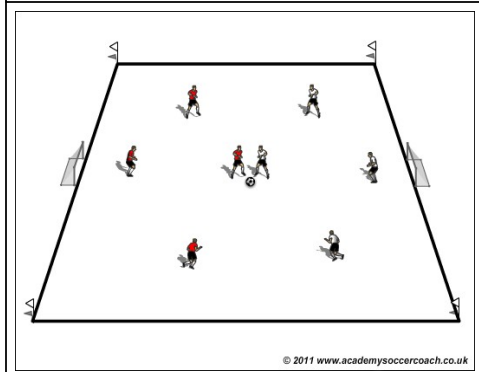
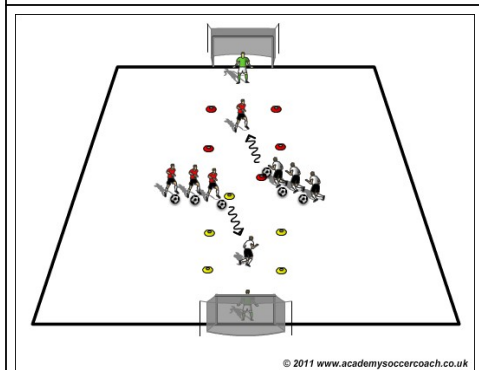
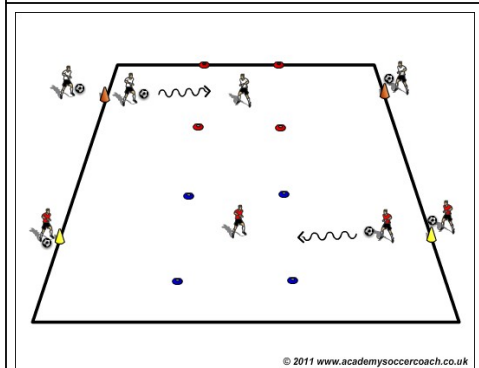
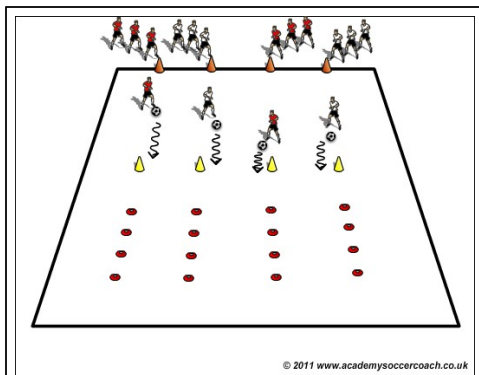


Coach	Evolution Soccer Programs	Session date	Week 1	Team/Age Group	Developmental U10
Theme	Dribbling				Time available
					1 Hour 30 Mins



NOTES

Warm Up: 15 minutes

Set Up: Split players into groups of 4, set up relay races so have a cone for each team, 10 yards away place another cone, 5 yards away from there place 4 cones about a yard apart from each other, each player needs a ball.

Organization: Make a competition scenario, players must: 1. Dribble to first cone and back. 2. Toe taps to cone and back. 3. Sole rolls to cone and back. After completing a few rounds you can then move to the set of 4 cones and have the players dribble in and out of the cones and back. In all rounds have the teams high 5 each other before next person can go and have teams sit down when finished.

Coaching Points: 1. Get players comfortable turning with the ball at speed.

Technical: 20 minutes

Set Up: Split team into groups of 3 or 4 and create a 10 x 10 box for each group with a cone 10 yards at either end of the box, each player needs a ball.

Organization: Pick one player in each group to start as the defender inside the box, other players split up on either cone. Player on cone dribbles at game speed toward the defender and tries to get through the box. Defender cannot leave the box but needs to defend within the box, if defender wins the ball the attacker becomes defender and faces a new attacker. If attacker successfully gets through the other side the defender stays in and attacker gets a point.

Progressions: 1. Make box smaller to challenge the attacker.

Coaching Points:

1. Keep ball close and keep head up.
2. Attack defender with speed and conviction.

Tactical: 25 minutes

Set Up: 50 x 40 area, place a goal at each end, create 2 10 x 10 boxes 15 yards from the goals, split the players into 2 teams, balls.

Organization: Place goalies in goal and a defender from each team in opposing teams box. Players line up with a ball and take it in turns to attack the defender in the box (like previous drill) but once they make it through the box they take a quick shot at the goal. Make it a competition between the 2 teams, 1 point for each goal. Change defenders every 2 minutes.

Progressions: 1. Make attacker complete a move against defender.

Coaching Points:

1. Keep ball close and keep head up.
2. Attack with speed and shoot quickly once through box.
3. Play as if you are attacker getting through last defender.

