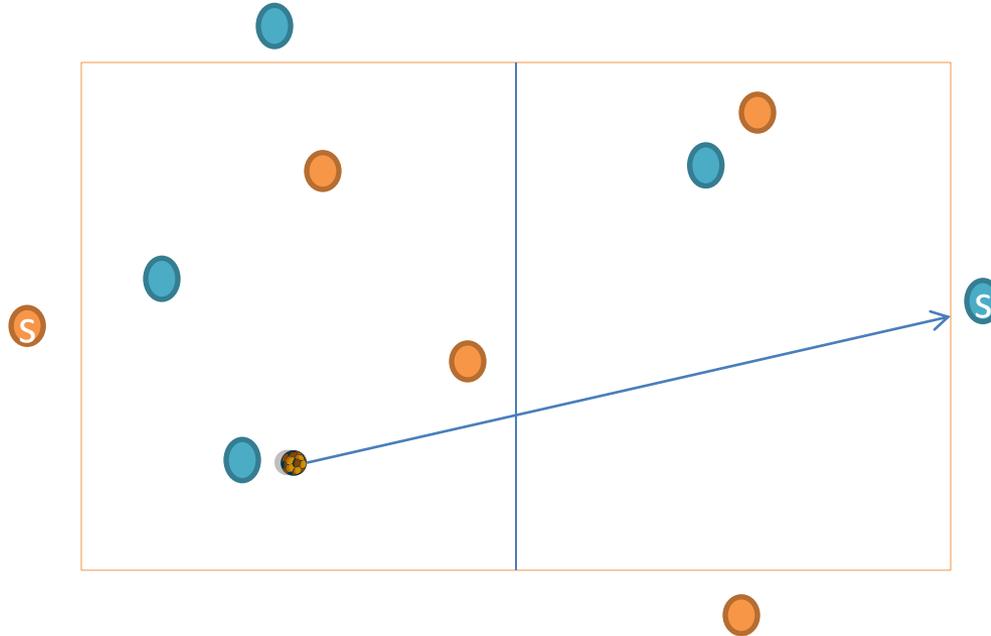




U9/10 Target Game

*Session objectives: Coach the players to improve their recognition of when to go forward and when to possess
Coach to improve forward movement*



Organization

Area 20x30 with a halfway line marked out - 10 players

Each team has a scoring target (S) at and one side target

Side target is restricted to off the field, in the opposing half and on the sideline

Scoring targets can move anywhere along the goal line

Inside players can move anywhere on the field

Teams score by passing the ball to their scoring target

To score again the ball must cross the half way line

1. Scoring Target player now checks onto the field to receive

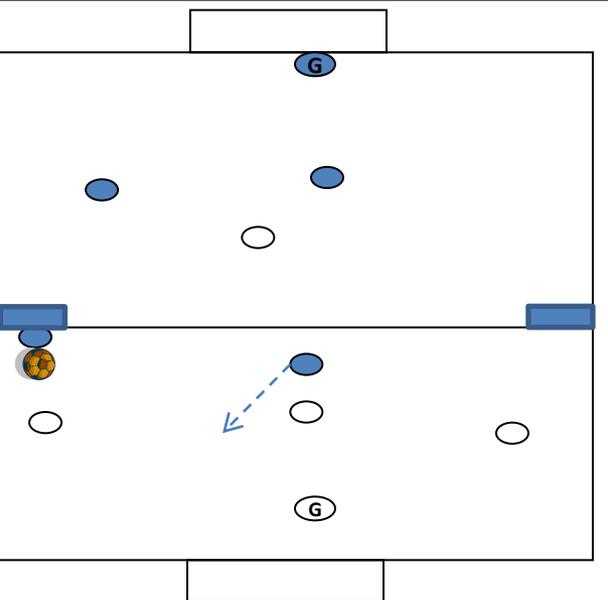
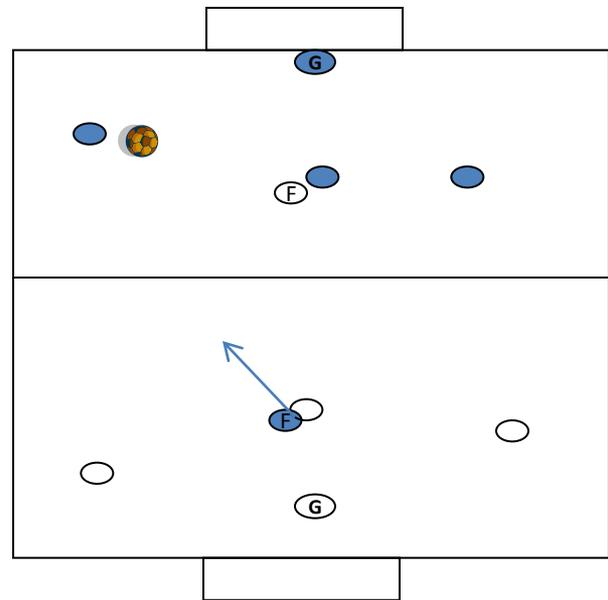
On scoring Target player brings ball in and switches with another player

Coaching points

- Open body shape
- Communication
- Awareness of target
- Off ball movement
- Speed of support
- Angle of support
- Awareness of opponents
 - Speed of play



Playing into the Forward U9-U10



Wide player dribbles in, draws a defender

Organization

Area 30x 40 yards with two wide goals and a halfway line

5v5- Each team has the formation of 3 defenders, 1 goalkeeper, 1 forward

Positioned like across

Players are restricted to their own half

To score players pass to the forward

1. Now the game goes to scoring goals
2. Players can cross the halfway line when supporting the forward
3. Players can cross the halfway line when dribbling through the wide goals
3. Free play with no restrictions

•Coach the team to move off the ball as the ball moves to its target

•Coach the team to pass the ball the way they face and not to turn when in high risk areas

If players do not yet have the technical ability to play this game restrict the players by

1. Having the defending forward walk only
2. Play handball- players can move with the ball until they get tagged

Coaching points

- Communication
- Starting point of forward
- Check to receive
- Timing of run
- Awareness of forward
- Open body shape
- Supporting run into forward

- Move to support as the ball moves
- Recognition of wide space
- Awareness of pressure
- Maintain Depth