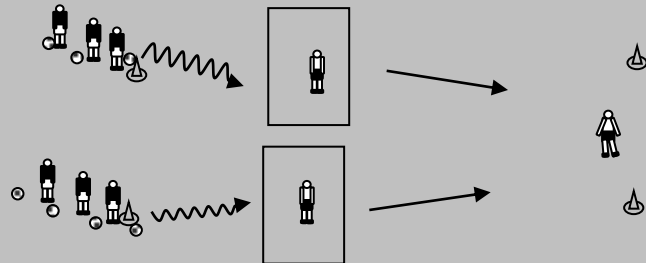


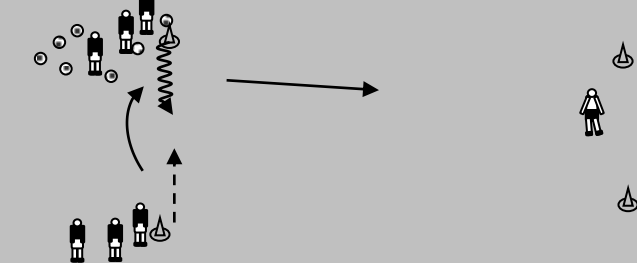
U9/U10 ATTACKING SESSION (CREATING SHOTS)

CATEGORY	TOPIC	AGE	WEEK #
Attacking	Creating Shots	U9/U10	
Exercise #1/#2 Organization <p>Fight Free: Two grids on each corner of the penalty box with one defender in each grid. Two attacking lines 7 yards outside grids. Grid size varies with skill level. Attackers dribble into zone to create 1v1 with defender. Attacker tries to fight free, when player beats the defender they shoot quickly after they get out of the grid. Keep the same defender in for a few rotations and then switch. <i>Time: 15 min.</i></p> <p>Take Over with Shot: Two lines facing each other at top of penalty area, one line with balls. Player A dribbles ball toward B, B runs out to meet A and performs a "take over" and proceeds with a shot on goal. <i>Time: 10 min.</i></p>		Coaching Points <p>Attackers try to get shot off as fast as possible after they beat the player and get out of the grid. Attackers must be creative, and the coach must encourage them throughout the session.</p> <p>Player A dribbles the ball with the foot furthest from goal (right foot in diagram below). Player B takes ball off the foot of A with the same foot as the attacker is dribbling with (right foot). Player B touches ball toward goal and shoots. Player A follows the shot.</p>	
Exercise #3 Organization <p>7v0 Pattern Play: Finish with a shot on goal. Players line up in 2-2-2 formation and practice going to goal without defenders. Finish with a shot. Example of a pattern below. <i>Time: 10 min.</i></p>		Coaching Points <p>Give direction to what pattern you would like to see but encourage creativity and freedom with movement off the ball (1 pattern is shown below). Encourage passing as opposed to dribbling, let them feel success.</p>	
Exercise #4 Organization <p>4v4 with GK's: Include extra players as wide "bumper" players, they are neutral players, with limited touches. <i>Time: 20 min.</i></p>		Coaching Points <p>Create a fun environment. Reward players who are active and move freely off the ball, encourage lots of shots.</p>	

