



# *Grey Bruce Youth Soccer League*

[www.greybrucesoccer.ca](http://www.greybrucesoccer.ca)

## *U8 and U10 Season Program for 2009*



*Chatsworth  
Dundalk  
Flesherton  
Markdale  
Meaford  
Thornbury*



**SKILLS, DRILLS, HAVE FUN!**

# ***U8 & U10 Season Planner***

- Emphasis on Skill Development
- Less Travel
- Fun Learning Environment
- More Touches on the Ball
- Mini Games 4v4, 3v3
- Drills – dribbling, passing, trapping, shooting
- Rules of the Game
- Positions
- Life Skills

## Skill Sets & Emphasis Session Structure

### U8

6:30 – 7:35 PM

- 20 min – Warm-up & Drills based on the weekly plan
- 40 min game – 2-20 min halve, break between
- Cool down

### U10

6:45-8:00 PM

- 5-10 min Warm-up & Drills
- 50 min game – 2-25 min halves, break between
- Cool down

# 2008 Season Plan

- Week 1 – Ball control, dribbling drills, laws of the game, equipment
- Week 2 – Ball control, dribbling, passing, throw-ins, nutrition, hydration
- Week 3 – Ball control, passing, receiving, corner kicks, sportsmanship
- Week 4 – Ball control, passing, receiving, kicking, shooting
- Week 5 – Ball control, passing, receiving, shooting, shooting on goal, positions on field
- Week 6 – Ball control, passing, shooting, small games 2v2, 3v3, 4v4, soccer personalities, stars
- Week 7 – Small games emphasizing dribbling, passing, shooting, goal keeping
- Week 8 – Receiving the ball, passing, shooting, juggling
- Week 9 – Attacking, defending using grids 1v1, 2v2, soccer quiz
- Week 10 – Passing on targets, passing in a corridor, small games, World Cup (Teams of 3)
- Week 11 – Shooting on goal, left foot, right foot, pass and follow, agility test
- Week 12 – Dribbling drills with whistle passing to partner, shooting drills, relay race

# Sample of Session Planner

## Session Plan: 021

Total time: 1 hour

Ability level: Beginner/Intermediate

Equipment: Balls, bibs, cones

### Step 1: Warm Up

Method: A.B.C.S (Agility, Balance, Co-ordination, Stretches)

- To prepare players for the activity ahead
- Work in pairs in two lines over 20 yards
- Jog, skip, hop, high knees, heel flicks, side steps
- Backward movements
- Encourage players to try their own variations
- Stretch major muscle groups; hamstrings, quads and calves
- Do stretches in a group getting them to count from one to 10 when holding the stretch
- Player calls out "one", group calls out "two", player calls out "three", group calls out "four" etc

### Step 2: Relay Running Game

Set up: Group of 12 players, area 15 x 15 yards or to suit, four groups of three players in each corner, four balls

Method: Encourages short sprints, communication and movement

- Four front players (1) have a ball each in their hands
- Each player run to centre cone and turns to the RIGHT
- They carry and hand ball to Player Two then join back of the line
- Player Two repeats process by handing to Player Three
- Repeat process until all players are back where they started
- First team back are the winners
- Progress: Change direction players run to the left

### Step 3: Catch Me, If You Can

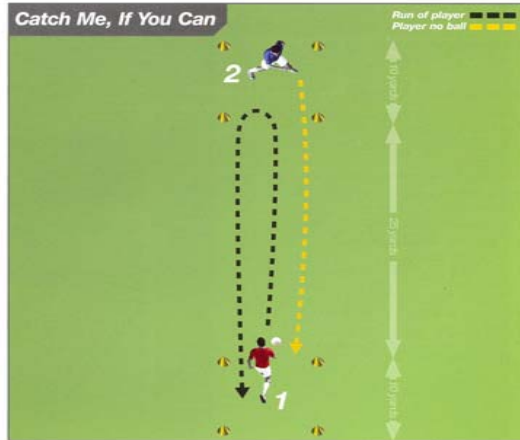
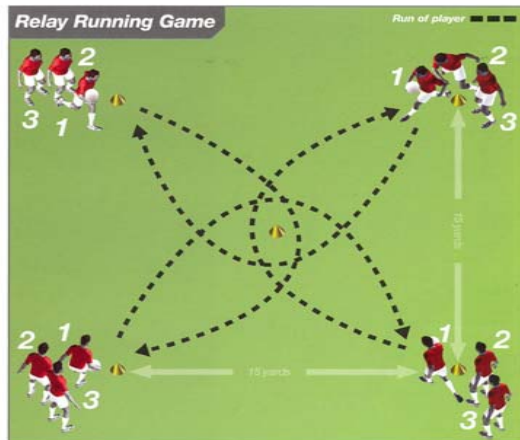
Set up: Groups of two, three or four players, one ball per group, two 10 x 10 yard squares 25 yards apart