Small Sided Game: 25 minutes

Set-Up: 40 x 30 area, balls, cones, pinnies, pop-up goals (or tall cones)

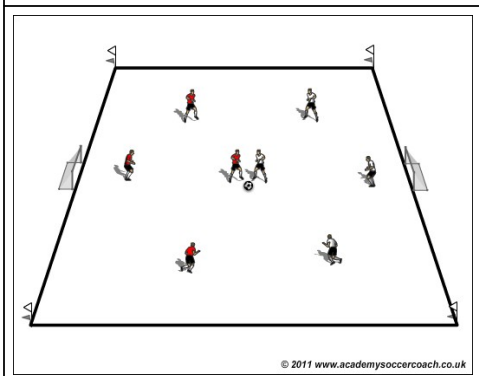
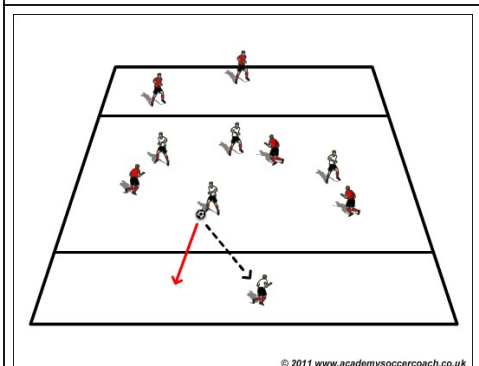
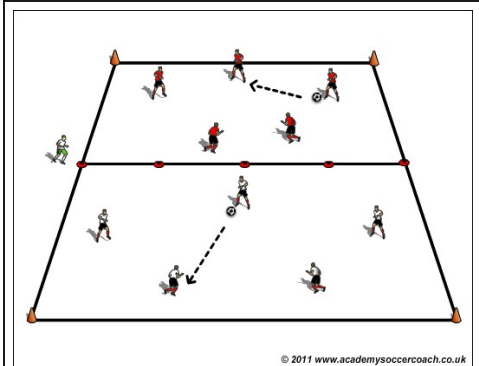
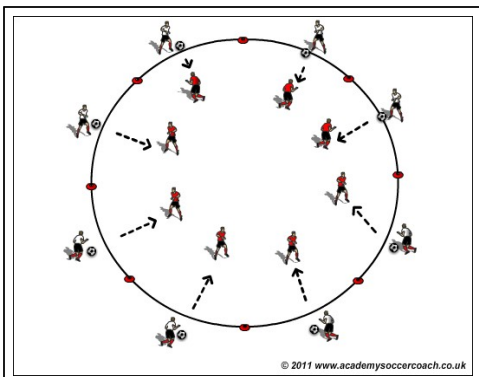
Organization: Small Sided Game 4 v 4 - create two teams of 4 and play a diamond shape formation. Set up multiple fields depending on numbers.

Progression: 1. Teams can earn an extra point for each successful take on move completed successfully.

Coaching points; 1. Coach opportunities they may get to take on a player or attack space

Cool Down and Debrief: 5 minutes

Coach	Evolution Soccer Programs	Session date	Week 2	Team/Age Group	Developmental U10
Theme	Passing				Time available
					1 hour 30 Mins



NOTES

Activator: 15 minutes

Set Up: Create a circle with cones about 20 yards in diameter, players with balls.

Organization: Players to work within a circular area, half the players on the outside of circle, other half of players to work within inside the circle. Players swap roles after working for 2 mins. Players start by receiving a pass from the outside and returning the pass.

Progressions: 1. Players receive the ball from an outside player and turn and dribble to find a different outside player to pass to.

2. Players receive ball from outside, dribble to middle perform a turn and pass back.

Coaching Points: 1. Movement within the circle, looking for a ball

2. Communication

Functional: 20 minutes

Set Up: 30 x 30 area with a line down the middle, split players into 2 teams, balls.

Organization: Players number themselves within their team, and start passing the ball around.

When coach shouts out a number, that player from each team then goes into the opposing teams square and tries to steal the ball. First player that is successful gets a point for their team. Players return to their square and start passing again until coach calls a new number.

Progressions: 1. Coach can call out more than 1 number at a time.

Coaching Points:

1. Get players comfortable passing the ball under pressure.

2. Make sure the pass sets up your team mate with an easy pass (weight the pass).

Game Related: 25 minutes

Set Up: 40 x 20 area with a 5 yard target zone at each end, pinnies, balls.

Organization: Two teams - 5v5 - nominate one person (target player) to stand in the end zone at the opponents end of the field. Each team must attempt to pass the ball to the target person. If the target player successfully controls the ball in the end zone, the person passing the ball also becomes a target player. Try to get all players in the end zone.

Progressions: 1. Set a minimum number of touches before ball is served into end zone to reduce aimless passes.

Coaching Points: 1. Weight of pass to reach target player.