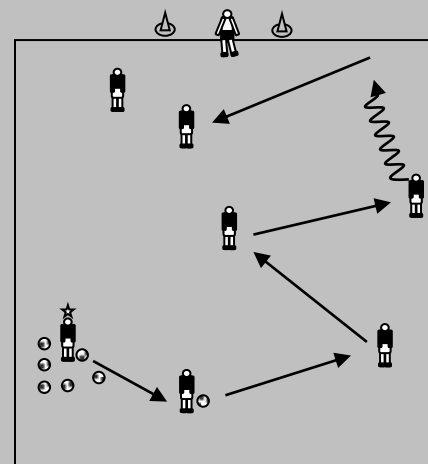
Exercise #1



Exercise #2



Exercise #3



Light



Dark



Coach



Goalkeeper



Grid



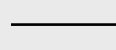
Dribbling



Dribbling with feint



Ball Movement



Run



Cross



Priority number



Ball



Cone



Flag



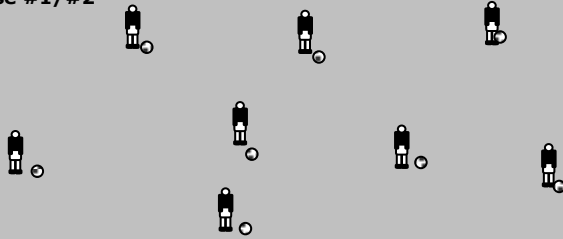


DUBLIN SOCCER LEAGUE

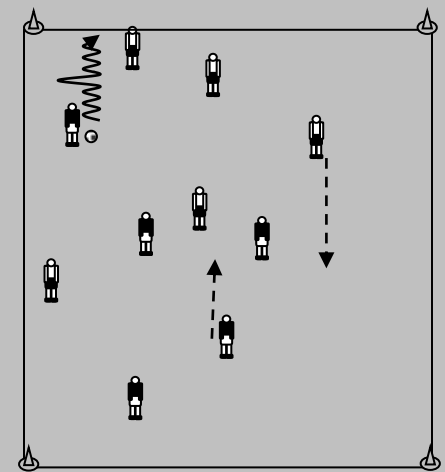
U9/U10 BALL CONTROL SESSION (FOOTWORK)

CATEGORY	TOPIC	AGE	WEEK #
Ball Control	Footwork	U9/U10	
Exercise #1/#2 Organization Juggling: Thigh/Thigh/Thigh Catch, Right Foot Catch, Left Foot Catch, Thigh/Foot/Catch, Bounce/Foot/Catch. Perform these touches in an open area. <i>Time: 10 mins.</i> Footwork: Right Foot Triangle, Left Foot Triangle, Inside/Outside/Inside/Outside (lateral), Touch/Touch/Roll, Foundation/Pull 90/Foundation. Each player has a ball and executes the above touches in a grid. <i>Time: 10 mins.</i>		Coaching Points Laces/Foot, toe out ankle locked. Thigh, make platform with thigh. Move feet so they are light on toes to move to touch ball. Encourage many repetitions. Triangle – pull back, touch in with the inside, touch forward, repeat. Inside/Outside – Using the inside of the foot and outside of the foot to move ball lateral, stay on toes, player can put foot down in between each touch. Touch/Touch/Roll – Touch the ball with the inside of the right foot, inside of the left, roll across your body with the right, repeat. Foundation/Pull 90/Foundation – Touch the ball with the inside of the foot for foundation, grab ball with sole and open hips pulling ball at a 90-degree angle, end with foundation.	
Exercise #3 Organization 1v1 Common Ball: Partners play 1v1 where the goal is another soccer ball, placed no more than 10 yards away. Points are scored if the player hits the goal (soccer ball) with their ball. Play three-minute games. <i>Time: 15 min.</i>		Coaching Points Encourage players to dribble the ball to score, not to shoot from long distances. Encourage creativity by the attacker.	
Exercise #4 Organization 5v5 Line Soccer: Field size is 30x40 yards. Goals are scored when a player stops the ball on the end line they are attacking. <i>Time: 20 min.</i>		Coaching Points Encourage players to play under control and to be skillful with the ball. Become a fan of the game, get players excited to play.	

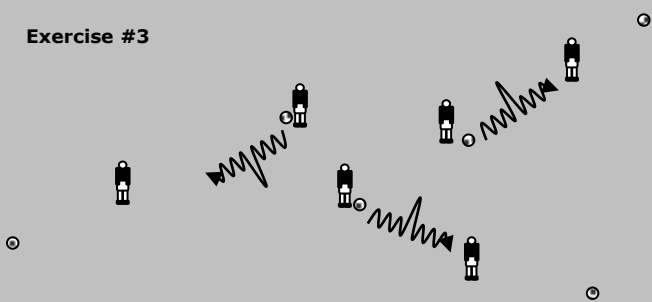
Exercise #1/#2



Exercise #4



Exercise #3



Light



Dark



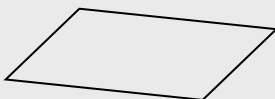
Coach



Goalkeeper



Grid



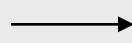
Dribbling



Dribbling with feint



Ball Movement



Run



Cross



Priority Number



Ball



Cone



Flag



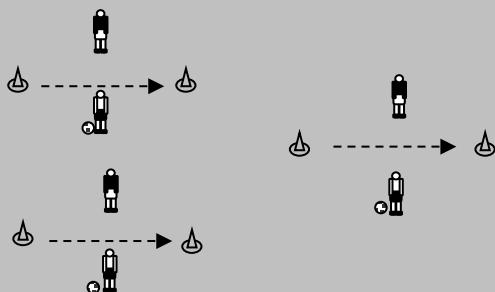


DUBLIN SOCCER LEAGUE

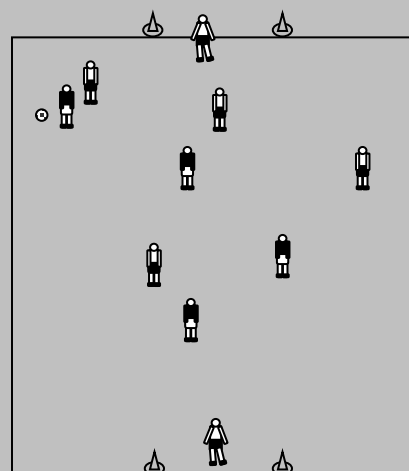
U9-U10 CHALLENGING SESSION (DEFENDING)