Method: Encourages turning and running with ball

- Square one, Player One starts with the ball and runs with it to square two
- Square two, Player Two waits at back of square
- Player One takes ball into square two and turns quickly and run back to own square
- Player Two tries to catch Player One before they get back into own square
- Progress: If coach blows whistle players have to freeze
- Player with the ball has to stop ball and be in control – this will stop players kicking and chasing and encourage close control

## Remember

- These session plans and pitch sizes are just examples
- Mix up and vary depending on age and ability
- Timings and formats are down to you
- Use whatever works for you and your players



# 021

To sponsor these session plans call Charlie on 07825 392600

### Step 4: Motorway

Set up: Pairs or threes upto 20 players, one ball per group, area 20 x 20 yards or to suit, two target balls for coaches, preferably a different colour

Method: Encourages running with ball, awareness, head up, close control

- Player One runs with ball across the MOTORWAY to Player Two and they swap places
- Player Two runs with ball to Player Three and swap places – continue process
- Coaches play passes to each other trying to knock players balls
- Player or group loses a life if their ball is hit
- When coach blows whistle all players freeze, and will lose a life if not in control of ball – this will discourage kicking and chasing

### Step 5: 4 v 4 Game

Set up: 4 v 4, with goalkeepers

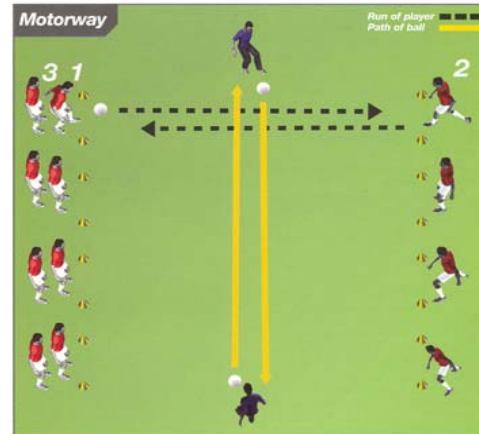
Method: Choose a 4 v 4 game to suit your players

- There are many different 4 v 4 games to choose from
- Refer to our regular Small Sided Game of the Month page for more ideas
- Decide on length of game and then let players get on with it

### Step 6: Warm Down

Method: A.B.C.S (Agility, Balance, Co-ordination, Stretches)

- To reduce muscle stiffness and aid recovery
- Work in pairs in two lines over 10 yards
- Jog, skip, hop, high knees, heel flicks, side steps
- Backwards movements, limb shaking
- Encourage players to try their own variations
- Do stretches in a group with the players counting from one to 20 while holding the stretch
- Player calls out "one", group calls out "two," etc etc
- Stretch major muscle groups; hamstrings, quads and calves



### 4 v 4 Game



# Coaching Points

## Coaching Points and Sessions for Junior Players

5 - 10 yrs

**OBJECTIVE:** TO DEVELOP THE SKILLS OF CONTROLLING THE BALL, IMPROVE THE SKILL OF HEADING THE BALL AND TO DEVELOP THE PROPER TECHNIQUES TO PASS THE BALL ACCURATELY

### ORGANIZATION:

- \* Set up 20 x 30 area. Duration: 10-15 Min. Equipment: 1 ball per pair 2 cone markers per pair
- \* Organize the team into pairs
- \* Cones should be set 6 feet apart
- \* Player stands 10 yards apart
- \* Outside player serves ball to partner's foot/thigh/chest or head
- \* Inside player brings ball under control and serves it back to their partner
- \* Change partners

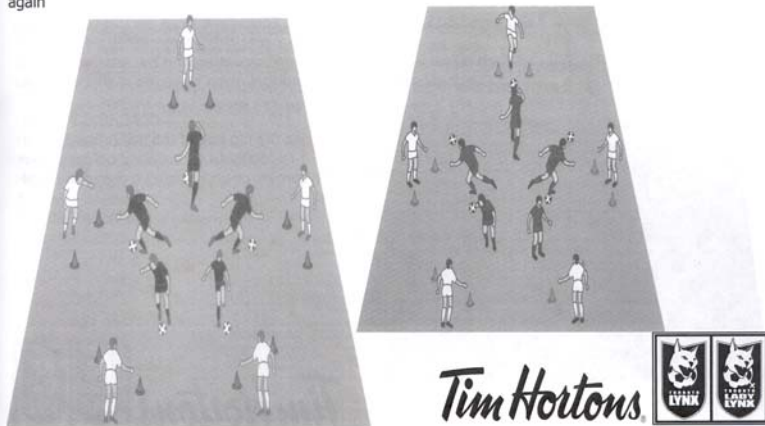
### Coaching Points For Passing and Control:

