

| TRAINING SESSION PLAN Redirecting serves to go forward | | Age Group | | U9-U10 | |
|--|---------|-----------|--|--------|--|
| | | Coach | | Emina | |
| | | Date | | | |
| ACTIVITY & ORGANIZATION: DESCRIPTION | DIAGRAM | | | | COACHING POINTS |
| Warm-up / Activity 1 Grps of 3; 1 ball/grp; 30Wx40L grid Each group passes and moves, and when passer says "turn", the receiver executes a turn, and then continues to pass and move with their group. Turns: - outside of foot turn - Cruyff - inside of foot turn | | | | | - pace & accuracy of pass - check to and ask for ball - technique of turn - change of pace - check shoulder before receiving the ball |
| SSA / Activity 2 2v1+GK to big goal & counter-goals; 15Wx20L yd grid X-1 attacking line on one goalpost, O defending line on the other goalpost, and the X-2 attacking line on a cone as passers. X-2 passes to X-1 and they play 2v1 to goal, O's score on counter goals. O defender must stay goal side until X-1 checking to takes their first touch. | | | | | - create space for self - communication ("man-on" or "turn") - body behind/in line with the ball |
| ESSA / Activity 3 3v2+GK to big goal & counter-goals; 25Wx30L yd grid X's score on big goal and O's score on counter-goals | | | | | - vision (see turning opportunities) - depth - creativity - early decision-making |
| Final Game / Activity 4 6v6 game to two goals; 40Wx45L yd grid Both teams play 1-2-1-2 No restrictions | | | | | - emphasize group attacking shape (triangle or diamond) - accuracy, pace, and quality of passing technique - group shape to reflect attacking principles (width, depth, support and mobility of players) |