CATEGORY	TOPIC	AGE	WEEK #
Challenging	Defending	U9/U10	
Exercise #1 Organization 1v1 Shadow: Two players with one ball. Attackers dribble ball back and forth to cones placed 6 yards apart. Defenders must stay on their side of the line and tries to "shadow" the attacker. Attacker scores when the ball touches the cone. Defender can stop them by touching the cone with their foot. Keep score and winners can move up, treating the game like a mini tournament. <i>Time: 15 min.</i>		Coaching Points Stay in front of attacker, keep your feet moving. Encourage attacker to keep control of the ball and move side-to-side quickly. Defenders should stay light on toes and move side to side quickly. Stay 4:1 on the positive to instructional comments.	
Exercise #2 Organization 1v1 to Big Goal: Half the team line up @22 yards from goal. Defenders will line up 5 yards out from the end line. Defender passes a ball out to start the play. Defender tries to keep attacker from shooting. Play is over when defender wins ball or ball is out. Two groups can be going 1v1 at one time to keep the activity moving along. <i>Time: 15 min.</i>		Coaching Points Don't let the attacker shoot, go win the ball, stay "goal side", do not "dive in," keep your feet moving. Point out players who have success.	
Exercise #3 Organization 4v4 with GK's: <i>Time: 25 min.</i>		Coaching Points Coaching is minimal. Game is fun and competitive.	

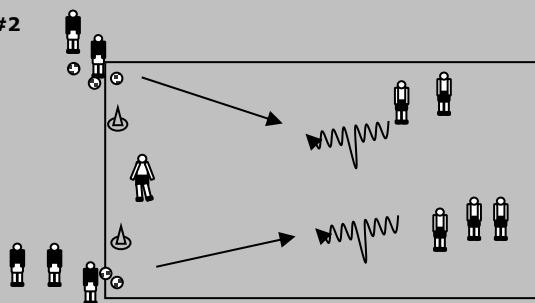
Exercise #1



Exercise #3



Exercise #2



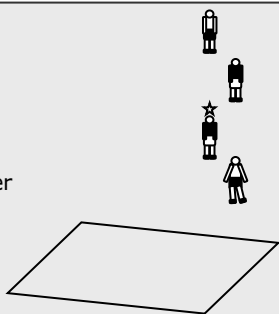
Light

Dark

Coach

Goalkeeper

Grid



Dribbling

Dribbling with Feint

Ball Movement

Run

Cross



Priority Number

Nike ball

Cone

Flag



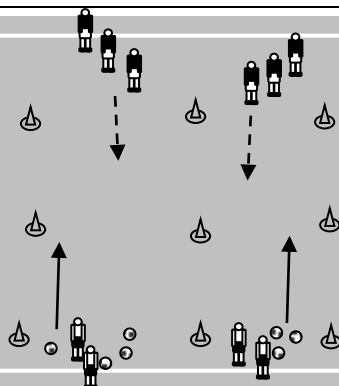


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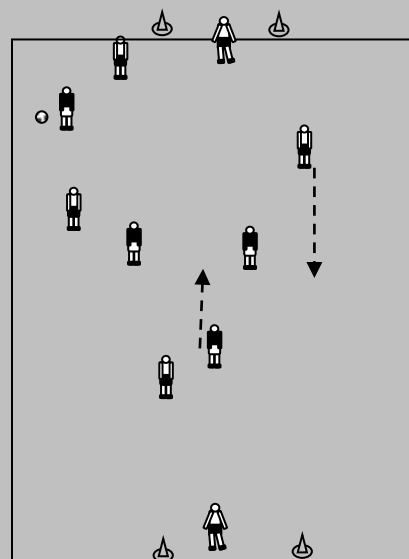
U9/U10 DEFENDING SESSION (1v2)

