

247



# U9-U10 Curriculum

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# CONTENTS

Title	Topic	Page
Contents	-	2
Introduction & Macrocycle	-	3
Game calls & Principles of play	-	4
Number System & Formations	-	5
Core Skills	Ball Mastery	6
	1v1 Exercises	7
	Passing	8
Dribbling/Ball Mastery	1v1 Facing goal	9
	1v1 Facing goal	10
	1v1 Receiving Side on	11
	1v1 Receiving Side on	12
	1v1 Receiving back to goal	13
	1v1 Receiving back to goal	14
Build Up Play	Playing out from the back: Defensive to Middle Third	15
	Playing out from the back: Defensive to Middle Third	16
	Playing through the thirds: Defensive to Middle Third	17
	Playing through the thirds: Middle to Final Third	18
	Switching the Point of Attack	19
	Switching the Point of Attack	20
Defending/Pressing	1v1 Defending	21
	1v1 Defending	22
	Pressure/Cover	23
	Pressure/Cover	24
	Pressing/In Transition	25
	Pressing/In Transition	26
Finishing/Creating	Combination Play	27
	Combination Play	28
	Finishing Inside the Box (Technique)	29
	Finishing Inside the Box (Make space to shoot)	30
	Finishing from Wide areas	31
	Finishing from Wide areas	32

# INTRODUCTION

Hello Coaches!

We are excited to share with you the Piedmont SC U9-U10 Curriculum for the Spring/Fall season 2019. We have researched & tailored this curriculum towards our clubs style of play. The 4 areas which we found very important for the youth; Ball mastery, Build up play, Defending & Finishing/ Creating these all link to our style of play & vision. We would recommend doing the same topic in one week to keep repetition high.

The 'Core Skills' are a very important area, these are expected to be performed at every practice or game, maximise the touches and use them as warm ups. You have 18 exercises to choose from; 1v1 core skills, passing/rondo based activities & one of the most important ball mastery.

Any questions please let me know!

Many thanks,  
Alastair Feasey, U9-U12 Technical Director, Piedmont SC.

	DRIBBLING/BALL MASTERY			BUILD UP PLAY		
SUB TOPICS(ST) FOUR PILLARS.	1V1 FACING GOAL	1V1S SIDE ON/ 2V1S	1V1S BACK TO GOAL	PLAYING OUT USING BUILD OUT LINE	PLAYING THROUGH THE THIRDS	SWITCHING THE POINT OF ATTACK
TECHNICAL	1) Receiving to play forward	1) Receiving side on	1) Receiving back to goal. Look to turn.	1) Focus on receiving back foot	1) Focus on looking to play forward	1) Focus on receiving & observing(scanning).
	2) Receiving to play forward & attacking space.	2) Receiving to in wide positions.	2) Receiving back to goal. Shield & pivot.	2) Focus on looking to play forward	2) Receiving to play forward/retain the ball.	2) Understand when,when, where & how we play to switch.
TACTICAL	1) Attacking the front foot. finishing in the final third.	1) Attacking the front foot. finishing in the final third.	1) Can we face up the defender?	1) Playing out from the Back.	1) Look to break lines(straight or diagonal)	1) Switch the play to retain the ball.
	2) 1v1 domination.	2) Do we look to isolate the defender out wide or look for support?	2) Protect the ball, look for support. Playing into the #9.	2) Playing through the thirds using #6.	2) Look to play in behind or break lines.	2) Switch the play to change where we attack.
PSYCHOSOCIAL	Awareness, perception. Body language. Communication.			Awareness, perception, language communication.		
PHYSICAL	Coordination, balance, agility, speed.			Speed, agility, balance, quickness. Coordination.		
	DEFENDING			FINISHING/CREATING		
SESSION TOPIC	1v1 DEFENDING	PRESSURE/COVER	PRESSING (TRANSITION)	COMBINATION PLAY	FINISHING INSIDE THE BOX	FINISHING FROM WIDE AREAS
TECHNICAL	1) Instant pressure on attacker.	1) Understanding Pressure & cover.	1) To press quick after transition.	1) Combinations towards goal/to finish	1) Type of technique to finish.	1) Understand where to cross the ball & how.
	2) Patience and delay the attack in a 1v1.	2) When to apply pressure on the ball with body shape.	2) Understand 1st defender presses.	2) Combination play to penetrate(in behind or around)	2) Shift and shoot	2) First time finishing
TACTICAL	1) Delay and deny attacker.	1) Where & Who applies pressure, and cover.	1) Visual Cues for pressing	1) Finishing in the final third, Shooting from distance	1) Dependant upon GK.	1) First time finish depending on the cross. Cut back, drilled, early whipped.
	2) Delay and deny attacker.	2) Types of run to make it predictable.	2) When & Where to press the ball.	2) Aerial finishing, finishing inside 18.	2) Dependant upon GK.	2) Aerial finishing, finishing inside 18. (volleys, no headers)
PSYCHOSOCIAL	Coordination, balance, agility, speed. Check shoulder. Awareness.			Awareness, disguise, communication, body language what foot?		
PHYSICAL	Coordination, balance, agility, speed.			Striking the ball with laces. Speed, balance, coordination.		

## Game Calls for Players & Coaches

Buzzwords / Game Calls	Description / Meaning
Compact	Shape squeezes in and becomes compact.
Cover	If a player moves out of position with the ball, cover their position.
Drop	Stepping back 5-10 yards to receive the ball, offering depth.
Go Home	Play back to the goalkeeper/play out the back/Recycle.
Man On	A player nearby or marking you. Pressure.
Possess	Pass appreciation, look after the ball, keep the ball.
Press	Press as a team and unit, look to win the ball back high up the field
Pressure	Add pressure on the ball/player receiving the ball.
Scan	Look over your shoulder to paint a picture.
Shape!	Gather yourselves into your team shape depending upon the situation
Switch	Change the point of attack. From one side of the field to the other.
Squeeze	Push up defensive line and team.
Time	Space around you, relax.
Turn	Player can turn with no pressure.

### Principles of Attack: What is needed to create an attack?

- Penetration - to get in behind the defences shape.
- Creativity - Attacking freedom, be creative!
- Width & Depth - To spread out and create space.
- Support - To provide depth when in possession (pivot /supporting option) & out of possession
- Mobility - Attacking movement & flexibility.

### Principles of Defence: What you need to create a successful defensive unit?

- Pressure/Cover/Balance - 1st defender pressure, 2nd covers, 3rd gives balance.
- Compactness - Staying compact & connect as a unit, deny the space.
- Delay - Patience when defending, slow down opponent.
- Deny - Do not allow any penetration.
- Predictability - Make play predictable show the opponent in one direction.



