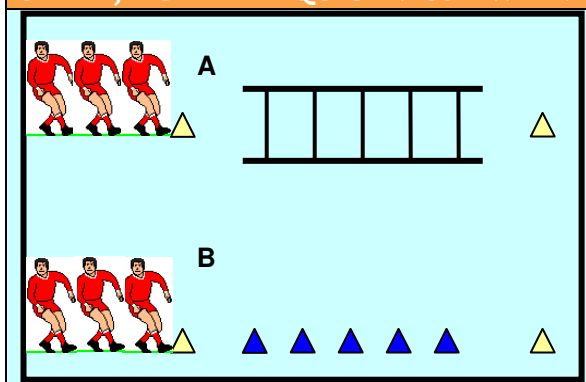




8 - 12 YEAR OLDS	SESSION 4	SKILLS TRAINING	TIME: 1 HOUR	
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SPEED, AGILITY & QUICKNESS - WARM UP TIME: 15 MINUTES



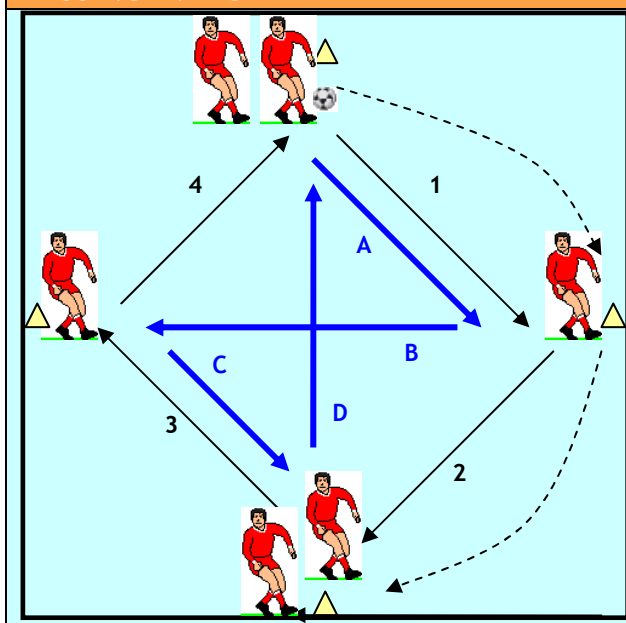
ACTIVITY:
Divide players in even groups (3 - 4 per group). Players will perform various fast feet exercises through the speed ladder or cones. At the end of the ladder, players finish with a quick sprint. Each player does 3 - 4 sets per technique.

FIELD:
Roughly 6 - 7 spaces/ladder gaps with 1m from start of line to ladder and 2m at end of ladder to the cone.

- FAST FEET TECHNIQUES:**
- Single foot
 - Double feet
 - Side ways steps
 - One foot hop (change foot)
 - Double feet hop

- COACHING POINTS:**
- Coach must demonstrate each technique.
 - Go slow through the ladder/cones to get the technique and rhythm correct.
 - Maintain balance by keeping body up right.
 - Use the arms.
 - Avoid scuffing of feet.

PASSING IN A GRID TIME: 15 - 20 MINUTES



ACTIVITY:
Divide players in groups of 6 with 1 ball per group. Have players stand as shown in the diagram. Passing sequence player with the ball passes to the next player in the diamond grid clock wise 1, 2, 3, 4. Each player takes a touch first before passing and follows his/her pass to the next cone.

- PROGRESSION:**
- Change direction of the pass anti-clockwise.
 - Passing sequence A, B, C, D. Players follow their passes.
 - Add a second ball.

FIELD:
10m x 10m grid. You can have two or three grids going at one time, depending on number of players.

- PASSING TECHNIQUES:**
- Use the inside of the foot pass.
 - Pass the ball in front of the receiving player.
 - Pass the ball with the right weight.

- COACHING POINTS:**
- Be aware of where the ball is coming from.
 - Call for the ball - communication.
 - Be light on the feet.

