

U-10 Training Session Planner

No.	Date	U-10 Game Objectives	U-10 Techniques
		<div style="display: flex; justify-content: space-between;"> <div> Attacking Objectives <ul style="list-style-type: none"> • Score • Maintain Possession • Advance the ball </div> <div> Defending Objectives <ul style="list-style-type: none"> • Prevent Scoring • Regain Possession • Delay the opponents </div> </div>	<ul style="list-style-type: none"> • Dribbling [] • Instep Kick [] • Throw - In [] • Inside of Foot - Push Pass [] • Inside of Foot - Ball Control [] • Tackling - Front Block [] • Goalkeeping []
	U-10 Principles of Play Used to Achieve Objectives <div style="display: flex; justify-content: space-between;"> <div> Attacking Principles <ul style="list-style-type: none"> • Penetration • Width • Depth • Mobility </div> <div> Defending Principles <ul style="list-style-type: none"> • Delay • Concentration • Depth • Balance </div> </div>		

Player	Present	Absent	Activity
			Warm-up & Stretch 10min
			Introduce Technique 15min
			Training Games (no more than 2) 20min
			Small Sided Game 15min
			Announcements

SAY Explain the skill or technique

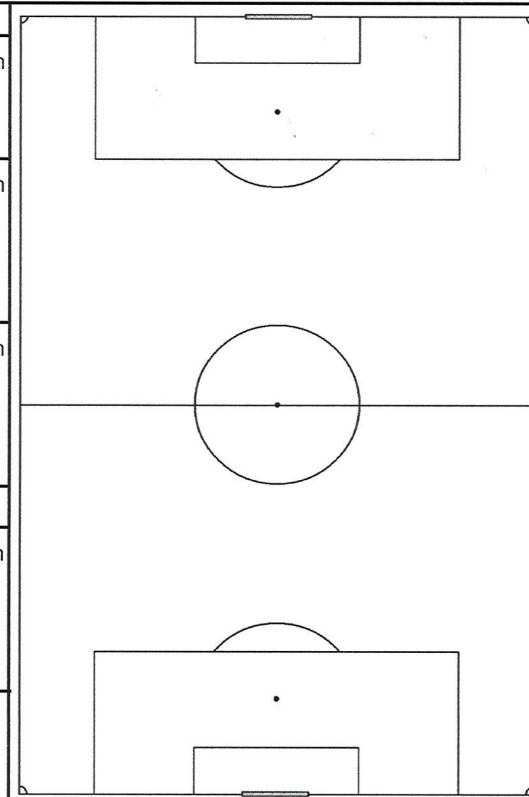
SHOW Demonstrate the skill or technique

DO Have children perform the skill or technique

REVIEW Review, correct and confirm proper technique

"THE GAME IS THE BEST TEACHER!"

Use conditioned games to emphasize techniques.



POSITIVE INSTRUCTION AND ENCOURAGEMENT!