2. First touch needs to be cushioned.

3. Target player must offer supporting angles.

Game Conditioned: 25 minutes

Set-Up: 40 x 30 area, balls, cones, pinnies, pop-up goals (or tall cones)

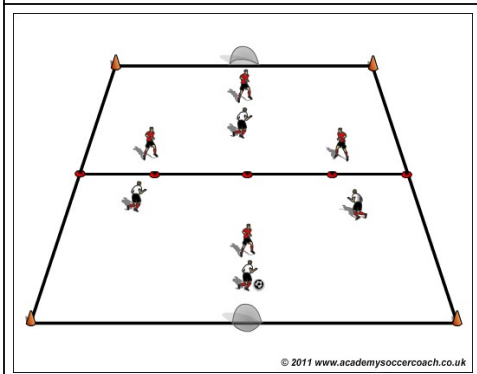
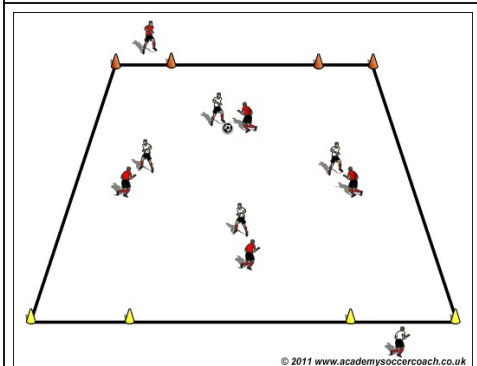
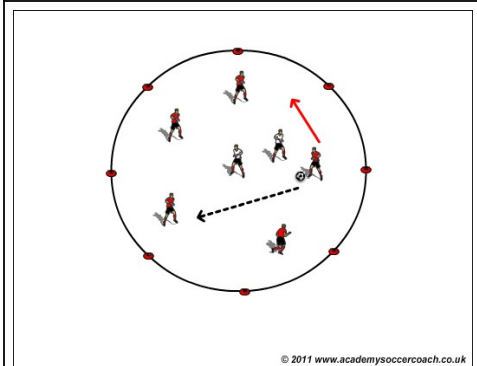
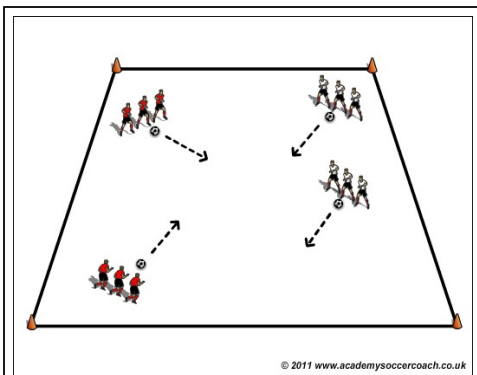
Organization: Small Sided Game 4 v 4 - create two teams of 4 and play a diamond shape formation. Set up multiple fields depending on numbers.

Progression: 1. Teams can earn an extra point for each successful take on move completed successfully.

Coaching points: 1. Coach opportunities they may get to take on a player or attack space

Cool Down and Debrief: 5 minutes

Coach	Evolution Soccer Programs	Session date	Week 3	Team/Age Group	Developmental U10
Theme	Possession and Shielding				Time available
					1 Hour 30 Minutes



NOTES

Activator: 15 minutes

Set Up: 40 x 30 area, players in groups of 3 with 1 ball.

Organization: 1 player from each group will dribble around inside the grid while the other two players jog alongside the dribbler as to shadow him. On the coaches command the player dribbling the ball must pass the ball 10 to 15 yards into space. All three players attempt to win the ball quickly and cleanly, then player needs to shield the ball for 30 secs. Upon winning possession the player that won the ball now becomes the dribbler and awaits the coach's command to repeat the drill. You can make this drill into a competition and reward the player that wins the ball 5 times as the winner.

Coaching Points: 1. Players should always remain ready and react quickly to the pass.
2. Each player should battle for sole possession of the ball.

Functional: 20 minutes

Set Up: Create a circle 20 yards in diameter, 2 pinnies and balls.

Organization: 2 players in the middle with pinnies in their hand, act as defenders while the rest of the players around the circle will play keep away from these defenders. Start with the first pass being free, then as the defenders win the ball, they switch places with the player that lost the ball. If the attacking players are able to put together 10 passes make the defenders do a quick lap around the circle (Lap of shame).

Progressions: 1. Change the size of the circle to fit your players age and skill level.

2. Limit the number of touches.

Coaching Points:

1. Clean, crisp passes with good communication.
3. Good first touch into space.

Game Related: 25 minutes

Set Up: 40 x 30 area, 2 goals at each end about 5 yards wide, split players into 2 teams of 5, balls.

Organization: 1 player from each team will be a target player behind the end line. Teams play a normal 4v4 soccer game, however, in order to score the attacking team target player must move behind one of the two windows and receive a pass through that window and be able to maintain a controlled possession. Once the goal is made the attacking player who passed to the target player now becomes the target player and they switch roles. The defending team takes possession and the game continues.

Coaching Points:

1. Battle for possession of the ball.
2. Create passing angles and space.
3. Look for the open goal and communicate with target player.

Game Conditioned: 25 minutes

Set Up: 40 x 30 area, pinnies, 4v4, half way line and balls.

