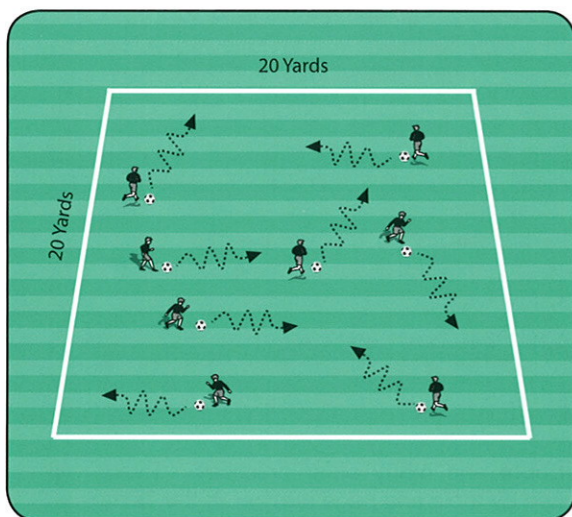
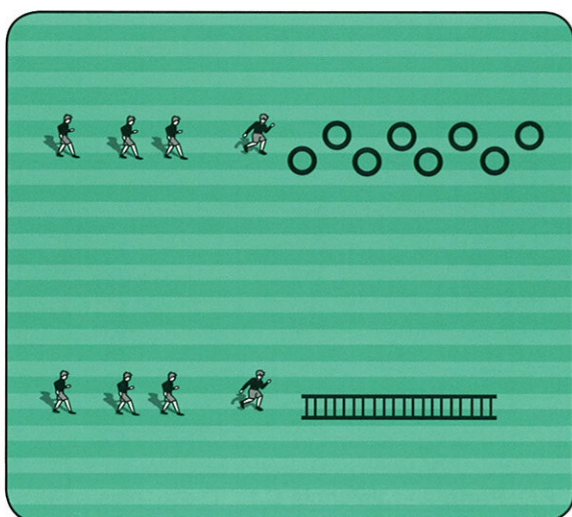


This session is contributed by Tim Wareing, the Academy Director of Lisburn Distillery in the Carnegie Irish Premier League. Wareing holds a UEFA 'A' License and owns TWSports.org Mini Soccer Centres which operate 12 centres throughout Northern Ireland. This session is conducted with the U10 Academy team and includes a wide range of activities to keep the session interesting and develop a number of physical, technical and tactical skills within a single session.



Warm-Up - 20 Minutes

The players have a ball each and dribble around a 20 x 20-yard area. Encourage the players to get their heads up and attack the space. Always ask them to perform plenty of skills and turns. After five minutes ask the players to find a space and juggle the ball. Continue dribbling while calling out a series of turns. Finish by allowing time for the players to stretch.



Speed Agility and Quickness - 10 Minutes

The players divide into four groups and work on the following pieces of equipment; hoops, speed ladder, hurdles and short runs / turns.

Hoops

Working on 'spring' and long strides.

Speed Ladder

Three repetitions; one foot in each rung, two feet in each rung and the side shuffle (one foot out to the left, two through the rung and one foot out to the right - don't cross feet!). Focus on mechanics; knees up, land lightly on the front of your feet, get elbows working and keep head steady.

Hurdles

Three repetitions; one foot over each, two feet over each and the bunny hop. Keep knees in and head steady.

Short Runs / Turns

This is a series of movements through cones. Place five lines of cones on the field, approximately six yards in length with a two yard gaps between each line.

The players perform three repetitions; sprint forwards and backwards between each cone, side to side (getting hips low at each cone), running forward to each cone performing a 180 degree spin at each cone.

6 v 6 + 6 - 15 Minutes

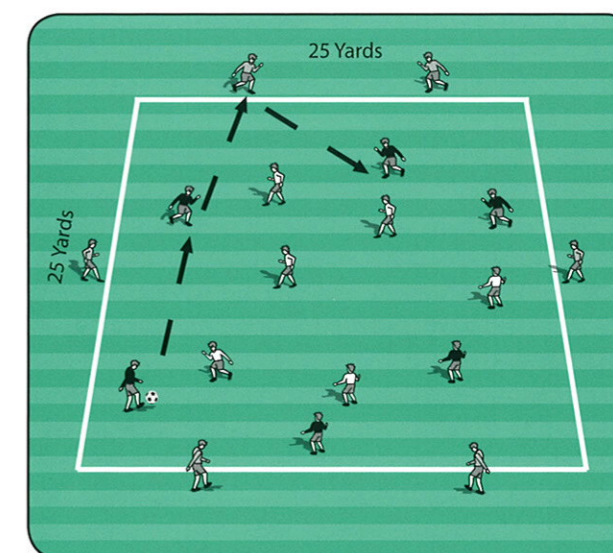
Three teams in three different colors of bibs. The session starts off with one team spread out on the outside of a 25 x 25-yard grid. They can't come inside the area and are only allowed two touches. They can't be tackled. Two teams play 6 v 6 in the middle of the area. The team that has the ball can combine with the outside players making it a 12 v 6 scenario. Five passes equal one goal.

Coaching Points

- Keep the ball
- Movement on / off the ball
- Quality passing
- Communication
- Support
- Look to switch
- Look for space
- Decision making

Developments / Variations

- You can adapt the size of the grid or numbers taking part to suit the age and ability of players. With older age groups you can make the grid larger and have all three teams inside playing keep away.
- Limit the amount of touches allowed by the players.
- Award bonus goals for take overs / give-and-goes.



6 v 6 + 2 - 20 Minutes

The game is played on half a pitch with four mini goals, which are placed in each corner of the pitch and five yards into the pitch. The goals should be no wider than two or three yards.

Each team has a target player in one of the goals. The teams try to keep possession and then attack either goal at speed. Encourage players to be patient and not to force the play, instead look to open up and switch the ball. Keep score to motivate the players.

Coaching Point

- Keep the ball
- Movement on / off the ball
- Quality passing
- Communication
- Support
- Look to switch
- Look for space
- Decision making
- Be direct

Developments / Variations

- Same as above
- Add the neutral players that play with the team in possession. Player that passes to target player behind goal replaces them. Player that receives should automatically run out with the ball and look to link up with other player?

