



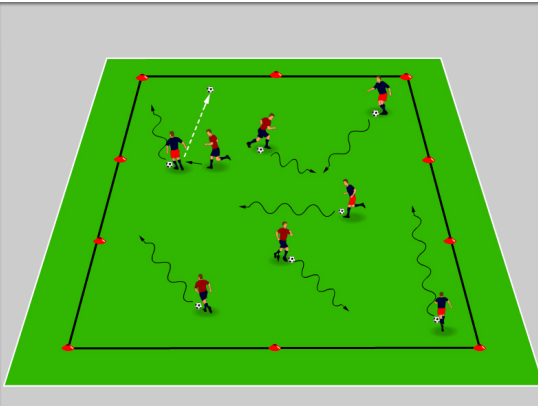
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Duration: 00:30 min
Time: 18h 00m
Age/Level: U8 - U10

Session Shooting
Objective:

U9/10 Week 7

Demolition Derby



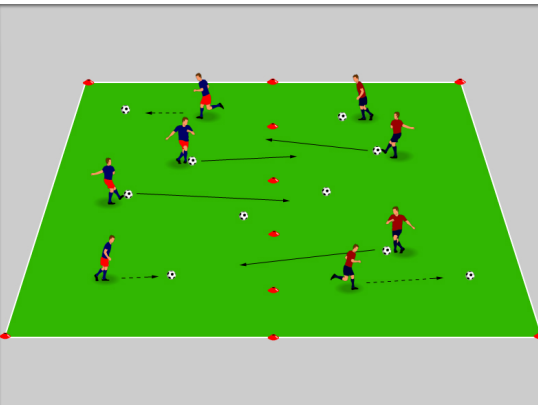
Description:

In a 15x20L yard grid, have all the players dribbling their soccer ball. On the coaches command, the players need to protect their ball while trying to kick the other soccer balls out of the grid. If a player's ball gets kicked out, that player must retrieve it and re-enter the Derby (game). Coaches can also have the players perform a task before re-entry such as 5 toe taps on the ball.

Coaching Points:

1. Hide your laces
2. Keep the ball close
3. Head up
4. Change direction

Clean your Room



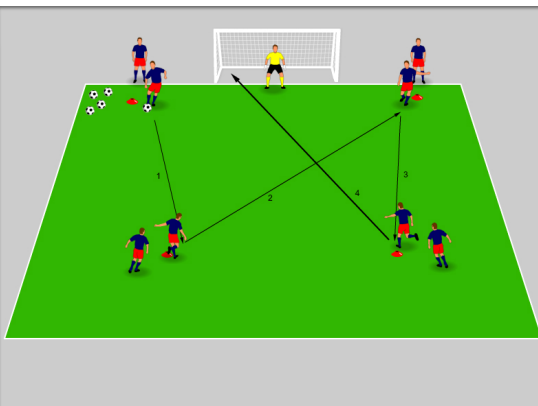
Description:

The players are split into two teams. Each team stands either side of the marked out line. Tell players that they have to clean their room quicker than the other team and after one minute whichever team has the tidiest room wins. When you shout GO! the players have to pass a soccer ball into the other teams bedroom to make it messier. Once a ball comes back into their area they should once again strike it back. After one minute stop the players and see who has the least balls in their area and therefore the tidiest room!

Coaching Points:

1. Eye on the ball
2. Follow through
3. Use inside of foot or laces

Hourglass pass and shoot



Description:

Set up field as shown. Passes and shot should be about 10-15 yards depending on the players. Player 1 passes to 2, 2 to 3, 3 to 4 and 4 shots at the net. Players follow their pass to join the next line.

Coaching Points:

1. Accuracy & Attitude
2. Head down/Eye on the ball
3. Part of foot & ball
4. Follow through