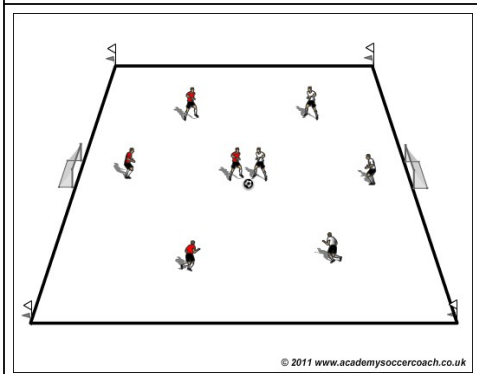
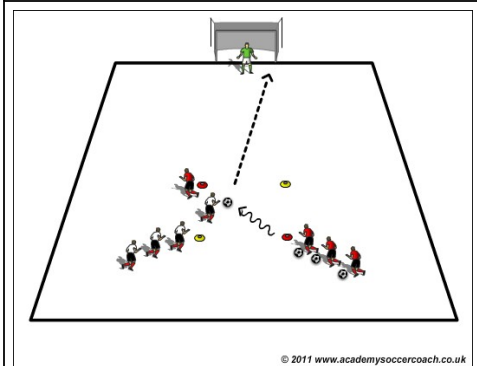
Organization: A line of cones mark the center line of the field. Players play a regular game of soccer 4v4, but a goal does not count for the attacking side unless all players are in the attacking half of the field. Also, a goal counts as double if all defenders are not in the defensive half when the ball enters the goal.

Coaching Points:

1. Attack – provide angles for support
2. Defense – get behind the ball
3. Think quickly and concentrate on the rules

Coach	Evolution Soccer Programs	Session date	Week 4	Team/Age Group	Developmental U10
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Theme	Shooting	Time available
		1 Hour 30 Minutes



NOTES

Activator: 15 minutes
Set Up: Place 2 cones with balls on top, place a cone 20 yards in both directions, players in groups of 3 with a ball.
Organization: Have 1 player stand in the middle near the cones with balls on top, other 2 players stand on the cones 20 yards out. Player 1 with the ball passes into player 2 who sets it back, player 1 then shoots the ball first time and tries to hit the balls off the cones. Player 3 then repeats the drill. Play for 3 minutes then switch the middle player out.
Progressions: 1. Move the cones further back to increase the distance.
Coaching Points: 1. Shoot first time.
 2. Use the instep of the foot to place the ball.
 3. Keep head over the ball to keep the ball low.

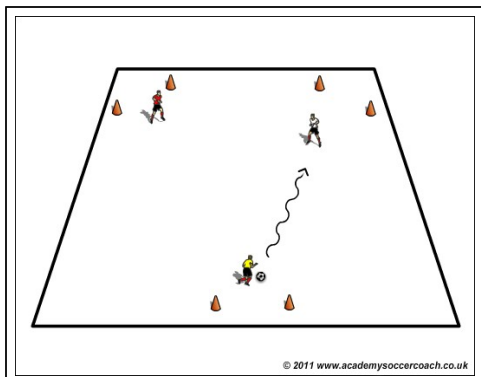
Functional: 20 minutes
Set Up: Place a cone 20 yards from each goal post, split players into 2 teams, balls.
Organization: 'Squashers' The team to the right when facing the goal need all the soccer balls and will be the squashers, opposing team will be the shooters. When coach says go squashers dribble the ball diagonally to the cone, when shooter shouts 'squash' the player with the ball stops it but keeps moving. The shooter shoots at goal without taking a touch. If the shooter scores that team gets a point. Go through twice then switch the lines.
Progressions: 1. Move the cones further back so they shoot from bigger distance.
Coaching Points: 1. Place non-kicking foot next to the ball pointing where you want ball to go.
 2. Head over the ball, and strike the ball with laces in the middle of the ball.
 3. Kicking foot should follow through to give the shot more power.

Game Related: 25 minutes
Set Up: Using the 18 yard box, goal, balls and pinnies.
Organization: Split the players into 2 teams. Play 3v3 inside 18 area, remaining players spread out on outside of the 18. Players playing 3v3 inside are encouraged to take any half chance at goal since they are in scoring range. The team in possession must play the ball through an outside player before that team is active to go to goal. Players must switch with the teammate outside the 18 when the player is played through those players. If red wins possession, the ball must be played through a red player on the outside who also switches roles and attack the goal.
Coaching Points: 1. Use outside players to create space.
 2. Play 1,2's when the opportunity is there.
 3. Communication.
 4. Get a shot off as soon as the defending team backs off.

Game Conditioned: 25 minutes
Set Up: 40 x 30 area, balls, cones, pinnies, pop-up goals (or tall cones)
Organization: Small Sided Game 4 v 4 but add goalkeepers - create two teams of 4 and play a diamond shape formation. Set up multiple fields depending on numbers.
Coaching points;
 1. Coach opportunities players have to take a quick shot at goal.
 2. Encourage players to attack space by dribbling with head up.
 3. Communication.