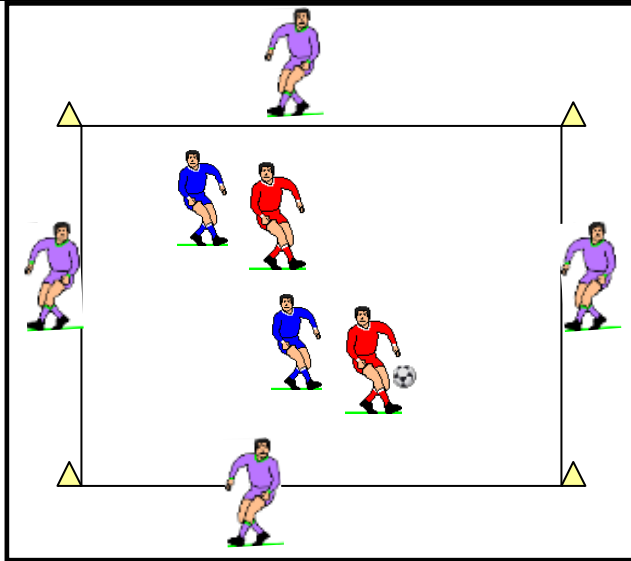
- RECEIVING TECHNIQUES:**
- Use the furthers foot to receive the ball.
 - Keep eye on the ball and make the receiving part of the foot like a cushion.





SKILL: 2 v 2 + 4 NEUTRAL PLAYERS - POSSESSION

TIME: 15 MINUTES



ACTIVITY:

Organize players in pairs. Play 2 v 2 with 4 neutral players on the outside grid. The objective of the game is to keep possession and getting ball. If the defending team intercepts/wins the ball retains possession. Change the players in the middle every 2 - 3 minutes. The neutral players allowed to touches.

PROGRESSION:

The neutral players only allowed one touch

COACHING POINTS:

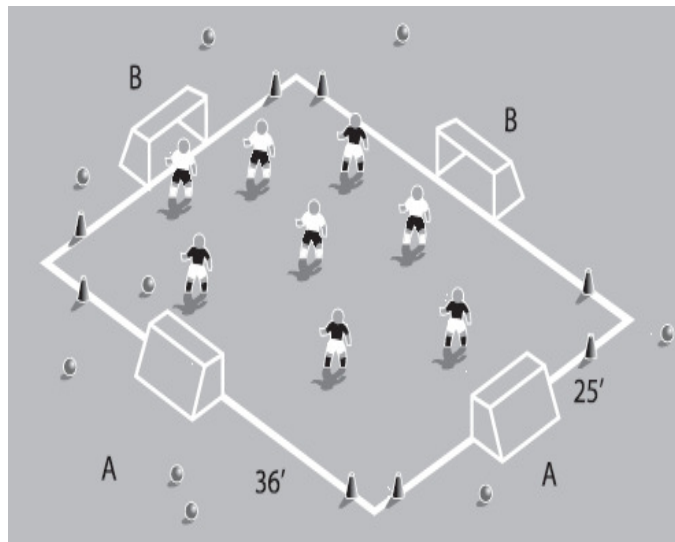
- Decision making when passing the ball
- Awareness of the space and providing support for the player with the ball
- Good control of the ball when receiving
- Quality accurate passing

FIELD:

12m x 12m grid

GAME RELATED: 5 v 5 - FOUR GOAL GAME

TIME: 15 MINUTES



THE GAME:

This game is used for U-10s to get them used to looking both ways.

Set up the field by dividing players into two teams of four players each. Both Teams defend and attack two goals. The object of the game is to score on two small opposite goals. The team that scores more goals wins. The White team scores in the opposite goals (A & B) while defending other goals (A & B). When the ball goes out of play, restart it with the player dribbling in.

FIELD SIZE: 25m x 25m.

COACHING POINTS:

- Keep possession of the ball
- Pass the ball when there is an option
- Looking both ways
- Playing the ball back then forward

KEY

Movement of the ball	Movement of the player without the ball	Player dribbling with the ball

