

Training session

Theme of the session : *First touch*

Name of your team : *Boston*

Session plan : *Technical session plan*

Age category : *U9*

Training session plan

Warm-up : 1001 / *Technical exercise* 15 min

Technical : 3002 / *90 degree turn* 10 min
 3004 / *90 degree turn* 20 min
 3016 / *90 degree turn* 20 min

Match : 5003 / *Controls* 20 min

Effective length of the session : 1 hour 25

Comments :

Legend



Player



Keeper



Coach



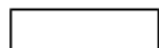
Ball



Determine a player or an area



Small goal



Big goal



Flag



Bar



Running



Dribbling



Pass or shot



First touch



Juggling



Air ball



Cut / Fake / Pullback



Slide tackle



Step left foot / right foot

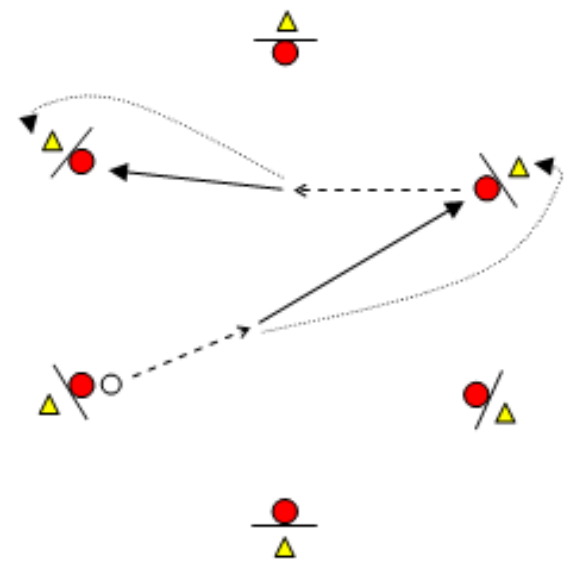
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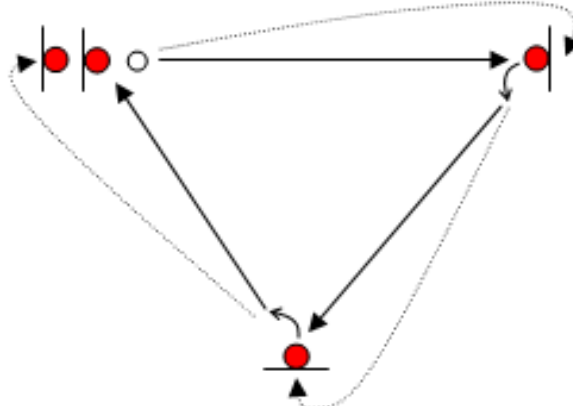
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Warm-up 1001		Technical exercise		15 min
<p><u>Technical exercise</u></p> <p>Dribbling the ball</p> <p>Looking around</p> <p>First touch</p> <p>Passing</p> <p>Equipment: balls, cones.</p>	<p><u>Dribbling and Passing:</u></p> <p>Groups of six or more/two balls. Players form a circle approximately 12 yds in diameter. Two players have a ball. A player who has a ball dribbles it for a few yards and passes it to a teammate without a ball. He then takes the teammate's place and his teammate continues the exercise (dribbling and passing).</p> <p><u>Variations:</u></p> <ul style="list-style-type: none"> - Ask players to make a fake before passing. - Use two touches (control + pass) - Add a third ball (or more) to force players to look up. 			

Technical 3002		90 degree turn		10 min
<p><u>90 degree turn</u></p> <p>First touch to change direction and get away from an opponent</p> <p>First touch and pass</p> <p>Focusing on the quality of the first touch and pass.</p> <p>First touch options : inside right/left foot towards the right, inside right/left foot towards the left, outside right/left foot, etc.</p> <p>Equipment : balls.</p>	<p><u>First touch, pass and move :</u></p> <p>Groups of four players/one ball per group. Standing 7 - 8 yds. apart, three player form a triangle. The fourth player stands behind the player with the ball (see diagram).</p> <p>The player with the ball, A, makes a pass to teammate B. A then runs to take B's position. B repeats the exercise towards C who repeats the exercise towards D.</p> <p><u>Coaching points :</u></p> <ul style="list-style-type: none"> - stay alert - attack the ball - aim the first touch towards the correct teammate 			