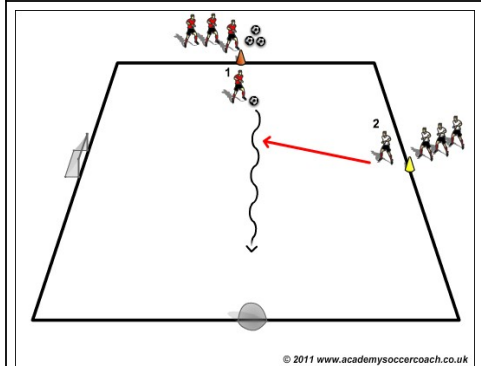
Cool Down and Debrief: 5 minutes

Coach	Evolution Soccer Programs	Session date	Week 5	Team/Age Group	Developmental U10
Theme	1v1-2v2 Attacking				Time available
					1 hour 30 mins

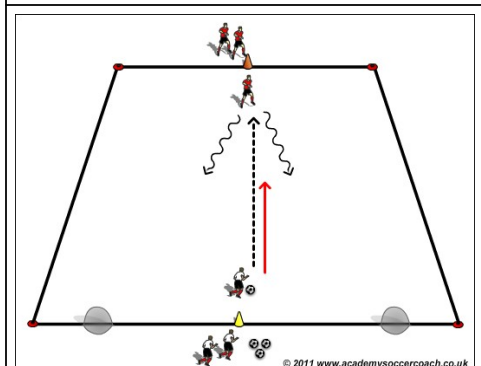


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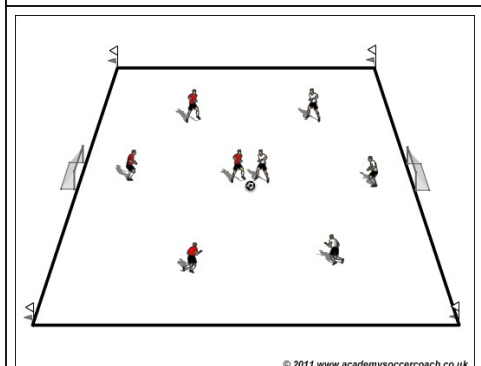
Activator: 15 minutes
Set Up: Set up three 2 yard goals in a triangular shape 15-20 yards apart, split players into groups of 3, balls.
Organization: Players will have to defend their own goal but can attack any of the other 2, goals must be scored by "Dribbling" through the goal and will not count if passed through the gate. This will encourage the players to take on the defenders, and therefore defenders will need to deal with a 1v1 situation.
Progressions: 1. Place a ball on a cone in middle of each goal, now players must knock ball off to score.
Coaching Points: 1. Players must look to attack the most vulnerable goal, therefore recognizing the open space.



Functional: 20 minutes
Set Up: Cone out an area 20x20, place a small goal on one side and another goal to the side on the right, place a cone in the middle of each of the spare sides, balls and 2 teams.
Organization: Have players line up on their cones with balls, player 1 starts with the ball and tries to attack the goal opposite their line, player 2 tries to defend. When player 1 shoots they become defender and defends player 3 while player 2 collects the ball. Player 3 attacks the goal opposite their line.
Progression: 1. Play 2v2.
Coaching Points: 1. Attack the space.
 2. Keep ball close to your body.
 3. Draw the defender in, fake them one way and take the ball the other way.



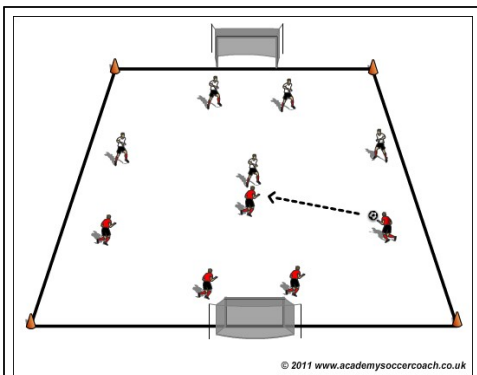
Game Conditioned: 25 minutes
Set Up: Cone out an area 30x30, place 2 small goals 2 yards in from the corners on 1 end line, balls and 2 teams.
Organization: Team 1 lines up between the 2 small goals with all the soccer balls, team 2 lines up on opposing end line. First player in team 1 passes the ball across the field to player 2, player 1 then follows the ball and starts to defend. Player 2 takes a touch and starts to attack either of the 2 goals. Once a shot is taken player 1 and player 2 get off the field and the next 2 players go. Switch attackers and defenders after they have gone three times each.
Progressions: 1. Now play 2v2 attacking both goals.
Coaching Points: 1. Attack the space.
 2. Try to get defender on the back foot with a skill.
 3. When playing 2v2, open attacker needs to open up space by taking a defender away.



Game Conditioned: 25 minutes
Set Up: 40 x 30 area, balls, cones, pinnies, pop-up goals (or tall cones)
Organization: Small Sided Game 4 v 4 - create two teams of 4 and play a diamond shape formation. Set up multiple fields depending on numbers.
Coaching points; 1. Coach opportunities players have to take a quick shot at goal.
 2. Encourage players to attack space by dribbling with head up.
 3. Communication.