### The Number System -7v7 Format

#	Position	Roles and Responsibilities
#1	Goalkeeper	<ul style="list-style-type: none"> <li>1st line of attack &amp; support in playing out</li> <li>Defend the goal and communicate to lines in front</li> </ul>
#2	Right defender/ Right wing back	<ul style="list-style-type: none"> <li>To defend in pairs &amp; provide cover for #3</li> <li>Support the #7, create 2v1s/join attack</li> </ul>
#3	Left defender/Left Wing back	<ul style="list-style-type: none"> <li>To defend in pairs &amp; provide cover for #2</li> <li>Support the #11, create 2v1s/join attack</li> </ul>
#4	Centre Defender	<ul style="list-style-type: none"> <li>Delay/Deny opponent, provide cover</li> <li>Create options on the build out &amp; forward passes</li> </ul>
#6	Centre Midfielder	<ul style="list-style-type: none"> <li>Support Defence when under pressure</li> <li>Support #1/2/3 when playing out</li> <li>Support #7/11 with forward and behind passes</li> <li>360 vision need to know where/when to play.</li> </ul>
#7	Right Midfield/ Right wing	<ul style="list-style-type: none"> <li>Provide width in attack</li> <li>Support #2 in defence / Defend from the front; delay opponents attack</li> <li>Create opportunities by crossing or shooting</li> </ul>
#9	Forward	<ul style="list-style-type: none"> <li>Be the most forward player &amp; Score goals</li> <li>Retain possession by holding up or look to turn &amp; play in behind</li> <li>Defend from the front; delay opponents attack</li> </ul>
#10	Centre Attacking Midfield/2nd	<ul style="list-style-type: none"> <li>Defend from the front; delay opponents attack</li> <li>Create space &amp; create or score goals.</li> </ul>
#11	Left Midfield/Left Wing	<ul style="list-style-type: none"> <li>Provide width in attack</li> <li>Support #3 in defence / Defend from the front; delay opponents attack</li> <li>Create opportunities by crossing or shooting</li> </ul>

## Core Skills 1: Various Ball Mastery Warm ups!



**Organisation/Explanation:**

- 1) **Standard ball mastery:**
  - Every player with a ball dribbling around area.
  - Coach says various ball mastery moves.
  - Include different styles of dribbling. (inside outside, one foot)
- 2) **Coever Squares:**
  - 5x5 squares players stay inside square with a ball each. Perform the move the coach says for 30/60 seconds on each foot. After each move find a new square.
- 3) **Interference Ball Mastery:**
  - Players begin on the outside of the square. Perform the required move on the outside, once the coach says go, players dribble through the square avoiding others.
  - For a progression: have players perform a skill move through the square past a player.
- 4) **Four Corner square:**
  - Players separated out onto 4 corners. Begin with dribbling up to cone and turn. Dribbling towards cone then fake left take the ball to the right. All corners go at the same time.
- 5) **Turning Squares & Moves:**
  - 3 players on a team. 1 in the middle with a ball. Enter a turning square perform any turn then break out and attack defender (red cone), then play the ball off to your team mate on the outside of the square.
  - Add competitive element, timed.
- 6) **Attack the Cones:**
  - Dribbling around area, attack cone as if it is a defender.
  - Perform different moves and turns.



**Coaching Points/Progressions:**

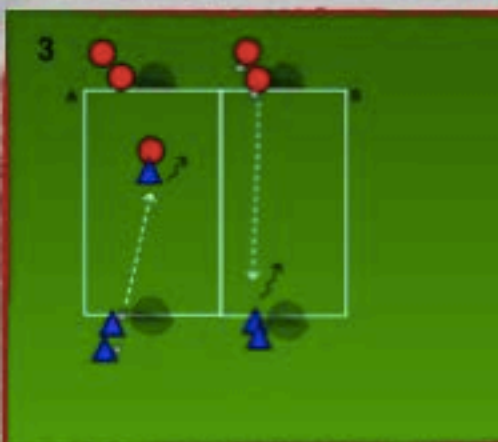
Pick an exercise, then 15-20 minutes of Pure ball mastery. At least once a week. You can drum this into your game day routine or even take one and make it a routine for practice.

**List of Ball mastery Moves:**

- Toxes, toe-taps, boxes, L turn, L turn-V turn V turn inside, V turn alternating feet
- Box-box-roll Box-Box-Chop inside-Outside Yo-yos Scissor scissor -tap tap Step-over turn outside touch L-turn outside touch.
- Matthews, Scissors (single & double), Maradona, rollover, roll-push, Ronaldo chop,

**Notes:**

## Core Skills 2:1v1 Warm Up Ideas



### Organisation/Explanation:

#### 1) 1v1 Square:

- 10x10 square. Players line up in between cones. 2 sides of square have balls.
- Players play balls across, attacker has to drive over the line/in between cones to gain point.
- Great for warm ups, quick, sharp movements in tight areas.

#### 2) 1v1 Triangle:

- Reds play to blues, blues have a decision to make, fake left and drive through the gates or the opposite. One attacked become defender.
- Use fakes to change direction.

#### 3) 1v1 Channels (back to goal and face up):

- A) Receiving from a blue look to turn away from pressure from behind and score.
- B) Face up, defender plays ball and blue attacks.
- Rotate positions after rep.

#### 4) 1v1 turning/turn away:

- Red plays ball into blue, they look to fake and change direction to dribble/drive through a gate to earn a point.
- Rotate positions after one rep.

#### 5) 1v1 Direct:

- Player starts with no ball, touches goal and player opposite side attacks. Soon as this player has attacked or scored, player touches goal and the other side will attack again. Continuous.

#### 6) 1v1 with interference:

- 2x(1v1s) at the same time.
- Players look to score on goals, reds play ball. Once one is done another can play.



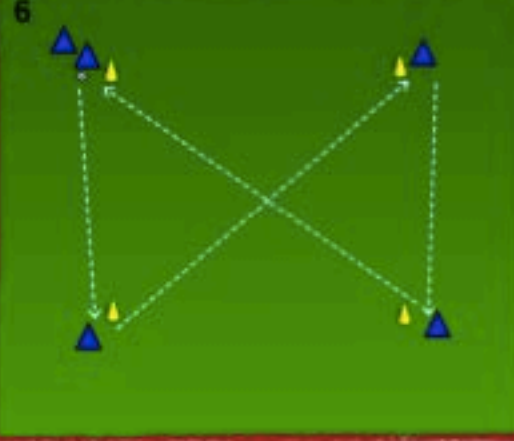
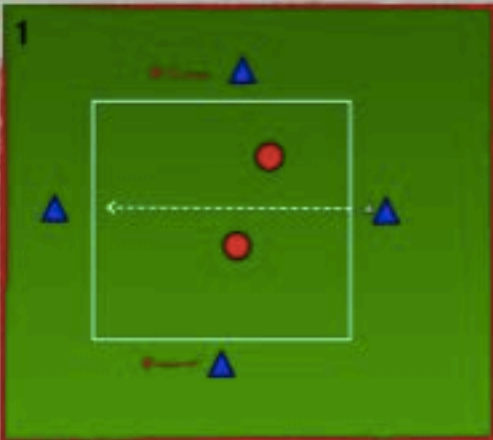
### Coaching Points/Progressions:

Pick an exercise, then 15-20 minutes of Pure 1v1s. At least once a week, You can drum this into your game day routine or even take one and make it a routine for practice.

### List of 1v1 Ball mastery Moves:

- Matthews, Scissors (single & double), Maradona, rollover, roll-push, Ronaldo chop, Jay jay.
- Focus on close touches, head up and attack space. Look to unbalance the defender. Attack front foot.

### Notes:



Organisation/Explanation:

- 1) 4v2 Rondo:
  - Blues must stay on the outside of the box, reds must stay inside.
  - Can you break a line?
  - If you lose the ball or have a bad touch, swap with red.
  - 10 passes for a challenge.
  - Blues slide for support.
- 2) Basic pattern play:
  - Basic patterns ensure you receive to play forward.
  - A>B>C>D
  - A>B>A>C (through ball) >D
  - A>C>B>C> (through ball) >D
  - Adapt, create and use your own.
- 3) 4v2 transitional rondo:
  - Similar to above but with transition.
  - Soon as you have 5 passes, play to the advanced player, & continue.
  - Reds transition across and 1 blue stays to change into advanced player. Again if a blue loses the ball, swap with a red.
- 4) Y Exercise to Goal:
  - Passing patterns ending with a shot
  - A>B>C>Shoot
  - A>B>A>C>B>C through> Shoot
  - A>C>B>C>through shoot
  - Adapt, create and use your own.
- 5) 3v1 3 grid rondo:
  - Blues must fill all areas of the grid.
  - Red defender can go anywhere.
  - Blues are encouraged to move once played a pass, but again must have a player in each box.
- 6) Back foot exercise:
  - Ensure players are receiving on correct foot to play in desired direction. Adapt and Change the sequence.