- \* Move body in line with the ball
- \* Be in a good position to receive the ball. Decide early which part of the body you will be using.
- \* Cushion the impact
- \* Look up to access where your partner is
- \* After good control ensure a proper pass backwith proper pace

### Coaching Points for Heading

- \* Keep eyes open and look at the ball
- \* Head the ball with forehead
- \* Use neck muscles to achieve power
- \* Head top part of the ball to head downwards (attacking headers) & lower part of the ball to head upwards(defensive headers)

Progress this drill by asking the inside players to find a new partner to receive a pass from, and then move again



## Coaching Points and Sessions for Junior Players

5 - 10 yrs

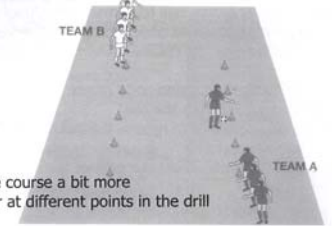
**OBJECTIVE:** TO DEVELOP THE SKILL OF TRAVELING AS QUICKLY AS POSSIBLE WITH THE BALL

### ORGANIZATION:

- \* Duration: 10-15 Min. Equipment: 1 ball per group 10 cone markers
- \* Two teams line up at the opposite corners of the area
- \* Players form a line on the right side of each end of the area
- \* The first player in team A runs with the ball for 30 metres, accurately passes to the first player in Team B and then joins the back of Team B
- \* The activity is continuous

### COACHING POINTS:

- \* Play the ball out in front of the body
- \* Touch the ball with the laces of the boot
- \* Keep head up to be aware of the options available



To progress this drill add a few more balls. Also make the course a bit more challenging with getting the players to pass to each other at different points in the drill

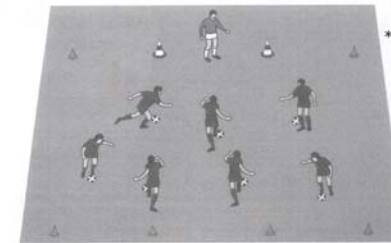
**OBJECTIVE:** TO IMPROVE SHOOTING TECHNIQUES BY ENCOURAGING PLAYERS TO SHOOT MORE QUICKLY AND ACCURATELY

### ORGANIZATION

- \* Duration 10-15 Min. Groups of 7-9. Equipment 1 ball per player & a goal
- \* Set up a goal with 2 large cones 8 feet apart
- \* Each player is given a number and moves around the area with a ball
- \* Coach calls out a number and that given player must shoot at goal

### COACHING POINTS

- \* Strike the top half of the ball to keep it low
- \* Concentrate on accuracy before power
- \* Aim for the corners or unprotected areas of the goal





- The following will help you along as you start preparing your sessions:
- **Make it FUN!**
- **Have a few extra balls available, as well as cones to mark out your area!**
- **Allow players the opportunities to problem-solve!**
- **Think how you can maximize the number of touches each player will have in your session!**
- **Allow players the opportunity to be creative!**
- **Don't talk too much –have the grids set up ahead of time –let them play and then explain your exercise within thirty seconds or less!**
- **The larger the size of the grid the easier it is for the players to have success: the smaller it is the more challenging!**
- **Be organized, be patient, stay positive, and have a backup plan!**
  
- Go to the website, click on Drills/Exercizes, click on Ages 5-8/Fun Games or click on below link:
- <http://www.soccerspecific.com/ss/displaypage.asp?pgid=168&secid=127&cookies=True>

# **Soccer Websites**

- [www.ontariosoccer.ca](http://www.ontariosoccer.ca)
- [www.canadasoccer.com](http://www.canadasoccer.com)
  - [www.swrsa.ca](http://www.swrsa.ca)
- [www.greybrucesoccer.ca](http://www.greybrucesoccer.ca)
- [www.beavervalleysoccer.com](http://www.beavervalleysoccer.com)
  - [www.soccerdrills.com](http://www.soccerdrills.com)
  - [www.playsoccer.ca](http://www.playsoccer.ca)
  - [www.soccerclinics.com](http://www.soccerclinics.com)
  - [www.soccerhelp.com](http://www.soccerhelp.com)
  - [www.waytoplay.ca](http://www.waytoplay.ca)