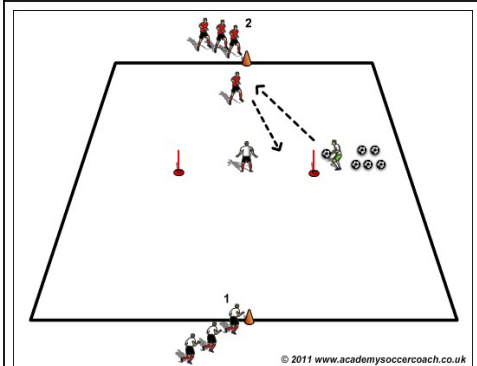
Cool Down and Debrief: 5 minutes

Coach	Evolution Soccer Programs	Session date	Week 6	Team/Age Group	Developmental U10
Theme	Heading & Finishing				Time available
					1 hour 30

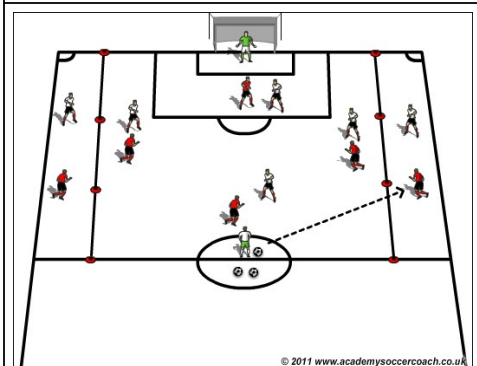


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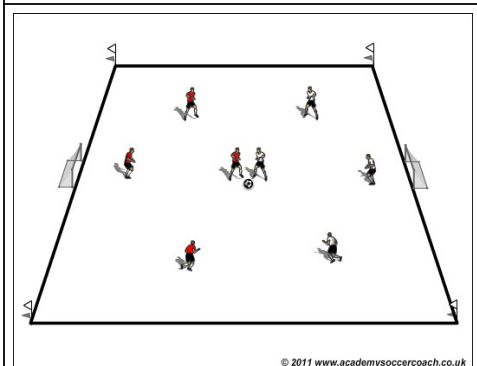
Activator: 15 minutes
Set Up: 30 x 20 area, 2 goals, 5 players in red and 5 players in blue, balls.
Organization: Two teams of 5 players, the ball is passed with hands and players only allowed to take 3 steps with the ball. To score a goal you must head or volley the ball in the goal (2 points for head, 1 for volley). First team to 5 goals wins.
Coaching Points:
 1. Find space.
 2. Strike volley with laces.
 3. Keep possession.
 4. When heading the ball use neck muscles and arms for power.



Functional: 20 minutes
Set Up: Split players into groups of 4, using cones/poles make a goal about 7 yards wide, place a cone either side on the goal about 5 yards away, balls.
Organization: One group of 4 start on 1 cone, another group of 4 start on opposing cone. All the balls should be beside the goal with coach. 1 player from team 1 starts as goal keeper in the goal, coach will then serve a header to the first player in line 2. That player will then try to score with an attacking header, then they become the goal keeper to face first player in team 1. Keep rotating, 2 points for a goal. First team to 10 wins. (If you have 4 teams of 4 play someone new).
Progressions: 1. Diving headers get 3 points for a goal.
Coaching Points: 1. Use neck muscles and arms to get power behind the header.
 2. Aim for the corners when heading the ball.
 3. Use forehead when heading.

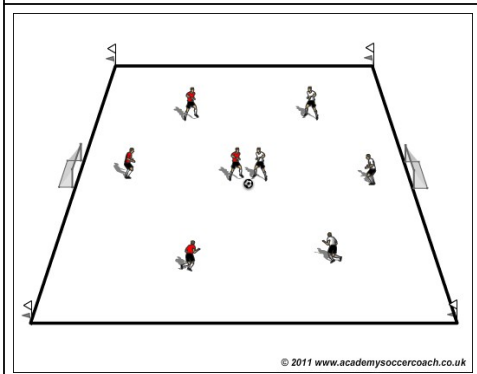
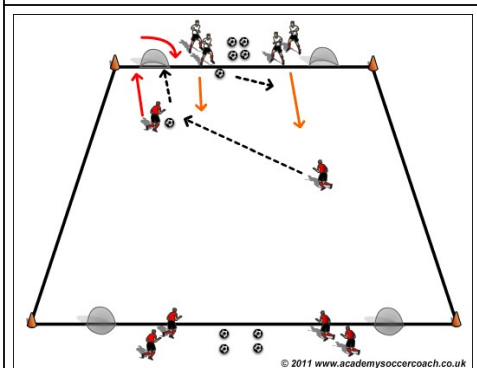
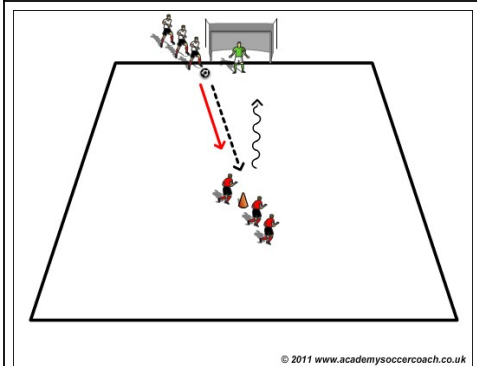
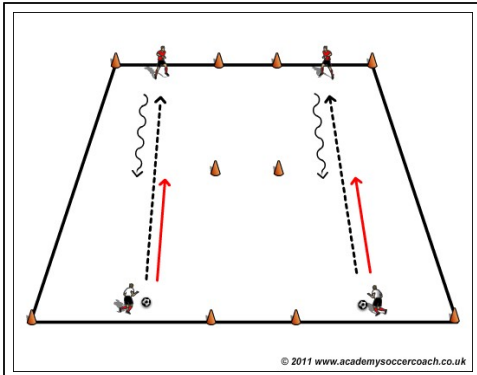


