## U10 Session Plan

### Stage 1 - Dribble Triangle

**Duration**: 12 mins  
**Intensity**: Med-High  
**Activity Time**: 2 mins  
**Rest**: 1 min  
**Intervals**: 4

**Organization**

- **Area**: In a 15x15x15 yard triangle
- **Players** #7, #9, #11 start at a cone with a ball and will use the laces to push the ball forward toward the next cone and perform a turn.
  - Interval 1: Cut
  - Interval 2: Hook
  - Interval 3: Drag-back
  - Interval 4: Cruyff

**Coaching Points**

- **What?** Technique of Dribbling and Turning
  - Push the ball forward with the laces
  - Check over the shoulder before performing the turn
  - Keep your body between the defender and the ball
  - Surface of the foot and surface of the ball to use. Accelerate after the turn

### Stage 2 - 4 v 4 Turning to Score

**Duration**: 15 mins  
**Intensity**: Med-High  
**Activity Time**: 4 mins  
**Rest**: 1 min  
**Intervals**: 3

**Organization**

- **Area**: In a 20Wx30L yard field with goals
- **Target team (Red)**: #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4 - Play to score in the opponent’s goal.
  - When a player is under pressure turns, dribbles and scores or sets up a teammate who scores, the goal is 100 points. Play to 300 points. All other goals are 1 point.

**Coaching Points**

- **What?** Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Placement.

### Stage 3 - 4 v 4 to Goal

**Duration**: 18 mins  
**Intensity**: Medium  
**Activity Time**: 7 mins  
**Rest**: 2 mins  
**Intervals**: 2

**Organization**

- **Area**: In a 20Wx30L yard field with goals
- **Target team** (Red): #1, #7, #9, #11 - Opposition team (White): #1, #2, #3, #4 - Play to score in the opponent’s goal. All rules apply.

**Coaching Points**

- **What?** Technique ~ Dribbling and turning ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement

### Stage 4 - 7v7

**Duration**: 30 mins  
**Formation**: R GK-3-2-1 v W GK-2-3-1  
**Activity Time**: 12 mins  
**Rest**: 3 mins  
**Intervals**: 2

**Organization**

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 when to turn with the ball

**Coaching Points**

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W’s, Speed of Play.