CATEGORY	TOPIC	AGE	WEEK #
Defending	1v1	U9/U10	
Exercise #1/#2	Organization	Coaching Points	
<p>Defending Shoulder to Shoulder: Two players, no ball. Practice running shoulder to shoulder, strong. Players will run @20-30 yards bumping shoulders to feel the feeling of contact. <i>Time: 5 min.</i></p> <p>1v2 One Direction: In a grid 12x17 yards (set up 2 grids to accommodate entire team.) 1 attacker tries to dribble to other side of grid, defenders attempt to steal the ball from attackers. When the defenders win the ball, stop. <i>Time: 15 min.</i></p>		<p>Encourage players to be strong and be prepared to get knocked a bit. Players will have fun with this. Elbows cannot be strait out, but they can protect their space. This is a great way for players to feel contact while defending.</p> <p>First defender is patient and forces the attacker to dribble into the "covering" defender. Tackle the ball when it is away from the attacker's foot.</p> <p>Defenders should try to cut off the passing lane to the other attacker. When the ball is off the foot of attacker, go get it. Keep it simple; make sure they work hard chasing the ball. Stay 4:1 on the positive to instructional comments throughout the session.</p>	
Exercise #3	Organization	Coaching Points	
<p>1v1 with Floaters: Several grids 7x12 yards in which 1v1 line soccer is being played. Designate 2 "floaters" who can "float" from grid to grid to create a 2 v 1 with the person in possession of the ball. Points are scored when the ball is stopped on an end line. Play 2 min. games. Switch "floaters." <i>Time: 15 min.</i></p>		<p>1v1, defender should be patient, only attempt to steal ball when the ball is away from the attacker's foot. 2v1, defender tries to take pass away by getting in the passing lane. Force the attacker on the ball to dribble, then tackle when time is right.</p>	
Exercise #4	Organization	Coaching Points	
<p>4v4 with GK's: <i>Time: 20 min.</i></p>		<p>Coaching is minimal. Fun and competitive.</p>	

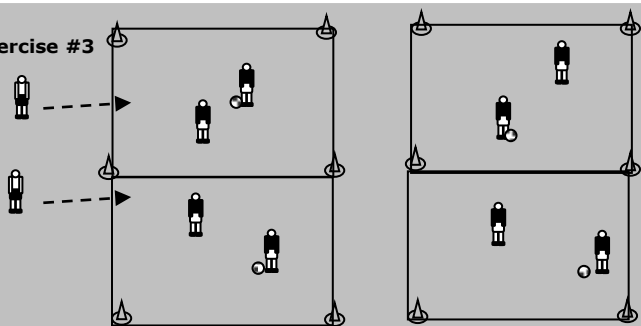
Exercise #1/#2



Exercise #4



Exercise #3



Light



Dark



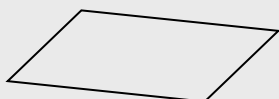
Coach



Goalkeeper



Grid



Dribbling



Dribbling with feint



Ball Movement



Run



Cross



Priority Number



Ball



Cone



Flag



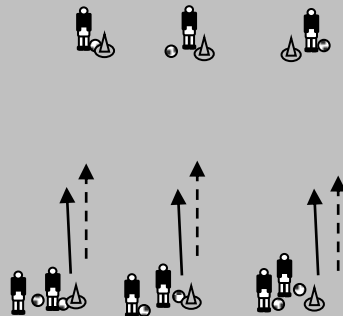


DUBLIN SOCCER LEAGUE

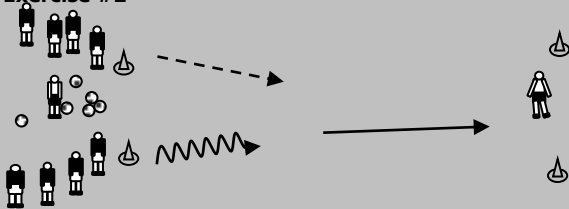
U9/U10 DRIBBLING SESSION (CARRYING)