Game Related: 25 minutes
Set Up: Using attacking third of the field, cone off a line on both sides of the field 15 yards in, large supply of balls and pinnies.
Organization: Split players into 2 teams of 6 players with goalkeeper in goal, one team starts as the defending team. Place a left winger and right winger from attacking team in the coned off area, also place a defender from defending team in that area. Therefore it will be 4v4 inside with 1v1 in the coned area. Coach starts the game by playing the ball in to 1 of the wingers. Only once the winger has beaten the defender can the winger play into the 4v4 for a shot to be taken.
Coaching Points: 1. Wingers are looking to beat the defender and get a cross in toward the attacking players.
 2. Encourage shots to be taken when the opportunity arises.



Game Conditioned: 25 minutes
Set-Up: 40x30 yard area, two small goals, two teams and balls around the area for quick restarts.
Organization: Two teams play 4 v 4 in a 'diamond' formation. Set-up multiple fields if necessary.
Progressions: 1. Last 10 minutes add a GK for each team and allow for free play.
Coaching Points:
 1. Technique of cross.
 2. Timing of cross/run into the box (want to meet the ball in the box not stand waiting).
 3. Technique of finish/headed shot.
 4. Communication.
Cool Down and Debrief: 5 minutes

Coach	Evolution Soccer Programs	Session date	Week 7	Team/Age Group	Developmental U10
Theme	1v1-2v2 Defending				Time available
					1 hour 30 Minutes



NOTES

Activator: 15 minutes

Set Up: 15 x 20 area, split players into two different colors (red and blue), balls.

Organization: 1 red player on end line, 1 blue player on opposing end line. Red player starts with ball and passes into blue player, blue player controls the ball and attacks the red players end line. Red player needs to defend the ball. A point is awarded to the player who successfully stops the ball on end line.

Progressions: 1. Make the area bigger (20 x 25) and play 2v2

Coaching Points: 1. Focus on delaying the attacker and forcing him out of the grid.

Remember Fast, Slow, Outside, Low.

2. Defender should attack attacker fast, slow down when getting near, force the attacker outside.

Functional: 20 minutes

Set Up: Place a cone 25 yards from goal, pinnies, balls.

Organization: Split players into 2 teams, 1 team will be the attackers and the other defenders.

Attacking team starts on the cone, while defending team starts beside the goal post. Defending team passes the ball out to attackers who must attack the goal and try to score (attackers cannot shoot straight away). Defenders must chase their pass and try to prevent attackers from scoring. If the defenders successfully defend they receive a point and if attackers score they get a point. Play for 5 minutes then switch teams over.

Progressions: 1. Play 2v2.

Coaching Points: 1. Teach Fast, Slow, Outside, Low.

2. Defender should attack attacker fast, slow down when getting near, force the attacker outside.

Game Related: 25 minutes

Set Up: 30 x 30 area, 4 small goals, pinnies, balls.

Organization: Split players into 2 teams, 1 team in pinnies. Have one team at each end of the field lined up in 2 lines (1 line with balls), the 1st pair of players attack either goal at opposing end unopposed and 1 of the players shoots at goal. After shooting that player has to run around the small goal and join his team mate to be a recovering defender. The other attacker remains on the field and starts to defend. As soon as the shot is taken or the player is tackled the 1st 2 players from the other team attack the opposite goals defended by the original attackers (1 trailing defender). All players attack and defend once so ending up back where they started with their team.

Coaching Points: 1. Hold the attackers up, until 2nd defender gets back so you can work as a pair.

2. One defender goes to ball, second defender should split the space between 1st attacker and 2nd attacker. Body should be side on so you can see both.

Game Conditioned: 25 minutes

Set Up: 40 x 30 area, balls, cones, pinnies, pop-up goals (or tall cones).

Organization: Small Sided Game 4 v 4 - create two teams of 4 and play a diamond shape formation. Set up multiple fields depending on numbers.

Progressions: 1. Players can only score after 5 passes have been completed.

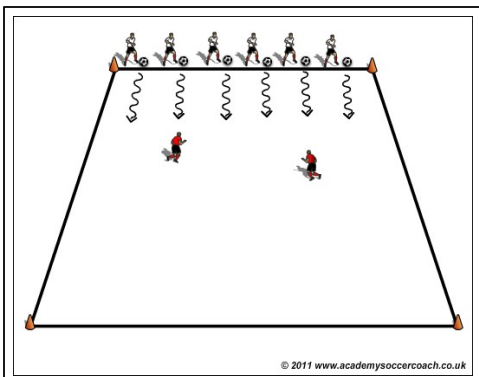
Coaching points: 1. Players need to attack the goal, if the goal is visible take a chance.