Coaching Points/Progressions:

Pick an exercise, then 15-20 minutes. If you have a build up play topic or combination play topic any of these would be good to use. Ensure you are enforcing the concepts:

- Passes need to be sharp and zipped in, players are ready on their toes asking for the ball!
- Communication is key; MAN ON or TURN can be influenced in these warm up exercises.
- To challenge players; ask them to check shoulder before receiving, introduce colours or numbers to see.

Notes:



### Theme/Objectives: 1v1 Facing goal

- Receiving playing forward
- Attack space, focus on separation from defender.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 1a

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- 1v1 Face up.
- Reds play the ball down the channel to the blue attacker.
- Blues look to finish on the goal.
- Reds can counter and score on opposite goal. Use cones as goals if no goals.

#### Coaching Points

- Unbalance defender. Attack from foot.
- Creativity
- Acceleration away from defender.
- Slow in-> fast out.

#### Progression[s]

- Timed rounds, more points for moves.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- 2v1 to goal.
- Blues score on small goal, same a red to counter. Must score within 10 seconds for it to count.
- Reds play to blues to start.
- Look to invite the defender in, then play. 1st go for the 1v1.

#### Coaching Points

- Creativity
- Combinations (1-2, overlaps.)
- Invite pressure, then destroy it.
- Communication.

#### Progression[s]

- If red wins ball, another red can join to create 2v2.

Duration: 25

Intensity: High

Intervals: 3

Work:Rest: 2:1

#### Organisation/Explanation:

- 2v2 Flying changes.
- Blues own their side and the left side of the field. Reds the same. If ball goes on on their side, two new players enter the field with a BALL.
- Quick and transitional.
- Keep score for 3 minutes, 3 rounds.

#### Coaching Points

- Communication
- Stay focused, ready for the transition.
- Dominate the 1v1s/2v1s.

#### Progression[s]

- N/A

#### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

**Theme/Objectives:** 1v1 Facing goal

- Receiving playing forward
- Focus on creativity

**Age:** U9-U10

**Mesocycle:** Spring/Fall

**Microcycle:** Week 1b

**Duration:** 20

**Intensity:** Medium

**Intervals:** 5

**Work:Rest:** 3:1

**Organisation/Explanation:**

- 2x(1v1s) at the same time.
- Players look to score on goals, reds play ball. Once one is done another can play.
- Make it more competitive, keep your score and add more points on for the type of moves, the more creative the more points!

**Coaching Points**

- Unbalance defender. Attack from foot.
- Creativity & Positivity
- Acceleration away from defender.
- Slow in-> fast out.

**Progression(s)**

- N/A

**Duration:** 25

**Intensity:** Medium

**Intervals:** 4

**Work:Rest:** 3:2

**Organisation/Explanation:**

- 2v1 to big goal, scenario based, 2v1 with defender in the box. Be clinical and as positive as you can.
- Look to create a 1v1, can you shift and shoot or use the second attacker.
- Invite the pressure in, and destroy the pressure by either passing to 2nd attacker, performing a move 1v1, or shooting.
- Defenders dribble half way then pass to make it harder.

**Coaching Points**

- Creativity & Positivity
- Combinations (1-2, overlaps.)
- Invite pressure, then destroy it.
- Communication.
- Use 2nd attacker.

**Progression(s)**

- Combination scoring. Over lap 2 points, 1-2, 2 points, 1v1 3 points.

**Duration:** 25

**Intensity:** High

**Intervals:** 5

**Work:Rest:** 3:2

**Organisation/Explanation:**

- 3v2 to goal game
- Players play with a front 3
- A #9[forward] will stay in at all times. The forward is only LIVE when in possession. When out of possession they are passive and cannot win the ball. Hence 3v2.
- Ball goes out on blue side, blues play. Same with red. If blues score, they play again, same again with red.

**Coaching Points**

- Creativity & Positivity
- Communication

**Progression(s)**

- N/A

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

**Theme/Objectives:** 1v1 Receiving Side on  
- Receiving side on or in a wide position.

Age: U9-U10

Mesocycle: Spring/Fall

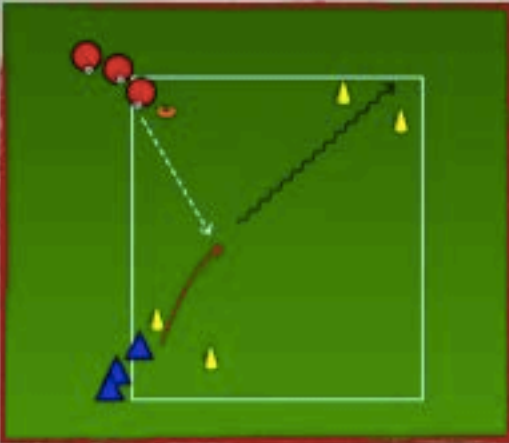
Microcycle: Week 2a

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1



**Organisation/Explanation:**

- 1v1 receive from the side.
- Can you take your touch forward?
- Red dribbles halfway then plays ball 1/4 way between the goal where the attacker receives the ball on the run.
- Blue looks to attack space and be clinical in the 1v1, use body feints and speed to dominate the 1v1.
- If red wins ball, drive towards opposite goal.

**Coaching Points**

- Receive with a positive inside/outside touch.
- Look to unbalance defender, and use speed/body feints to separate from defender. Ensure there is a difference in acceleration.

**Progression(s)**

- Add time limit for both teams. Then switch, count goals. Make competitive.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2



**Organisation/Explanation:**

- 2v1 to goal.
- Specific to position. Here shows #7 receiving the ball out wide. Looking to drive towards the goal, and either shoot or cross.
- Invite the pressure towards, then destroy by either a 1v1, cross or shot.

**Coaching Points**

- Invite pressure and destroy pressure by drawing defender in.

**Progression(s)**

- Make 2v2 in the box.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2



**Organisation/Explanation:**

- 2v2 Flying changes.
- Blues own their side and the left side of the field. Reds the same. If ball goes on on their side, two new players enter the field with a BALL.
- Quick and transitional.
- Keep score for 3 minutes, 3 rounds.

**Coaching Points**

- Communication
- Stay focused, ready for the transition.
- Dominate the 1v1s/2v1s.

**Progression(s)**

- N/A

**Notes:**

Always Begin with 1 of 3 of the Core Skills: Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

**Theme/Objectives:**

## 1v1 Receiving the ball side on

- Understand how we receive the ball side on and when/where the ball should go.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 2b

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

**Organisation/Explanation:**

- 1v1 to goal, with defender and a goalkeeper.
- Receive the ball side on and drive to goal. Defender looks to recover and block attacker from goal.

**Coaching Points**

- Check to
- Receive back foot to play forward
- Moves and fakes to unbalance the defender.

**Progression(s)**

- Red has 10 seconds to score. Dribble over line.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

**Organisation/Explanation:**

- 2v1 to goal. 2nd attacker plays into 1st attacker who is starting in a wide position. Attacker who passes then becomes 1st attacker.
- Switch defenders every time.

**Coaching Points**

- Invite pressure and destroy pressure.
- Look to create a 1v1 side on before passing.

