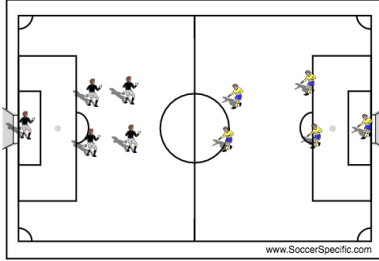




## U8/U10 Session 2

Date: -

Duration: 1 hour



1

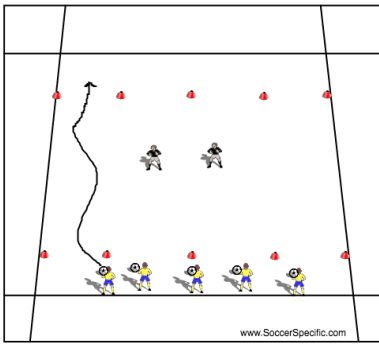
**Setup:** -5vs5

-15X20

**Instructions:** -game rules

-Use throw ins, corners, and goal kicks

**Coaching Points:**



2

🕒 10

**Setup:** 10X15 box

2 end zones

ball each

**Instructions:** Start without a ball

Black yells "British Bulldog"

Yellow tries to run to opposite end zone without being tagged

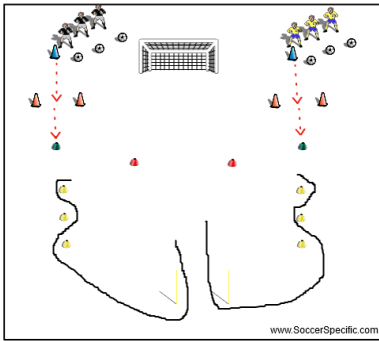
If tagged yellow becomes a bull dog

Continue until 1 yellow is left

Add a ball

Now bulldogs must kick ball out of bounds ( for U4 just have to kick the ball)

If yellows ball goes past the back of the end zone they become a bulldog as well



3

🕒 10

**Setup:** 6 hurdles (If no hurdles use cones but make sure they are a different colour to the next 3 cones) 3cones 2 poles ( if no poles use different coloured cones), goal ,2 balls

**Instructions:** Kids start at blue cones ,First 2 kids race ,Dribble to orange

At orange 2 juggles catch OR 10 fire dance OR 10 boxing (change each round)At

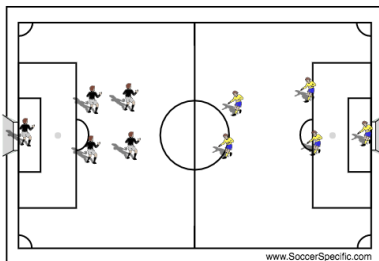
green cone turn around backwards fire dance,Weave through the cones ,Around the

pole, Shoot before the red line

1st player gets 2 points for their team,2nd player gets 1 point for their team

3rd round now go backwards

**Coaching Points:** Shoot with laces,fast as you can on foot work



4

🕒 15

**Setup:** -5vs5

-15X20

**Instructions:** -game rules

-Use throw ins, corners, and goal kicks

**Coaching Points:**