



Tactics Manager



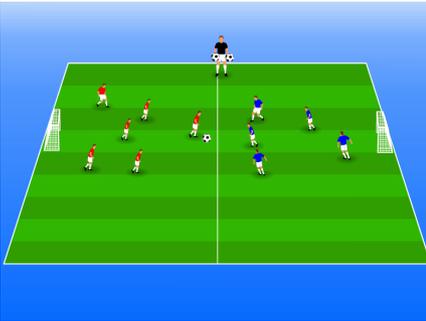
Coach: Glenn
Club: SoccerTech / Calgary Rockies FC
Role: Technical Director
Qualf: USSF 'A' (United States)

Date: 15/05/22
Time: N/A
Duration: N/A
Age/Level:

Session The Energy you put in the players will Mirror
Objective:

U8-U10 Week 3

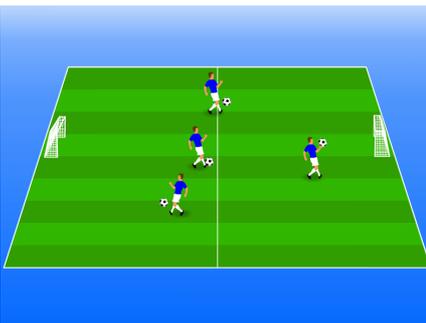
U8-U10 Start Game



Description: As players arrive to your field. Alternate putting pinnies on them. Get them playing it may start 2v2 then 3v2. MAX 6v6 IF MORE PLAYERS ARRIVE POLITELY ASK THEM TO GO ONTO ONE OF THE FIELDS WITH LESS THAN 12 PLAYERS. Same goes if players sneak on(1 is ok more than that stop the session and rebalance the numbers). If the ball goes out throw a new one in. Game continues. If a team scores the whole scoring team must go touch their goal before they can challenge their opponents. DO NOT TAKE THE PINNIES OFF THEM.

Coaching Points: ALWAYS encourage dribbling (it is not ball hogging or showing off; avoid using these phrases) Dribbling is one of the hardest things to teach and should be encourageaed from a young age. Even if they maybe should have passed or mess up encourage the attempt to dribble. The decision making can be taught easily when they are older. If it is crowded TURN! (sound simple but players will offer try to jam the ball through players)

Fundamental Skill- Juggling (First Touch)



Description: 1- Player holds the ball straight in front of them drops it, juggles onces with laces and tries to catch it. 2- two in a row (allow bounces) 3- as many as you can usign bounces when needed 4- no bounces Combo 1- thigh laces catch. then 2 thigh laces etc. Pickups Chop- feet on either side of the ball bring together and lift toes to pop ball up- catch Piece of cake- foot on top of the ball, drag scoop- catch.

IF YOU CAN DO THE FANCY STUFF SHOW IT

Coaching Points: Let the ball drop lower (don't lift your foot super high) Chop- lift toes up Piece of Cake- drag quickly. Keep ball in front of you, don't drag under your body

Builders and Destroyers



Description: 8-9 min Place a 10-20 cones in a 10x10 area. Some face up some face down. The colors don't matter. Split the group in half. and have them on two sides. Group1 is the builders on go they are going to turn all the upside down cones the right way up. Group 2 is the distroyers and they are trying to turn all the cones upside down. Go for 30-45 seconds. Stop see who is the winner, 1 jumping jack 4 the losers. Switch roles. Repeat 4-5 times. Last round everyone is a builder, see how fast they can turn all the cones right side up. Leave the cones out. WATER BREAK

Cone Dribbling



Description: 7-8 min Using the cones from builders and destroyers. Have the players line up on either side. On you command they try to dribble to the other side without hitting the exploding pinnapples/tomates (cones). after a few roundsee if they can go a bit faster. Then if they can go supper fast. At the end see who can pick up the most cones and bring them to you. WATER BREAK



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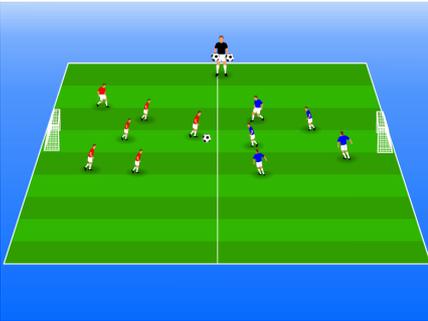
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U8-U10 End Game



Description: If the ball goes out throw a new one in. Game continues. If a team scores the whole scoring team must go touch their goal before they can challenge their opponents. Collect the Pinnies Thank Them. Clean Up

Coaching Points: ALWAYS encourage dribbling (it is not ball hogging or showing off; avoid using these phrases) Dribbling is one of the hardest things to teach and should be encouraged from a young age. Even if they maybe should have passed or mess up encourage the attempt to dribble. The decision making can be taught easily when they are older. If it is crowded TURN! (sound simple but players will offer try to jam the ball through players)