**Progression(s)**

- Defender has 10 seconds to score if they win ball. Dribble

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

**Organisation/Explanation:**

- 4v3 to big goal, defenders have 2 small goals to counter to.
- 7/11 looking to receive the ball side on and create a 1v1.

**Coaching Points**

- Check to. Communication
- First touch go forwards.
- Attack defenders front foot.

**Progression(s)**

N/A

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

**Theme/Objectives:** 1v1 Back to goal  
- Receiving with your back to goal

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 3a

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

**Organisation/Explanation:**

- Unopposed activity with pole in middle of group of 3.
- Pole acts as a defender. Player plays middle player the ball, they turn with inside or outside around the pole and pass to the opposite player.
- Continues for 10 reps then swap.
- If no poles use players and rotate positions.

**Coaching Points**

- Movement towards ball (Check to)
- Receive on the half turn.
- Use outside or inside turn.

**Progression(s)**

- How many in 60seconds?

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

**Organisation/Explanation:**

- #1 plays into #2 who attacks the defender and looks to score on goal. #2 Then becomes an attacker and #3 enters play as a defender (Pressure from behind) The coach or a spare player will play the ball in and #2 will receive back to goal.
- Once #2 has shot/scored they go to #3.
- #1 goes to #2 and #3 to #1.

**Coaching Points**

- Attack space.
- Positivity and creativity
- Look to turn away from defender and use body to shield the ball.
- Turn and finish, quickly, check shoulder to find space.

**Progression(s)**

- Timed rounds, 2 points for defenders winning ball, point for a finish, 2 for back to goal finish. Keep score for 3min

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

**Organisation/Explanation:**

- 4v3 to goal.
- Look to play into the forward or wide players to begin play.
- Player who receives must attempt a 1v1 back to goal or face up before playing to a teammate. |

**Coaching Points**

- Attack space.
- Positivity and creativity
- Look to turn away from defender and use body to shield the ball.
- Turn and finish, quickly, check shoulder to find space.

**Progression(s)**

- N/A

**Notes:**

Always Begin with 1 of 3 of the Core Skills: Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

**Theme/Objectives:** 1v1 Receiving Back to goal

- Receiving back to goal, can we look to turn?
- Use the defender as a pivot to turn/create space by checking to the ball.

Age: U9-U10

Mesocycle: Spring/Fd <sup>+</sup>

Microcycle: Week 3b

Duration: 15

Intensity: High

Intervals: 3

Work:Rest: 3:2

**Organisation/Explanation:**

- 15x10 channels.
- 1v0 unopposed activity to goal with GK.
- Attacker passes into 1st attacker, who looks to turn within 1 touch, using their inside or outside foot. Look to finish 1st time.
- Ensure you tag the defender(flag)
- Position=9, Rotation 2nd A-1st A to GK.

**Coaching Points**

- Check towards
- Check shoulder
- Communication from 2nd attacker, Man on or turn.

**Progression(s)**

- How many goals in 2 minutes? Competition.

Duration: 20

Intensity: High

Intervals: 4

Work:Rest: 3:2

**Organisation/Explanation:**

- 15x10 channels with goals.
- 1v1 opposed activity to goal with GK.
- 2nd attacker passes into 1st attacker, who looks to turn the defender and shoots.
- Defender starts off passive then progress to win the ball and counter.

**Coaching Points**

- Arm up like a iron bar to use the defender as a pivot.
- Communication
- Check towards and check shoulder.

**Progression(s)**

- Defender wins ball they have 5 seconds to score.

Duration: 25

Intensity: Medium

Intervals: 5

Work:Rest: 3:2

**Organisation/Explanation:**

- 25x20 area. With two goals.
- 2v2 in each area with one Neutral and 2 goalkeepers.
- You can only pass over the line.
- Look to play into the forward/advanced player, they look to turn, play back or combine with other forward.

**Coaching Points**

- Check to/create space to attempt a turn.
- Use the defender to shield the ball, or as a pivot to turn.
- Shoot or combine quickly.

**Progression(s)**

- Point system for type of goal. 1v1 back to goal = 5 points.

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

### Theme/Objectives: Playing out from the back from Defensive to middle third.

- Focus on technical aspects: Receiving with your back foot to play forward.
- Firm passes into players feet, focus on movements to and away from the ball (check)

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 4a

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- 5v4 rondo (2x(4v2))
- Idea is to find a way to play into the advanced player in the opposite square.
- Can we look to break a line?
  - #1 starts with the ball. #2/3 are support players. #6 in the central area, looking to receive between players.
  - #9 most advanced player.
  - Roles switch with the #1 & #9 depending what side the ball is.

#### Coaching Points

- Good technique when passing, inside of foot, locked ankle, head up.
- Quick movements off the ball to make space to receive.
- Check to the ball/Open body receive.
- Check shoulder before receiving.

#### Progression(s)

- Allow 1 red to help their team out in the other grid.
- Allow #9 to check into the grid in front.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- In a 40x20 grid (2x20 areas)
- Blues begin as they look to possess ball from one side to another.
- Players are restricted in grid, except for middle yellow player, who can dribble across.
- If defending team win they transition to the goal.
- If they score roles change and blues defend, reds attack.
- GK can not be challenged.

#### Coaching Points

- Communication
- Purposeful movements off the ball.
- Drop to receive the ball from GK.
- Create width to attack.
- Check to the ball/check shoulder.

#### Progression(s)

- Allow Blues to dribble into next grid.
- Allow reds to support their team when they win the ball. Overloads.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- 1/2 field with build out line.
- Attacking team looking to build and create an attack.
- They score by playing into the #9 and receiving the ball back to play into the opposition resting #7/11. They will then attack straight away, to create a counter attack. Other #7/11 will rotate out.
- Rotate positions and teams so everyone has a chance to play out from the back.

#### Coaching Points

- Quick transitional moments, stay focused.
- Focus on Good technique, passing, shooting, receiving, Open body.

#### Progression(s)

- Defenders have 15 seconds to score from winning the ball.

#### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s, 15-20 minutes of warm up/core skills.

### Theme/Objectives: Playing out from the back 2

- Firm passes into feet, with communication and movement (check to or away).
- Looking to break lines and find the furthest safest pass forward.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 4b



Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- Playing out pattern play. Once the #9 receives the ball or the sequence has finished, they will then dribble/drive at speed towards the goal where they will have a 1v1 with the GK.
- Sequences below.
- 1-2-9-7-9
- 1-2-6-7-9
- 1-6-2-9/7

#### Coaching Points

- Good firm passes into feet.
- Check to or away from the pole, make space to play forward.
- Always have starting positions: focus.
- Receive with an open body.
- Communication, ask for the ball!

#### Progression(s)

- Add defender in for the #9 to beat.



Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- 1/2 7v7 field create 2 5-10 width channels
- 7v4
- Attacking team is looking to build and receive in the end zone.
- If defending team win ball, counter and immediately go to goal.
- Starting positions: #2/3 & #7/11 must be in channels. Only 1 defender is allowed in the channels, but no players are locked in.
- Implement some patterns from above.

#### Coaching Points

- Support play from #6.
- Technical aspects: passing, check to/ movement.
- Focus throughout the exercise.
- Communication/ man on or turn! Check shoulder.

#### Progression(s)

- Add time limit for reds to score.



Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- 1/2 field with build out line.
- Attacking team looking to build and create an attack.
- They score by playing into the #9 and receiving the ball back to play into the opposition resting #7/11. They will then attack straight away, to create a counter attack. Other #7/11 will rotate out.
- Rotate positions and teams so everyone has a chance to play out from the back.

#### Coaching Points

- Quick transitional moments, stay focused.
- Focus on Good technique, passing, shooting, receiving. Open body.

#### Progression(s)

- Defenders have 15 seconds to score from winning the ball.

#### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.



### Theme/Objectives: Playing through the thirds: Midfield to Final third.

- Look to break lines and play forward when you can.
- Understand when to play forward and when to be patient.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 5a



Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- Blues must stay on the outside of the box, reds must stay inside. Can you break a line?
- if you lose the ball or have a bad touch, swap with red.
- 10 passes for a challenge.
- Blues slide for support.
- Find the free man.

#### Coaching Points

- Look to break a line (split pass)
- Slide along sides, movement to receive back foot and open out.
- Keep ball close to feet, good touch.
- Firm passes into feet.

#### Progression(s)

- 10 passes for a point.



Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- 45x25-30 area. Split into 15 yard wide zones. With a big goal for the blues to play into and 3 small goals for reds to attack.
- 2v1 in defensive and middle zone, final zone has 2v1 with addition of a GK.
- Players are attempting to play through the thirds and create a chance on goal.
- Blues in final zone must combine before shooting.

#### Coaching Points

- Good technical aspects; passing has to be firm into feet. Receiving open your body to play forward.
- Movement away or too (Check)

#### Progression(s)

- Make middle zone 3v2. Blues can move zones whenever they like.
- Put in big goal for reds to attack.



Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- 1/2 field with build out line.
- Attacking team looking to build and create an attack, through the thirds
- They score by playing into the #9 and receiving the ball back to play into the opposition resting #7/11. They will then attack straight away, to create a counter attack. Other #7/11 will rotate out.
- Rotate positions and teams so everyone has a chance to play out from the back/through the thirds.

#### Coaching Points

- Quick transitional moments, stay focused.
- Focus on Good technique, passing, shooting, receiving. Open body.

#### Progression(s)

- Defenders have 15 seconds to score from winning the ball.

#### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

### Theme/Objectives: Playing through the thirds Defensive to midfield.

- Understand the term; Breaking lines.
- Understand; When to possess vs when to penetrate/go forward?

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 5b

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- 4v2 transitional rondo. 2x (10x10) boxes.
- 4v2 possess the ball. Soon as you have 5 passes, play to the advanced player, & continue. Reds transition across and 1 blue stays to change into advanced player. Again if a blue loses the ball, swap with a red.

#### Coaching Points

- Movement off the ball, supporting angles.
- Check to the ball.
- Good firm passes.
- Good technique.
- Communication.

#### Progression(s)

- Rotate positions

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- Positional rondo.
- 6v2 to start then defenders are slowly added. Max 4 defenders.
- Players on outside of area must stay on outside.
- If reds win ball they have to find one pass and then look to finish on goal
- Soon as reds win ball, blues can transition to press and move into the area to win the ball back.
- Position then possession...
- #9 is only player who doesn't go inside area.

#### Coaching Points

- Movement off the ball, supporting angles.
- Check to the ball.
- Good firm passes.
- Good technique.
- Communication.

#### Progression(s)

- Add GK to the goal.
- Reds play more passes. Include goal for blues.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- 1/2 field with build out line.
- Attacking team looking to build and create an attack, through the thirds
- They score by playing into the #9 and receiving the ball back to play into the opposition resting #7/11. They will then attack straight away, to create a counter attack. Other #7/11 will rotate out.
- Rotate positions and teams so everyone has a chance to play out from the back/through the thirds.

#### Coaching Points

- Quick transitional moments, stay focused.
- Focus on Good technique, passing, shooting, receiving. Open body.

#### Progression(s)

- Defenders have 15 seconds to score from winning the ball.

#### Notes:

Always Begin with 1 of 3 of the Core Skills: Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

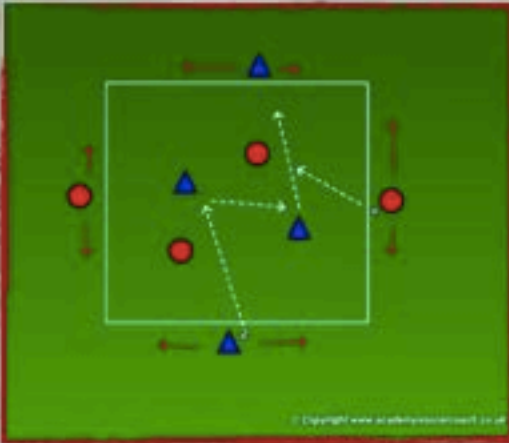
### Theme/Objectives: Switching the point of Attack

- Understand why, how and when to switch the play.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 6a



Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- 20x20 area with 2 in the middle each and 2 on the sides.
- Both teams start with a ball.
- Look to play through each other, 2 players in the middle must combine before playing to the opposite side.
- Multi directional exercise.

#### Coaching Points

- Check shoulder
- Good technique of passing & receiving.
- Movement off the ball, check to or away.

#### Progression(s)

- Take one ball out and one team looks to possess side to side. If other wins ball, they do the same until 6 switches.



Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- Adaption from above.
- 20x20 square. With a goal either side.
- Blues look to switch the play. Two players on the outside are not allowed inside the square, and two blues inside are not allowed outside.
- 5v3
- If reds win the ball then go direct to goal.
- Blues must switch the play before scoring. A goal can only be scored inside the area.

#### Coaching Points

- Check shoulder and open body to play switch.
- Good technique of passing & receiving. Communication.
- Movement off the ball, check to or away.

#### Progression(s)

- Introduce neutral player.
- Add another red to make it harder.



Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- 1/2 field with build out line.
- Attacking team looking to build and create an attack.
- They score by playing into the #9 and receiving the ball back to play into the opposition resting #7/11. They will then attack straight away, to create a counter attack. Other #7/11 will rotate out.
- Rotate positions and teams so everyone has a chance to play out from the back.

#### Coaching Points

- Quick transitional moments, stay focused.
- Focus on Good technique, passing, shooting, receiving. Open body.

#### Progression(s)

- Defenders have 15 seconds to score from winning the ball.

#### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

**Theme/Objectives:** Switching the point of Attack

- Understand when to switch the play. The correct techniques needed to switch the play.
- Look for the right opportunities to unbalance the defence

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 6b

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

**Organisation/Explanation:**

- 20x20 area with 2 in the middle each and 2 on the sides.
- Both teams start with a ball.
- Look to play through each other. 2 players in the middle must combine before playing to the opposite side.
- Multi directional exercise.

**Coaching Points**

- Check shoulder
- Good technique of passing & receiving.
- Movement off the ball, check to or away.

**Progression(s)**

- Take one ball out and one team looks to possess side to side. If other wins ball, they do the same until 6 switches.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

**Organisation/Explanation:**

- 30x20 area with two goals and 4 poled goals.
- 4v4 including goalkeepers.
- Players must each fill a channel when in possession of the ball.
- If not 2 zones must be filled.
- Look to switch play to unbalance the opposition and attack that channel.
- 3 points to score in the central goals, 1 point for other goals.

**Coaching Points**

- Check shoulder
- Good technique of passing & receiving.
- Movement off the ball, check to or away.
- Play quick purposeful passes to switch quicker

**Progression(s)**

- Take out the channels and play, look to open up the defence. Add a forward in.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

**Organisation/Explanation:**

- 1/2 field with build out line.
- Attacking team looking to build and create an attack.
- They score by playing into the #9 and receiving the ball back to play into the opposition resting #7/11. They will then attack straight away, to create a counter attack. Other #7/11 will rotate out.
- Rotate positions and teams so everyone has a chance to play out from the back.

**Coaching Points**

- Quick transitional moments, stay focused.
- Focus on Good technique, passing, shooting, receiving. Open body.

**Progression(s)**

- Defenders have 15 seconds to score from winning the ball.

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

**Theme/Objectives:** 1v1 Defending

- Understanding body shape when defending in a 1v1
- Understand the principles & the 5 Ps of defending.

Age: U9-U10

Mesocycle: Spring/ Fall

Microcycle: Week 7A



Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

**Organisation/Explanation:**

- 1v1s with focus on defending stance
- 5 Ps ( Pace, position, patience, poke and posses)
- blues play the ball into the reds.
- Start without ball and look to run over the line, defender has to tag attacker.
- Introduce ball and look to defend attacker

**Coaching Points**

- Positive aggressive mindset when defending.
- 5 Ps ( Pace, position, patience, poke and posses)
- Side on stance.

**Progression[s]**

- Can you turn up to the pole 4 times with a different turn each time?

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2



**Organisation/Explanation:**

- 15x20 area with two goals in the corners
- Two goals in the corner.
- A race from corner to corner, then the players meet in the middle its 1v1.
- Look to be patient when looking to poke and possess the ball.
- 5 Ps (Pace, position, patience, poke and posses)

**Coaching Points**

- Focus on defending body shape, sideways on, surfboard stance.
- 5 Ps (Pace, position, patience, poke and posses)

**Progression[s]**

- Keep score, first to 11 points.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

**Organisation/Explanation:**

- 2v2 Flying changes.
- Blues own their side and the left side of the field. Reds the same. If ball goes on on their side, two new players enter the field with a BALL.
- Quick and transitional.
- Keep score for 3 minutes, 3 rounds.

**Coaching Points**

- Attacking movement and defending pressure/cover/balance
- Communication
- Side on position.
- 5 Ps (Pace, position, patience, poke and posses)

**Progression[s]**

- N/A

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

### Theme/Objectives: 1v1 Defending

- Understand instant pressure and cover.
- How to make play predictable.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 7b

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- 1v1 defending golf
- All players start on 0
- If defender shows good body shape & shows attacker away from goal, & attacker doesn't score then no points given.
- If attacker scores by dribbling through cones, defender adds on a point to their score. +1
- Attackers get -1 per goal.
- 3 min rounds. Lowest score wins.

#### Coaching Points

- Body shape side on.
- Emergency defending.
- Aggressive and positive mindset.
- Angle of approach
- 5Ps ( pace, position, patience, poke, possess)

#### Progression(s)

- Add more points for different scenarios.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- 2v1 to goal, focus on blue defenders.
- Can the blues create it a 2v1 by curving run towards player with the ball. Cut out the pass to the 2nd attacker.
- Offside is live.
- Blues can counter and dribble through the yellow goal to grab a point.

#### Coaching Points

- Body shape side on.
- Emergency defending.
- Aggressive and positive mindset.
- Angle of approach
- 5Ps ( pace, position, patience, poke, possess)

#### Progression(s)

- Add time limit for reds to score.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- 3v2 to goal focus is on blue defending.
- Shift and slide to deny the pass through. Or pass around.
- Rotate players in and out after the ball is scored or goes out of play.

#### Coaching Points

- 5Ps ( pace, position, patience, poke, possess)
- Body shape side on. Communication!
- Emergency defending.
- Aggressive and positive mindset.
- Angle of approach

#### Progression(s)

- Defenders have 10 seconds to score from winning the ball.

#### Notes:

Always Begin with 1 of 3 of the Core Skills: Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

### Theme/Objectives: Pressure and Cover.

- Ensure players understand immediate pressure.
- Can the players create a positive aggressive mindset when defending.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 8a

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- 1v1s with focus on defending position.
- Blue play ball into the reds and apply immediate pressure.
- Look to delay their attack and deny them from scoring.
- Blues can score by winning the ball and driving through the yellow goals within 15 seconds.
- Celebrate good defending!!

#### Coaching Points

- 5 Ps ( Pace, position, patience, poke and passes)
- Immediate pressure, get their head down!
- Positive and aggressive mindset.

#### Progression(s)

- Time rounds with points included.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- 2v2 in a 15x20 grid with two goals.
- Play it similar to flying changes but more focus on the press/cover elements.
- Immediate pressure ( just over an arms length)
- Cover should position just off the 1st defenders shoulder. Defend zonally

#### Coaching Points

- See the man and see the ball.
- Keep shape, imagine two zones
- Nearest defender press, 2nd covers.
- Communication
- Think where the space is. Cut field in half. Work off 1st defender.

#### Progression(s)

- Time rounds with points included

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- 4v3 to goal blues with a GK
- Blues look to Deny and delay the reds attack. Try to win the ball and counter on the yellow goals.
- Reds are playing with a front four, looking to break down the blues and finish on goal.
- Celebrate good defending!!

#### Coaching Points

- Immediate pressure on the ball.
- Communication between 1st and 2nd defenders.
- GK communication with the line in front.
- Shift and slide with the ball.

#### Progression(s)

- N/A

#### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

### Theme/Objectives: Pressure and Cover Whole(play) -Part(practice)-Whole (play)

- Understand who is the 1st defender
- When to press the ball and when to drop for cover.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 80

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- 2v2 Flying changes.
- Blues own their side and the left side of the field. Reds the same. If ball goes on on their side, two new players enter the field with a BALL.
- Quick and transitional.
- Keep score for 3 minutes, 3 rounds.
- Focus on pressure and cover.

#### Coaching Points

- Techniques of dribbling, turning and taking, defending.
- Attacking movement and defending pressure/cover/balance
- Communication
- Side on position.

#### Progression[s]

- Timed rounds. 2-3mins include points.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- 2v1 to goal, focus on blue defenders.
- Can the blues create it a 2v1 by curving run towards player with the ball. Cut out the pass to the 2nd attacker.
- Offside is live.
- Blues can counter and dribble through the yellow goal to grab a point.

#### Coaching Points

- Body shape side on.
- Emergency defending.
- Aggressive and positive mindset.
- Angle of approach
- 5Ps ( pace, position, patience, poke, possess)
- See man see ball.

#### Progression[s]

- Add time limit for reds to score.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- Two 10x10 boxes on top of each other on the edge of the box and penalty area, goal and GK.
- Coach plays ball into the attackers(reds) who attempt to get past the defenders(blue)
- attackers can be offside.
- Attackers don't go in straight lines (overlaps, underlaps,) give defenders a problem.
- Once reds are over yellow line, 1 blue can chase and look to make an emergency challenge

#### Coaching Points

- See the man and see the ball.
- Keep shape, imagine two zones
- Nearest defender press, 2nd covers.
- communication
- Think where the space is. Cut field in half. Work off 1st defender.

#### Progression[s]

- Introduce some goals for defenders when the win the ball back.

#### Notes:

Always Begin with 1 of 3 of the Core Skills: Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.



## Theme/Objectives: Pressing/ Understanding defensive transition

- Understanding when to press and what in body shape
- Understand what happens if we press alone or as a team.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 9a



Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

### Organisation/Explanation:

- 10x10 diamond players separated in each cone.
- Player starts with the ball and is pressed by the opposite player. Player passes to the right and moves left.
- Repeat so the ball is moving right, passer moves left and receiver is pressed.

### Coaching Points

- Body shape when pressing.
- Show one way to make it predictable.
- Slow down on approach, control speed.
- Techniques of defending.

### Progression[s]

- Change direction
- Allow presser to show anyway and passer pass different ways.



Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

### Organisation/Explanation:

- Phase of play on the Reds build out.
- Blues position themselves behind the build out line in their starting positions on a goal kick.
- Soon as the ball leaves the box, players can press, ensure 7/11 curve run. Players to stay in their zones.
- Cut the outside pass off for the Red defenders. The 9 presses the ball and cuts out the GK pass. 6 goes on build out line. Reds have to score in yellow goals

### Coaching Points

- Angle of approach.
- Work as a unit and team, press together.
- Communication
- Focus and body shape on approach.
- Make play predictable.

### Progression[s]

- If reds win ball they can counter to yellow goals as quickly as possible.



Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- Blue front 4 vs 5 Red based upon 7v7.
- Reds begin on the build out and blues press.
- Blues aim is to win the ball high up the field and score. Reds look to build out and finish on either of the 2 yellow goals.
- Once reds have scored blues begin a counter attack immediately.

### Coaching Points

- Focus throughout the game.
- Understand when to press. Read the game and visual cues.
- Speed of play.

### Progression[s]

- Rotate players from blue to red.

### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

## Theme/Objectives: Pressing/ Understanding Defensive Transition

- Can we focus on our body shape to make play predictable?
- Angle of approach, body shape & communication keep points.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 9a

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

### Organisation/Explanation:

- 3v3 Pressing game.
- Blues play ball into reds. Then they look to win the ball as high up the field as they can.
- Reds are attempting to score in the wide goals.
- Focus on body shape, angle of the run and pressing as a unit.

### Coaching Points

- Side on body shape (surboard)
- Angle of approach
- Cut the line force inside.
- Aggressive positive mindset
- Communication between teammates, who presses the ball?

### Progression(s)

- Have 2 sets of 3s on each side and play it like 2v2 flying changes.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

### Organisation/Explanation:

- Phase of play on the Reds build out.
- Blues position themselves behind the build out line in their starting positions on a goal kick.
- Soon as the ball leaves the box, players can press, ensure 7/11 curve run. Players to stay in their zones.
- Cut the outside pass off for the Red defenders. The 9 presses the ball and cuts out the GK pass. 6 goes on build out line. Reds have to score in yellow goals.

### Coaching Points

- Angle of approach.
- Work as a unit and team, press together.
- Communication
- Focus and body shape on approach.
- Make play predictable.

### Progression(s)

- If reds win ball they can counter to yellow goals as quickly as possible.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

### Organisation/Explanation:

- Blue front 4 vs 5 Red based upon 7v7.
- Reds begin on the build out and blues press.
- Blues aim is to win the ball high up the field and score. Reds look to build out and finish on either of the 2 yellow goals.
- Once reds have scored blues begin a counter attack immediately.

### Coaching Points

- Focus throughout the game.
- Understand when to press. Read the game and visual cues.
- Speed of play.

### Progression(s)

- Rotate players from blue to red.

### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

### Theme/Objectives: Combination Play

- Can we combine quickly and efficiently to create goalscoring opportunities?
- Can we look to ply off the forward/#9 to create space for other players or forward runs?

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 10a

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- Look to combine with team mate.
- Two balls one per team.
- 20x20 area with 2 in the middle each and 2 on the sides.
- Both teams start with a ball.
- Look to play through each other, 2 players in the middle must combine before playing to the opposite side.
- Multi directional exercise.

#### Coaching Points

- Check shoulder
- Good technique of passing & receiving.
- Movement off the ball, check to or away.

#### Progression(s)

- Take one ball out and one team looks to possess side to side. If other wins ball, they do the same until 6 switches.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- 2v2 in each zone with 2 neutrals in the central zone.
- Start from GK and players must play through and combine with the neutral players who are allowed to dribble or pass over their zone to enter the final third.
- Movement is needed from all players.

#### Coaching Points

- Check to/Away
- Movement to create space
- Demand the ball/communication
- Quick combinations to beat defence.
- Be clever about shot choice.

#### Progression(s)

- Take out central zone.
- Allow players to drive in with neutrals to create overloads.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- Blue front 4 vs 5 Red based upon 7v7.
- Reds begin on the build out and blues press.
- Blues aim is to win the ball high up the field and score. Reds look to build out and finish on either of the 2 yellow goals.
- Once reds have scored blues begin a counter attack immediately.

#### Coaching Points

- Focus throughout the game.
- Understand when to press. Read the game and visual cues.
- Speed of play.
- Clinical finishing/creative
- Width in attack.

#### Progression(s)

- Rotate players and switch sides.
- Vary restart positions

#### Notes:

Always Begin with 1 of 3 of the Core Skills: Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

**Theme/Objectives:** Combination play

- Can we combine quickly and efficiently to create goalscoring opportunities?
- Find different ways of combining: out wide and centrally.

**Age:** U9-U10

**Mesocycle:** Spring/Fall

**Microcycle:** Week 10b



**Duration:** 20

**Intensity:** Medium

**Intervals:** 5

**Work:Rest:** 3:1

**Organisation/Explanation:**

- Y combination play exercise
- Cones 5-10 yards apart.
- Sequences as follows...
- A-B-C-Dribble home.
- A-B-A-C-Pass home
- A-C-B-C- Dribble or pass
- A-B-D-C through ball, pass home.
- Rotate the direction the ball is played in, go to C next time go towards D

**Coaching Points**

- Firm passes into feet.
- Movement off cone to receive ball/Check to or away.
- Communication

**Progression(s)**

- Include a goal?



**Duration:** 25

**Intensity:** Medium

**Intervals:** 4

**Work:Rest:** 3:2

**Organisation/Explanation:**

- 2v2 + 1 in each area including goalkeepers for both teams.
- Attempt to combine with teammates to create goalscoring opportunities.
- Neutral is the only player who is allowed to go anywhere everyone else is locked in their zone.
- Players must play into final zone before scoring, they can receive back and shoot also for longer shots.
- If played in final zone players have 2 touches to shoot.

**Coaching Points**

- Firm passes into feet.
- Movement to receive ball/Check to or away.
- Communication
- Clever with combinations and finishing

**Progression(s)**

- A third player is allow to drive into final zone to create overload.



**Duration:** 25

**Intensity:** High

**Intervals:** 5

**Work:Rest:** 3:2

**Organisation/Explanation:**

- Blue front 4 vs 5 Red based upon 7v7.
- Reds begin on the build out and blues press.
- Blues aim is to win the ball high up the field and score. Reds look to build out and finish on either of the 2 yellow goals.
- Once reds have scored blues begin a counter attack immediately.

**Coaching Points**

- Focus throughout the game.
- Understand when to press. Read the game and visual cues.
- Speed of play.
- Clinical finishing/creative

**Progression(s)**

- Rotate players and switch sides.
- Vary restart positions

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/core skills.

**Theme/Objectives:** Finishing inside the box

- Ensure players understand what type of finish is needed upon the situation. (angle, GK position & pressure) Such as chipped, laces/power technique or curled/inside technique.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 11a

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

**Organisation/Explanation:**

- 1v1 to goal inside the box.
- Create into 1v1 back to goal.
- Look to turn and finish. Allow no support from team-mates, create the goalscorer.
- Set up two stations.

**Coaching Points**

- Look up to see where GK is.
- Strike with laces or inside technique to curl away from GK.
- Quick game like movements
- Arms out for balance
- Vary the shot choice: chip, laces, curl.

**Progression(s)**

- Count score and make it competitive

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

**Organisation/Explanation:**

- 3 Stages on the edge of the box.
- A) Attack pole(defender) perform a move and finish. Moves on to B---
- B) Immediately plays ball to player from A receives a 1-2 around pole or through ball and finishes first time or with a touch.
- C) A then will receive a pass from C, play the ball out wide to receive a cross. A/B to either go front post and back post, mix up the runs.