CATEGORY	TOPIC	AGE	WEEK #
Dribbling	Carrying	U9/U10	
Exercise #1 Organization Footwork/Dribbling: One ball for each player. Inside/Outside, Inside/Inside/Outside, Shoulder Fake, Step Over. Ask players to change pace and explode after the move into space. <i>Time: 10 min.</i> In Groups of 3 Dribble Up and Back: Two players on one cone, the third player on another cone, 20 yards apart. One ball: player dribbles towards opposite cone while performing a specific skill. <i>Time: 10 min.</i>		Coaching Points Encourage players to be "clean" with their touches. Inside/Outside, use the inside of the foot and outside of the same foot, ask for a big change of direction. Shoulder Fake, step hard one way outside of the ball, dip the shoulder, bend the knee, with the outside of the other foot explode the other way. Step Over, feet start together from inside to wide step out, touch outside with the opposite foot to explode into space. Encourage a lot of repetition and to try with both feet. A) Right foot only, inside and outside trying to touch the ball with every step. B) Left foot only, inside and outside trying to touch ball with every step. C) Rolling the ball with the sole of the foot, forward, sideways, backward. D) Running fast with ball, pushing ball with outside of foot, toes pointing down, under control.	
Exercise #2 Organization 1v1 Chase: To begin, players form two lines 25 yards from goal. Coach rolls out a ball and both players attack ball to score. Whoever gets the ball can score. Can have 1-2 groups going at a time to keep the activity moving quickly. <i>Time: 15 min.</i>		Coaching Points Attackers push ball using the laces and outside of foot. Try to go fast but under control, no more than 3 steps in between touches. Dribble directly at the goal keeper. Don't get caught by the other player! Create a fun environment, make it a competition. Try different angles. Positive tone of voice!	
Exercise #3 Organization 5v5 to End Lines: Players score by dribbling over the end line under control. <i>Time: 20 min.</i>		Coaching Points Competition and fun. Coaching is minimal, reward players who run with the ball using the correct technique.	

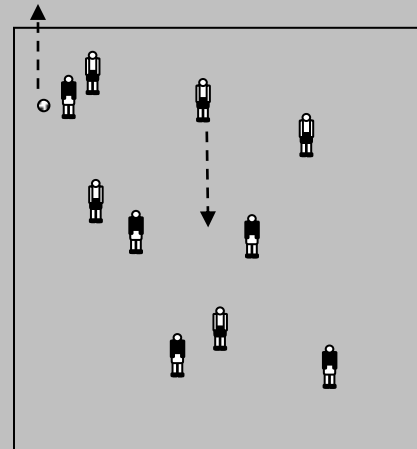
Exercise #1



Exercise #2



Exercise #3



Light



Dark



Coach



Goalkeeper



Grid



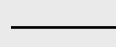
Dribbling



Dribbling with Feint



Ball Movement



Run



Cross



Priority Number



Ball



Cone



Flag

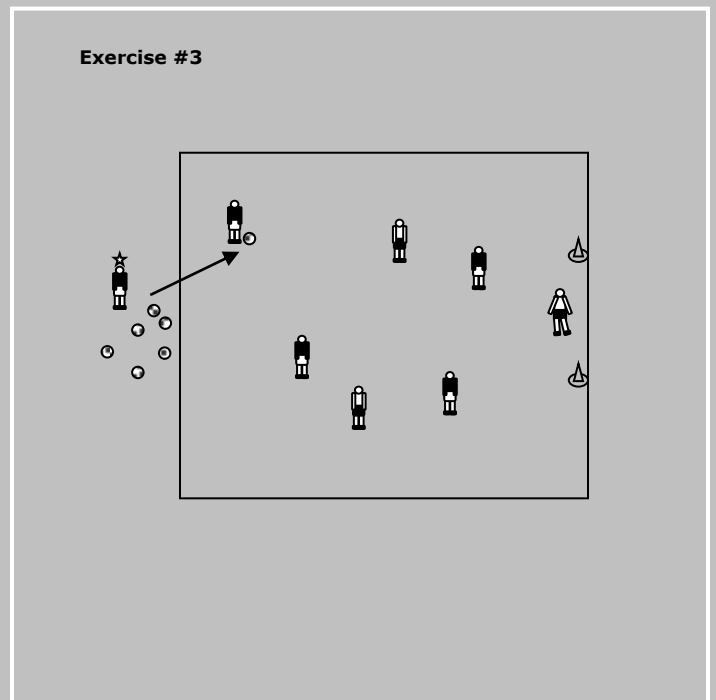
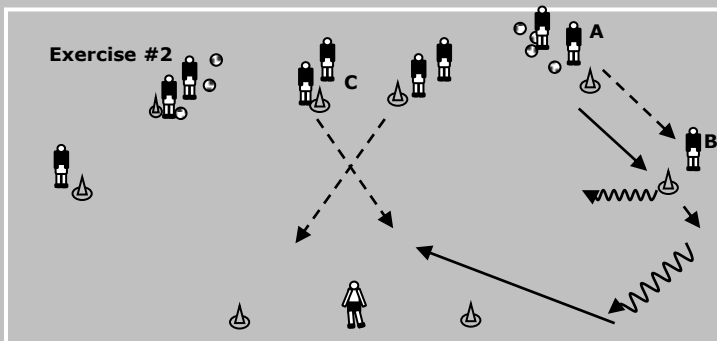
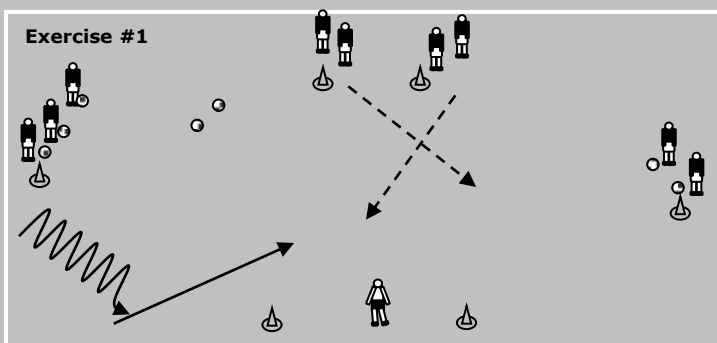




