## U8-U9 Curriculum

## Session Planner



| EXERGISE 1: Wam Up |  |
| :---: | :---: |
| WORK TO REST RATIO: | 15 mins total. $4 \times 3$ mins : 45 sec rest |
| DIMENSIONS: | Four $15 \times 10$ yard grids. |
| INSTRUCTIONS/RULES |  |
| Split players into groups of 3. Work A - Individual dribbling, dribble to open corner and repeat. B - Dribble through gates working 0 gate. <br> - "Freestyle" players work on any <br> D - Players dribble and perform skil | hrough each of the 4 stations: <br> orner cone, perform skill to turn and then dribble to <br> change of direction \& speed as you travel through <br> kills, juggling etc. they want. move to beat cone i.e. scissors / chops etc. |

## EXERCISE 2: Exploation Game <br> WORK TO REST RATIO: 20 mins total. $5 \times 3$ min games : 1 min rest.

DIMENSIONS:

$$
15 \times 10 \text { yard grids. }
$$

| COACHING POINTS |
| :--- | :--- |
| Close control. |
| Keep head up. |
| Change of direction and speed. |
| Timing of skill move. |
| Creativity. |


| INSTRUCTIONS/RULES |
| :--- |
| Set up with 4 v 1 or 3 v 1 . Players start on outside of square with defender in <br> middle. <br> Players get 3 points for dribbling to opposite side and 1 point for adjacent side. <br> Defender tries to tag players ball (can put pinnies in shorts and defender tries to <br> stel pinnie). Once player is tagged three times they become defender. <br> Progress: Defender can now steal ball as players are traveling through the grid. <br> Progress 2: Play 3v2. | | COACHING POINTS |
| :--- |
| Close control, use variety of surfaces. |
| Keep head up. |
| Creativity / imagination. |
| Changes of speed and direction. |

## KEY QUESTIONS

How can you use your body to add more deception to skill moves?


## EXERCISE 3: Execution Game

WORK TO REST RATIO:


20 min total. $8 \times 2 \mathrm{mins}$ : 30 sec rest.

## KEY QUESTIONS

How can you create space and manipulate the defender? (answ. angle of approach, speed of approach)


EXERCISE 4: Autonomus Game

WORK TO REST RATIO:
20 mins total. $3 \times 5 \mathrm{~min}$ : 1.5 min rest.
DIMENSIONS:

## INSTRUCTIONS/RULES

Play 2 v 2 or 3v3's.
Team score by dribbling through wide goals.
Allow players to ref themselves, pick their own teams etc.
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Split into groups of 2 or 3 , with a pentagon of square with cone 10 yrds infront of players. Players dribble out using variety of touches i.e. inside/outside, sole/outside, sole rolls forward and backwards, juggles etc.
Work on variety of turns at cones: outside turn / inside turn/ drag back / chop / L-turn / cruyff. Add competitions between groups.
Progress: Dribble out to cone, turn to the right and to adjacent group. Work both directions.