2. Communication between defenders is crucial.

Cool Down and Debrief: 5 minutes

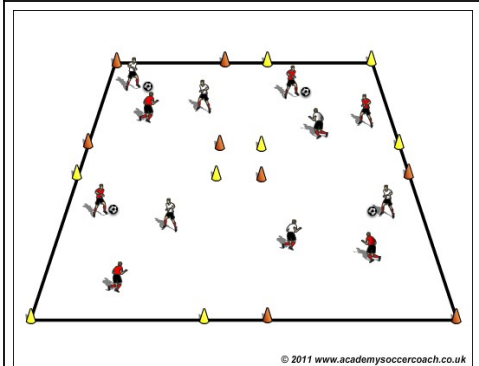
Coach Evolution Soccer Programs Session date Week 8 Team/Age Group Developmental U10

Theme 2v1 Overloaded Attack Time available 1 hour 30 minutes

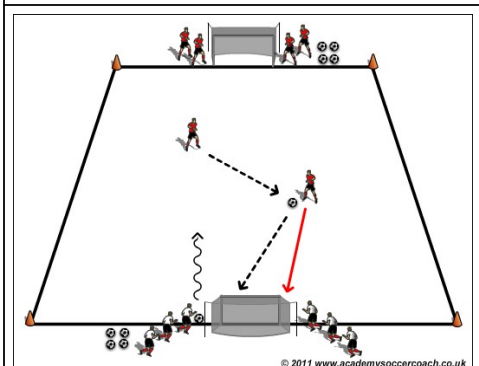


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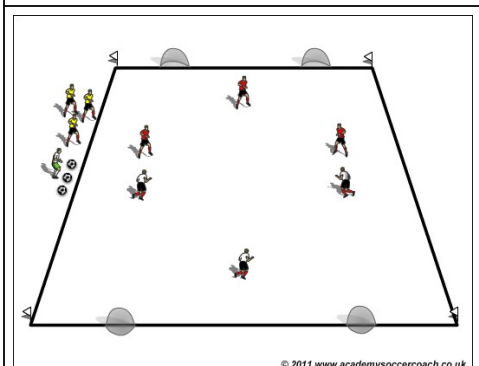
Activator: 15 minutes
 Set Up: 20 x 30 area, all players with a ball, 2 players with a pinnie on, pile of pinnies.
 Organization: All players line up on the line with their ball, 2 players in a pinnie stand in the middle of the area facing the players on the line. On coaches 'GO' players have to attempt to dribble to the far side with out getting tackled by the 2 defenders in the middle. If you get tackled, grab a pinnie and join the defenders.
 Coaching Points: 1. Have the defenders work on their body position.
 2. Keep low and stand at an angle.
 3. Don't dive in straight away.



Functional: 15 minutes
 Set Up: 15 x 15 area, 3 players, 1 of the 3 in a pinnie, balls.
 Organization: Players will play 2v1 continuous keep away within their grid. When defender steals the ball they give the ball back to attackers and keep playing. Each defender is in for 2 mins.
 Progressions: 1. Create a point system within the groups. 1 point for every steal.
 2. Bring in 2 goals and play to the goals, attackers score in one goal and defender scores in other.
 Coaching Points: 1. Keep the ball on one side of the field and eliminate 2nd attacker.
 2. Defender must use the correct stance to contain the attackers.



Game Related: 25 minutes
 Set Up: Create 30 x 40 area with big goals, split players in to 2 teams (red & white), balls.
 Organization: Team red will start by splitting in half, half on 1 goal post, half on other post. White team will set up the same on opposing goal. To start the game 2 players from team red will dribble and pass toward white teams goal and take a shot, the person shooting must then touch the goal post. As soon as red team have taken their shot, 2 players from team white will start to attack the red teams goal. Therefore, while the red team player that shot is touching the goal post it is a 2v1 situation. The player touching the goal post has to sprint hard to get back and help their partner defend. This is a fast pace shooting game, so keep the transition quick.
 Progressions: 1. Can go to 3v2 with older players.
 Coaching Points: 1. Be alert so you are ready to attack as soon as shot is taken.
 2. Knowing when to pass or attack the lone defender, attack the space and get a shot off.
 3. Attack with speed, do not let the defender recover.



Game Conditioned: 25 minutes
 Set Up: 30 x 30 area, 4 goals, 3 teams of 3 players, cones, balls.
 Organization: Two teams play 3v3 and one team wait on the sideline. Teams attempt to score in the opposing 2 goals. The team that scores stays on and the losing team comes off to the sideline and swaps with the waiting team. Coach serves in a new ball straight away.
 Progressions: 1. Set a limit of touches.
 Coaching Points: 1. Get to the ball quickly.
 2. Pressure and cover.
 3. Defenders body position.
 4. Communication.