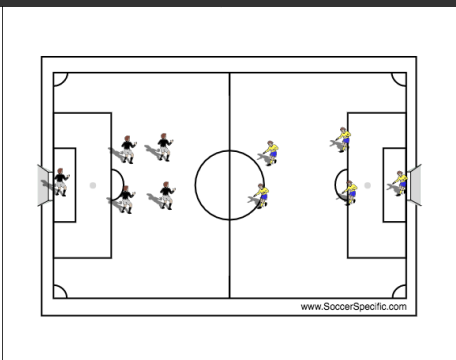




# U8/U10 Session 1

Date: -

Duration: 1 hour



1

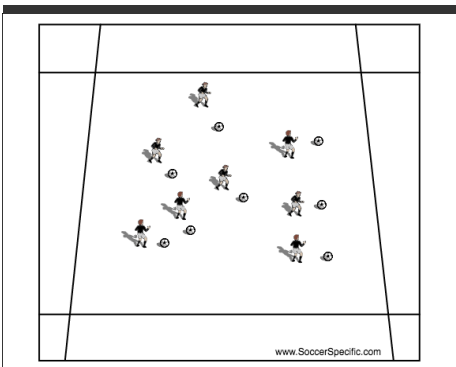
**Setup:** -5vs5

-15X20

**Instructions:** -game rules

-Use throw ins, corners, and goal kicks

**Coaching Points:**



2

🕒 10

**Setup:** -15X15 box

-Ball each

**Instructions:** -Players dribble around inside the box

-Fist command: when coach says "stop" you dribble, when coach says "go" you stop.

(U4/U6 keep commands the same as the actions)

-Second command: When coach says "pineapple", players boxes the ball

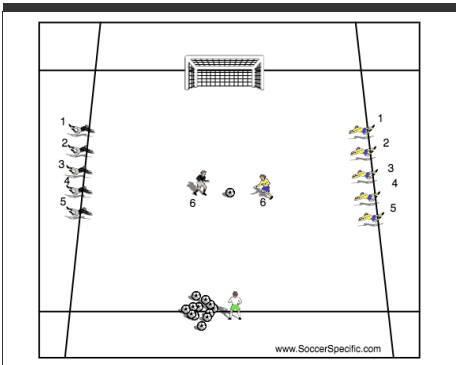
-Third command: When coach says "coconut", player does fire dance

Fourth command: When coach says "Papaya", player does toe rolls

-Fifth command, when coach says "in

", players dribble outside the box, when coach says "out" players get inside the box

**Coaching Points:** -fast feet



3

🕒 10

**Setup:** -line of players either side of the net

-Players lie on their belly

-Number players on each side

**Instructions:** -Coach tosses a ball into the middle and calls a number

-That player from either side goes against each other to try and score on a goal

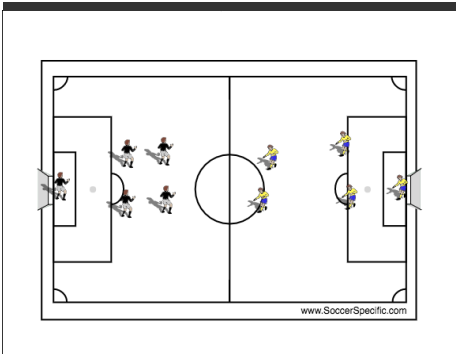
-Which ever team scores, gets the point

-Begin calling multiple numbers to make it 2vs2, 3vs3 etc.

-Note: with younger children it helps to use colours instead of numbers. Player lies beside red cone, when red is called its their turn.

**Coaching Points:** -1vs1 skill

-Look to shoot early



4

🕒 15

**Setup:** -5vs5

-15X20

**Instructions:** -game rules

-Use throw ins, corners, and goal kicks

**Coaching Points:**