



## SESSION PLAN U8/U9 House League - Session Seven

Session Type: House League Level

Coach's Name: Colin Foy

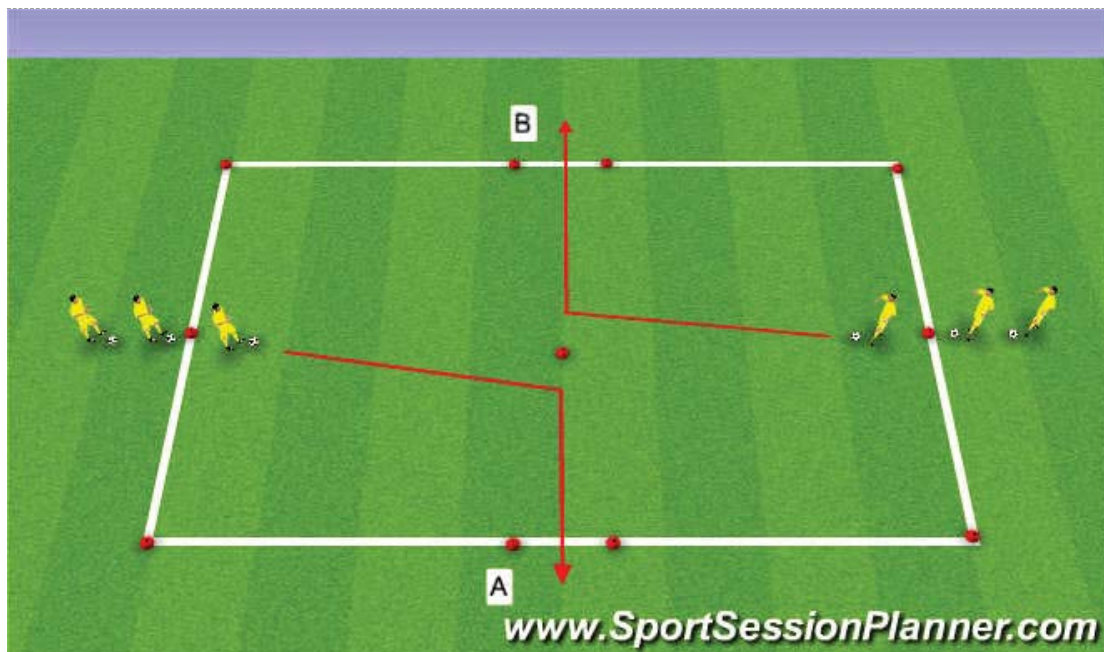
Date: 25-Apr-2013

### Description:

### Attacking (10 mins)

#### Setup:

- 10 yards X 10 yards box, marked out by cones in the corners.
- A single cone in the centre of the box and two one yard goals at the side of the box marked by A and B above.
- Can increase size of box to 15 X 15 to allow for more dribbling.
- Two lines of players behind a cone on opposite sides of the box.
- Each player has a ball.



#### Instruction:

- On player from each side dribbles to the middle, cuts and changes direction to right toward goal A or B, then returns to the back of player line.
- Player dribbles to centre by dribbling with Baby Toe, Bells, Sole taps.
- At the centre the player cuts the ball to change direction, by using a Step Over Cut, Scissor Cut or feint and cut.
- After change of direction accelerate dribbling with Baby toe.
- Switch to cutting to the left.

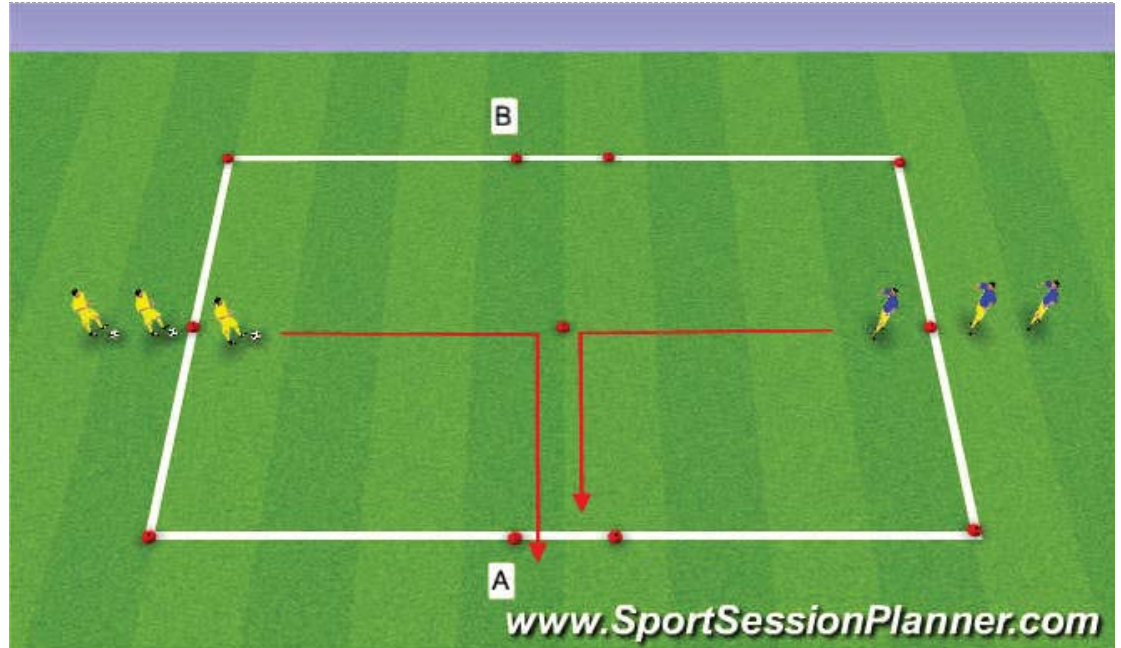
#### Coaching Points:

- Emphasis on acceleration after change of direction.

## Attacking & Defending (20 mins)

### Setup:

- 10 yards X 10 yards box, marked out by cones in the corners.
- A single cone in the centre of the box and two one yard goals at the side of the box marked by A and B above.
- Can increase size of box to 15 X 15 to allow for more dribbling.
- Two lines of players. One line has balls (attackers - yellow) and the other has no balls (defenders - blue).



### Instruction:

- Attacker dribbles to middle, defender comes out to meet attacker and passively defends.
- Attacker selects left or right goal to attack.
- Defender passively defends, does not take ball from attacker.
- Players return to their lines.
- Switch attackers and defenders after 5 times through for each player.
- Progress to full 1 v 1 where defender applies full pressure to attacker and tries to win ball and score on either goal.

### Coaching Points:

