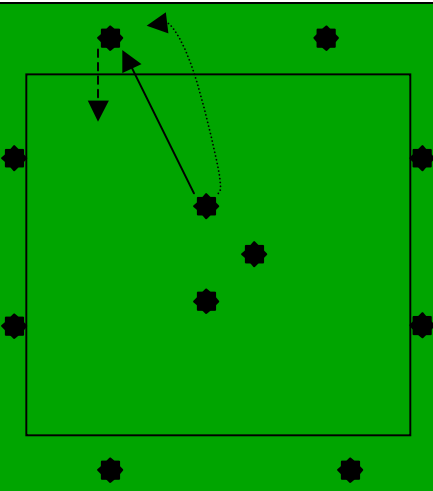
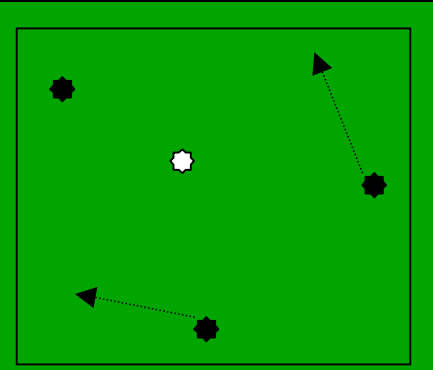
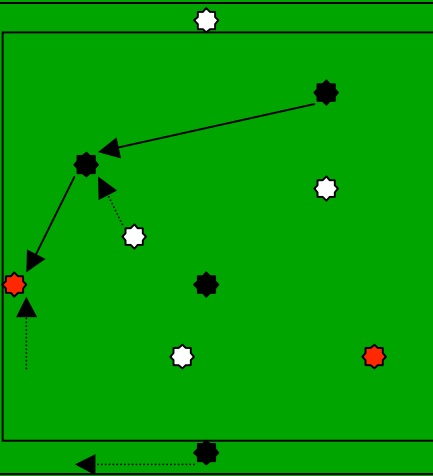



Age	U9 & U10
Season & Session	Fall – Week 3 - Session 2
Topic	Creative Play

Activity Description	Diagram	Coaching Points
<p>Activity: Techniques</p> <ul style="list-style-type: none"> ▪ Area: 25 x 25 ▪ Activity: Place players on the outside of the grid with three players in the middle with soccer balls: <ol style="list-style-type: none"> 1. Switch: Pass to a player on the outside and switch. 2. Do a move in the middle before switching. 3. Receive with inside or outside of foot before entering the grid. 4. Complete a give and go or overlap with a player on the outside before switching. 		<ul style="list-style-type: none"> ▪ Passing Technique: Inside and Outside. ▪ Dribbling Technique. ▪ Moves and Turns. ▪ Receiving Techniques. ▪ Creative Ideas.
<p>Activity: 3 v 1</p> <ul style="list-style-type: none"> ▪ Area: 10 x 10. ▪ Activity: Place team into groups of 4. Play 3 v 1 inside the grid. Defender must win the ball 3 times before they are allowed out. Attacking team scores by making 6 consecutive passes. 		<ul style="list-style-type: none"> ▪ All Above. ▪ How to get out of tight spaces? ▪ Support angles. ▪ Play 1st time vs. take 2 touches.
<p>Activity: 3 v 3 + 2 to targets</p> <ul style="list-style-type: none"> ▪ Area: 40 x 50. ▪ Activity: Split players into two teams with 2 neutral players (permanent attackers, who always help the team in possession). Each team defends a target player. Score by passing to the target your opposition is defending. 		<ul style="list-style-type: none"> ▪ All Above.
<p>Activity: 5 v 5 with GK's</p> <ul style="list-style-type: none"> ▪ Area: 40 x 50 with big goals. ▪ Activity: Regular game of soccer. ▪ NO COACHING, ALLOW FOR FREEDOM FROM YOUR PLAYERS. 		<ul style="list-style-type: none"> ▪ All above.