DUBLIN SOCCER LEAGUE

U9/U10 FINISHING SESSION (FINISHING FROM A CROSS)

CATEGORY	TOPIC	AGE	WEEK #
Finishing	Finishing from A Cross	U9/U10	
Exercise #1/#2 Organization #1 Dribble/Cross/Finish: Player at wide cone dribbles to end line angled towards the near post and plays ball in the middle to 2 players running in. Alternate sides each time, keep activity moving quickly. Trade positions every few minutes. <i>Time: 10 min.</i> #2 Cross/Overlap: Players organized as shown below. Player A passes to Player B, Player A tells B to "hold" while he/she overlaps Player B. Player B passes to A and A cross's ball on the ground to Player C. Repeat on opposite side. Switch around players every few minutes. <i>Time: 15 min.</i>		Coaching Points Player should dribble at "game speed" towards the end line, play the ball in as a hard pass, on the ground, angled away from the GK. Aim for PK spot, look up and pick a player running in. Players running in, don't go too early and stand. As player is dribbling to end line players in the middle can go "away" from ball and as ball is played in run to the near and far post. The cross is played on the ground, 6-10 yards away from goal. Player C, must run to meet the ball to shoot with the inside of foot using passing technique. Practice both sides. Have patience and allow for a few repetitions for players to pick up the pattern.	
Exercise #3 Organization 4v2 in the Box: 4 attackers play against 2 defenders, coach is at the top of the box with plenty of balls, extra players are gathering balls and returning them to the coach. If ball goes out of box, coach plays new ball in box. Games last 2 minutes then switch players. <i>Time: 15 min.</i>		Coaching Points Make it a competition. Shoot as much as possible. Stress the proper technique is used when shooting, side foot vs. laces. Players around the box must pay attention.	
Exercise #4 Organization 4v4 with GK's: Free play, encouraging players to use good technique when they shoot, dribble and pass. <i>Time: 20 min.</i>		Coaching Points Coaching is minimal. Fun and competitive. Encourage going forward to score goals.	



Light		Dribbling		Priority Number	
Dark		Dribbling with Feint		Ball	
Coach		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			

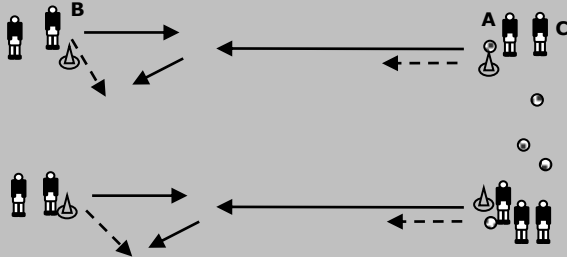


DUBLIN SOCCER LEAGUE

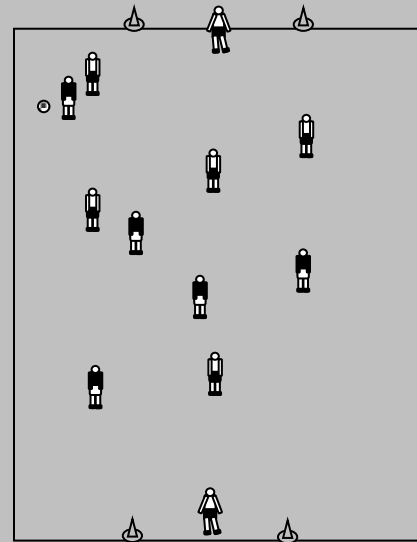
U9/U10 PASSING SESSION (LONG ON GROUND)