**Coaching Points**

- Look up to see where GK is.
- Strike with laces or inside technique to curl away from GK.
- Quick game like movements
- Arms out for balance
- Vary the shot choice: chip, laces, curl.

**Progression(s)**

- Challenge players to finish in certain areas of the goal. Top right, bottom left etc. Put goals in for defenders.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

**Organisation/Explanation:**

- Blue front 4 vs 5 Red based upon 7v7.
- Reds begin on the build out and blues press.
- Blues aim is to win the ball high up the field and score. Reds look to build out and finish on either of the 2 yellow goals.
- Once reds have scored blues begin a counter attack immediately.

**Coaching Points**

- Focus throughout the game.
- Understand when to press. Read the game and visual cues.
- Speed of play.
- Clinical finishing/creative

**Progression(s)**

- Rotate players and switch sides.
- Vary restart positions

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

**Theme/Objectives:** Finishing inside the box

- Understand various techniques to finishing/shooting.
- Understand where to strike/finish the ball.

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 11b

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1



**Organisation/Explanation:**

- 3 Stages on the edge of the box.
- A) Attack pole(defender) perform a move and finish. Moves on to B---
- B) Immediately plays ball to player from A receives a 1-2 around pole and finishes first time or with a touch.
- C) A then will receive a pass from C, play the ball out wide to receive a cross.
- A/B to either go front post and back post. mix up the runs.
- Players then rotate A-B-C-A

**Coaching Points**

- Look up to see where GK is.
- Strike with laces or inside technique to curl away from GK.
- Quick game like movements
- Arms out for balance
- Vary the shot choice: chip, laces, curl.

**Progression[s]**

- Challenge players to finish in certain areas of the goal. Top right, bottom left etc.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2



**Organisation/Explanation:**

- 3 Stages on the edge of the box.
- A) Attack pole(defender) perform a move and finish. Moves on to B---
- B) Immediately plays ball to player from A receives a 1-2 around pole and finishes first time or with a touch.
- C) A then will receive a pass from C, play the ball out wide to receive a cross. A/B to either go front post and back post. mix up the runs.
- Players then rotate A-B-C-A
- 2 defenders pressure the attackers. Defenders try to win ball.

**Coaching Points**

- Look up to see where GK is.
- Strike with laces or inside technique to curl away from GK.
- Quick game like movements
- Arms out for balance
- Vary the shot choice: chip, laces, curl.

**Progression[s]**

- Challenge players to finish in certain areas of the goal. Top right, bottom left etc. Put goals in for defenders.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2



**Organisation/Explanation:**

- 4v2 to goal.
- Looking to create many goalscoring opportunities
- Width in attack from the #7/11.
- #9 provides depth and occupies opposing defenders.
- Start play by playing in #9 or 7/11
- If reds win the ball, they must pass the ball into one of the two goals on the half way line.

**Coaching Points**

- Width/depth in attack
- Creativity
- Look to penetrate through or around
- Can we finish 1st time in the box?
- Timing of runs important
- Quick purposeful movements

**Progression[s]**

- If too easy for blues add another defender in #6.

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

### Theme/Objectives: Finishing from wide areas

- Using correct techniques based upon the situation of the cross. (Driven, whipped, cut back)
- Being creative when finishing in various situations

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 12a



Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

#### Organisation/Explanation:

- Players split up on the half way line on two cones. 7 and 11 out wide.
- Players on the half way line play a pass, then either plays the ball to the 7/11. 3 players making runs into the box.
- A: If ball is played to feet, VC is to cross early
- B: If ball is played in front of 7/11, look for driven.
- C: If ball is played far in front to by line-cut back.

#### Coaching Points

- Type of run ( diagonal, front/ back post, top of the box, penalty spot.
- Type of cross ( curved/early, driven, or cut back) .FOCUS ON TECHNIQUE.
- Visual cues; dependant on type of pass through to the wide man.

#### Progression[s]

- 5 minutes to score 10 goals. make it harder if they complete it. GK against attack, add defenders also.



Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

#### Organisation/Explanation:

- 4v2 to goal.
- Looking to create many goalscoring opportunities
- Width in attack from the #7/11.
- #9 provides depth and occupies opposing defenders.
- Start play by playing in #9 or 7/11
- If reds win the ball, they must pass the ball into one of the two goals on the half way line.
- Goals can only come from crosses.

#### Coaching Points

- Width/depth in attack
- Creativity
- Look to penetrate through or around
- Can we finish 1st time in the box?
- Timing of runs important
- Technique of cross.

#### Progression[s]

- If too easy for blues add another defender in #6.



Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

#### Organisation/Explanation:

- Blue front 4 vs 5 Red based upon 7v7.
- Blues start lay by playing it out to the 7/11, a goal can only come from a cross.. Reds look to build out and finish on either of the 2 yellow goals.
- Once reds have scored blues begin a counter attack immediately.

#### Coaching Points

- Focus throughout the game.
- Type of cross needed and runners in the box reading where the ball will be going.
- Speed of play.
- Clinical finishing/creative

#### Progression[s]

- Rotate players and switch sides.
- Vary restart positions

#### Notes:

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.

**Theme/Objectives:** Finishing from wide areas

- Understand timing of runs and where to attack.
- How can we be creative in our finishing?

Age: U9-U10

Mesocycle: Spring/Fall

Microcycle: Week 12b

Duration: 20

Intensity: Medium

Intervals: 5

Work:Rest: 3:1

**Organisation/Explanation:**

- Y exercise to goal sequences as follows.
- A-B-C through ball/cross
- A-C-B-C through /cross
- A-B-A-C through ball /cross
- All players rotate A-B-C or vice versa to rotate the way the ball is played.

**Coaching Points**

- Firm passes into feet.
- Movement off cone to receive ball/ Check to or away.
- Communication/demand the ball

**Progression(s)**

- Add a defender on middle pole, passive pressure. Let them make own ideas up, how to receive and play.

Duration: 25

Intensity: Medium

Intervals: 4

Work:Rest: 3:2

**Organisation/Explanation:**

- 2v2 inside the middle zone with each a GK. 2 x (5wide channels) with a neutral player in each.
- Blues and reds play against each other, playing out wide to the neutral wide players, who have to cross the ball for blues or reds to finish.
- Opposite wide player who is not crossing joins in the attack at the back post.
- Ensure all areas are covered in the box. Front & back post, edge of the box.

**Coaching Points**

- Techniques/accuracy of crossing ( driven, curled or cut back)
- Movement to create space to receive
- Communication/body language
- Timing of runs into areas in the box.

**Progression(s)**

- Add in extra players. Open up the channels to create realism. Allow one defender to enter channel.

Duration: 25

Intensity: High

Intervals: 5

Work:Rest: 3:2

**Organisation/Explanation:**

- 4v2 to goal.
- Looking to create many goalscoring opportunities
- Width in attack from the #7/11.
- #9 provides depth and occupies opposing defenders.
- Start play by playing in #9 or 7/11
- if reds win the ball, they must pass the ball into one of the two goals on the half way line.
- Goals can only come from crosses.

**Coaching Points**

- Width/depth in attack
- Creativity
- Look to penetrate through or around
- Can we finish 1st time in the box?
- Timing of runs important
- Technique of cross.

**Progression(s)**

- If too easy for blues add another defender in #6.

**Notes:**

Always Begin with 1 of 3 of the Core Skills; Ball Mastery, Passing/rondos, or 1v1s. 15-20 minutes of warm up/ core skills.



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