Each goal is 3 yards wide(if game needs to be harder make goals smaller; if game needs to be easier make goals bigger). *Coach can add a Goalkeeper to try to defend all 3. Scoring: Score goal from attacking half = 1 point. Score goal from defensive half = 5 points. Play multiple rounds, 3-4 minutes each. Coaching points during breaks.		C-Who should shoot/When should you shoot? P-Any player or any time there is a clear path to a goal. C-What do you do if the goal you were attacking is well defended? P-Look up & find new goal to score on (there are 3!)
Activity 4	4v4 to 6 Goals- Each team has 3 goals to defend & 3 goals to attack. Coach can add Goalkeepers if needed. Players score by shooting or dribbling through opponents 3 goals. Scoring: Score goal from attacking half = 1 point. Score goal from defensive half = 5 points. Play 2 rounds, 8-10 minutes each. Coaching points during halftime, or when ball goes out of bounds. Variations: only allow goals by dribbling. Must get certain # of passes before scoring.		C-Who should shoot/When should you shoot? P-Any player or any time there is a clear path to a goal. C-What do you do if the goal you were attacking is well defended? P-Look up & find new goal to score on (there are 3!)
Match	Play 4v4, 5v5 (with GK), or 7v4 (with GK)	Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).	15-20 minutes



Interactive Lesson Plan



Season: _____ Age Group: U9-U10 Week: 10

Stage	Activity Description	Diagram	Coaching Points
Activity 1	<p>Numbered Shooting - 4 players start off in the grid and are assigned a number. Everyone starts off by dribbling around the grid. When the coach shouts out one of the players number, that player must score on the goal closest as quick as possible.</p> <p>Progression:</p> <ul style="list-style-type: none"> *Score on the furthest goal. *Score with non-dominant foot. *Can call out multiple numbers. <p>Play 4 rounds of 2 min. with 30 sec. rest in between.</p>		<p>C-What should you do before striking the ball?</p> <p>P-Pick head up & look to see where the open space/goal is, then watch the ball as you strike it.</p> <p>C-When should you shoot?</p> <p>P-When you hear your number called out by coach.</p> <p>C- What surface of the foot should you use to strike the ball?</p> <p>P-the laces for power & long distance. Inside of foot for accuracy.</p>
Activity 2	<p>1v1/2v2 With Fitness. 25x20 Yard Grid. Two cones goals; 5 yd wide. Two teams - Each team on either side of coach.</p> <p>Coach plays a ball into the field & 1 player from each team sprints around the goal they are defending to play 1v1 to goal.</p> <p>*Game ends with goal, or ball out of bounds.</p> <p>Progression - 2v2 same concept.</p> <p>You can make the goals further away for fitness.</p>		<p>C-How should you get around the goal, slow or fast?</p> <p>P - Fast. You are trying to get around the goal quickly to retrieve the ball.</p> <p>C- What are some defensive concepts?</p> <p>P - Close down space, force the player away from your goal, be patient and wait for the right moment to intercept the ball.</p>
Activity 3	<p>4v4 with Targets</p> <p>Targets are neutral players, and represent players like forwards or GoalKeepers in the game. Targets must stay off the field, and cannot be tackled.</p> <p>Teams score 1 point by transferring ball from Target to Target. Play first to 3 points then change/sub players. (if you have 18 players or more, have 2 fields & use to cones goals to represent targets).</p>		<p>Encourage Targets to move into passing lanes to support the team in possession. Players in possession must move without ball to create different angles.</p> <p>*Remind them that the Targets give the ball certain angles and to use the targets to create a 6v4.</p>
Activity 4	<p>5v5 to Goal-40 (width)x50 (length). Each team has 4 players on the field, with 1 GK, playing 4v4. The game ends when a team scores 3 goals or the 6 minutes are up. Rotate teams after 3 goals.</p> <p>Play 3 rounds of 6 min.</p>		<p>C-When is it a good time to try and score?</p> <p>P-Any time you see an open goal.</p> <p>C-Can GK's be an option for a pass?</p> <p>P-Yes, they can relieve pressure for the team in possession.</p>
Match	<p>Play 4v4, 5v5 (with GK), or 7v4 (with GK)</p>	<p>Go over restarts (kickoff, goal-kicks, throw-ins). Be careful of coaching(speaking) too much. Try to only coach in natural stoppages(when the ball is out of bounds, after a goal, etc).</p>	<p>15-20 minutes</p>