CATEGORY	TOPIC	AGE	WEEK #
Passing	Long on Ground	U9/U10	
Exercise #1/#2 Organization #1 Long Pass/Follow: 3-4 players in each group. Pass across to waiting player, follow the pass. Distance 20-25 yards. <i>Time 10 min.</i> #2 Short/Short/Long Pattern: 3-4 players per group (preferably 4), Player A plays long pass across and they follow the pass, Player B receives and plays Player A a short pass, Player A plays back at an angle (wall pass), and B plays a long pass across to Player C. <i>Time 15 min.</i>		Coaching Points Inside of the foot, toe is flexed up towards knee, planted foot is pointed towards target, strong pass, get some power behind it. Keep balls on the ground, kick through the middle of the ball. Be dynamic and positive with voice. Weight of pass is a factor, long pass is strong, short passes are softer. Ask players to talk about who is next to receive and start communication. As balls are played players are moving at angles to help with cleaner technique.	
Exercise #3 Organization Possession/Long Pass Game: 5 players in one box, 5 players in the other. Send 1 player over to defend, 5v1. Players connect at least 3 passes, then connect across the "hot lava" to the other side. If ball gets to the other side, they get a point. The defender heads back and a new defender from the other side joins in to make 5v1. If the defender wins it they connect with their 4 waiting in the other box, they go back in to make 5 attacking, 1 new defender from the other side joins in. Coach plays in balls to help play along. <i>Time: 20 min.</i>		Coaching Points Encourage players to move and spread out. Inside of the foot passing. Pass and move, be involved on toes. Ask players to work hard to win ball back if they lose it. Patience on playing the long ball, keep possession and send it when it makes sense. Praise players for success; voice it in a positive tone. If team is having a lot of success can increase defender to 5v2. Can also increase number of passes to 4 or 5 before they can play across to add a challenge. Adjust to your team's level.	
Exercise #4 Organization 4v4 Game with GK's: Open field up for space for longer passing. Free play with no restrictions. <i>Time: 15 min.</i>		Coaching Points Encourage players to pass and play the game. Stay engaged and active in the game. Same coaching points as above. Be a fan of the players (good job, well done, etc.).	