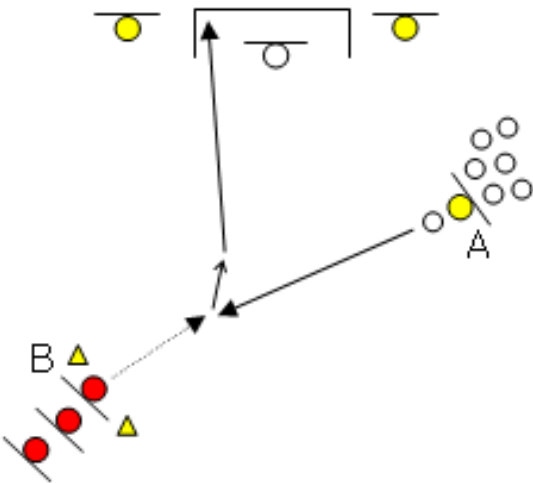
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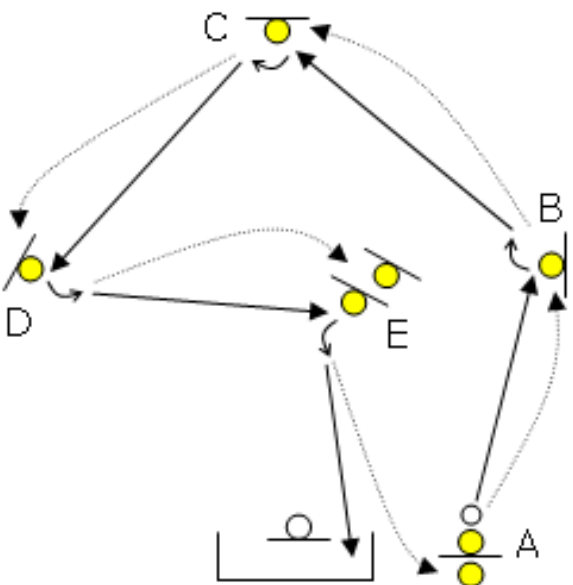
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Technical 3004	90 degree turn	20 min
<p><u>90 degree turn</u></p> <p>First touch to change direction and get away from an opponent</p> <p>First touch and shoot</p> <p>Focusing on the quality of the first touch and shot.</p> <p>First touch options : inside right/left foot towards the right, inside right/left foot towards the left, outside right/left foot, etc.</p> <p>Equipment : balls, cones.</p>	<p><u>First touch and shoot :</u></p> <p>A passes to B. B attacks the ball, makes a first touch towards the goal and shoots.</p> <p><u>Variations :</u></p> <p>Variation 1 : ball comes from the right - shoot with right foot. (see diagram)</p> <p>Variation 2 : ball comes from the left - shoot with left foot.</p> <p><u>Progression :</u></p> <ul style="list-style-type: none"> - vary first touch techniques - look for a quick first touch towards the goal - work on the quality of the shot 	

Technical 3016	90 degree turn	20 min
<p><u>90 degree turn</u></p> <p>First touch to change direction and get away from an opponent</p> <p>First touch, pass and shoot</p> <p>Focusing on the quality of the first touch and pass.</p> <p>First touch options : inside right/left foot towards the right, inside right/left foot towards the left, outside right/left foot, etc.</p> <p>Equipment : balls, cones.</p>	<p><u>Technical course :</u></p> <p>First touch, pass and shoot. Position the players as in the diagram.</p> <p>A passes to B who makes a first touch and passes to C. C makes a first touch and pass to D who does the same towards E. E makes a first touch and shoots at the goal.</p> <p>After making a pass, the player moves to the next position (A-B, B-C, C-D, D-E, E-A). If necessary, double up the number of players at each position.</p> <p><u>Coaching points :</u></p> <ul style="list-style-type: none"> - make good passes (accurate and good weight) - follow the trainer's instructions for the first touch technique - stay alert 	

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Match 5003		Controls	20 min
<p><u>Controls</u></p> <p>Passing</p> <p>Shooting</p> <p>Equipment : balls, pinnies (2 colors).</p>	<p><u>7 vs 7 game :</u></p> <p>6 players + 1 keeper per team. Good first touch. Quality of the sequences first touch + pass and first touch + shot.</p>	