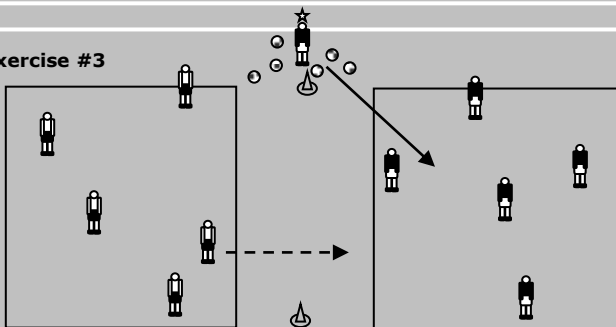
Exercise #1/#2



Exercise #4



Exercise #3



Light



Dark



Coach



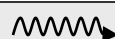
Goalkeeper



Grid



Dribbling



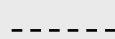
Dribbling with feint



Ball Movement



Run



Cross



Priority Number



Ball



Cone



Flag



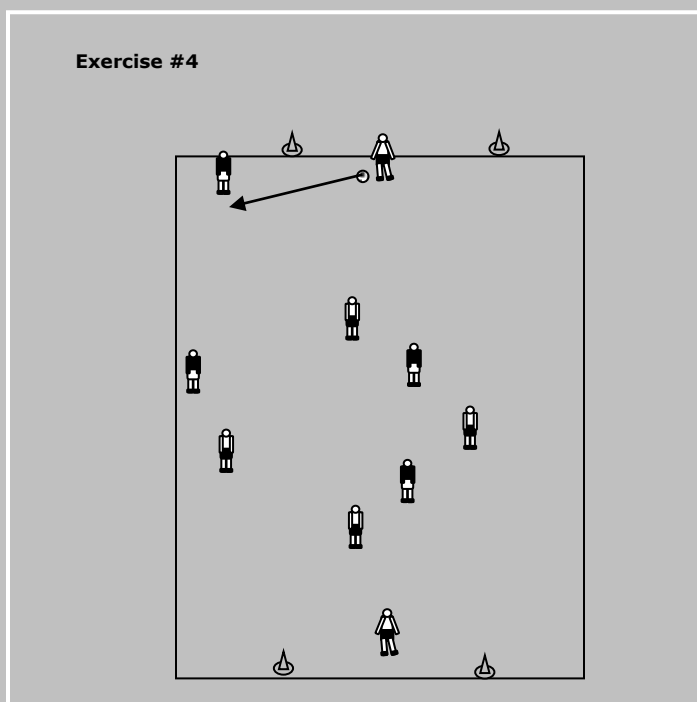
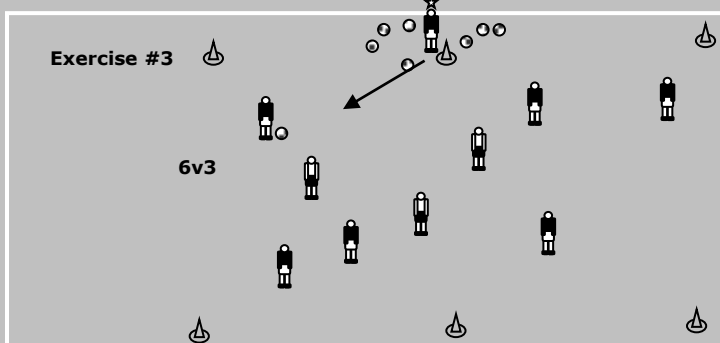
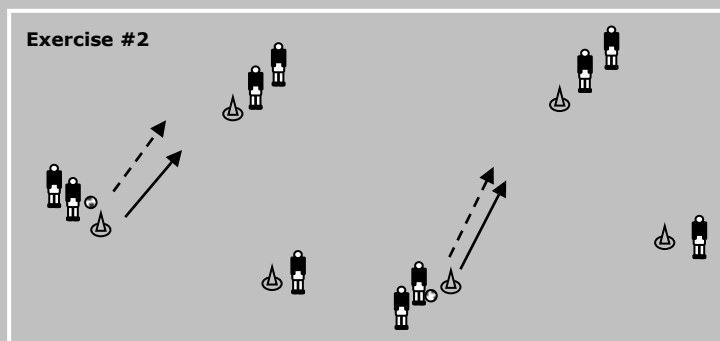


DUBLIN SOCCER LEAGUE

U9-U10 RECEIVING SESSION (FARTEST FOOT)

CATEGORY	TOPIC	AGE	WEEK #
Receiving	Farthest Foot	U9/U10	

Exercise #1/#2	Organization	Coaching Points
Juggling: Thigh/Thigh/Catch, Foot/Catch, Foot/Thigh/Catch, Foot/Bounce/Foot/Bounce – challenge. Free style juggling, count the highest number of touches without the ball rolling on the ground (they can keep it alive off a bounce). This will help with more success and confidence. <i>Time: 5 min.</i>		Encourage players to be light on feet to move quick with the ball. When juggling, hit ball right in the middle/bottom so the ball goes straight up with not a lot of spin. Repetition will 100% help with this skill. This can consistently be incorporated into the warm up.
Passing and Receiving in Triangles. Groups of three form a triangle, one ball. Players pass 2-touch around triangle, they follow their pass each time. Passes are approximately 7-10 yards away from each other. <i>Time: 15 min.</i>		Receiving with the back foot so that the body is facing the triangle. Receive with toes above ankle, ankle locked, cushion the ball. Practice both right and left sides. Stay 4:1 on the positive to instructional comments throughout the session.
Exercise #3	Organization	Coaching Points
3v3v3 Game: Set up teams of 3 with 3 different colors on. Game is possession of always 6v3. If 3 "blue" players lose the ball, they are on defense vs the other 6 players. When they win it back they are now possessing the ball. The team that lost the ball is now on defense. Line up balls in one spot so coach can keep game moving along quickly. Grid size 30x30. <i>Time: 20 min.</i>		Ask players to receive the ball away from the pressure opened to the field using their farthest foot. This will require movement off the ball. Encourage players to move off the ball into space and away from the defenders. Keep first touch moving into space out from under body. Keep positive and engaged in the game.
Exercise #4	Organization	Coaching Points
4v4 Game with GK's: When GK receives ball, play out of the back and move players back behind a "build out line", let defenders know they cannot attack player that receives ball until it is touched. <i>Time: 20 min.</i>		Ask GK to roll out ball a little in front of the wide defender. The defender should receive into space touching ball forward, under control. Same coaching points as above. Become a fan.



Light		Dribbling		Priority Number	
Dark		Dribbling with feint		Ball	
Coach		Ball Movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			