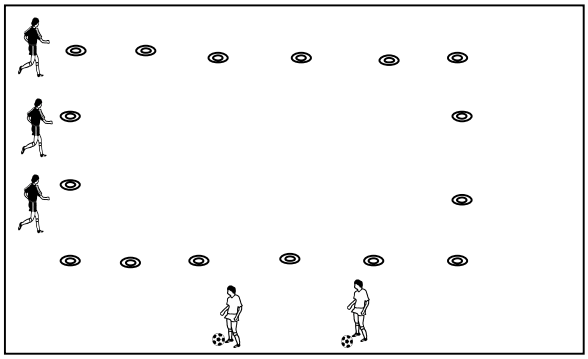
Club:	Weyburn Soccer Association
Session:	14
Team:	U10
Session Topic:	Fun Games!

Stage of Session	Information	Time
Warm Up		5 Minutes
Game 1: Passing Game		12 Minutes

Field Demo



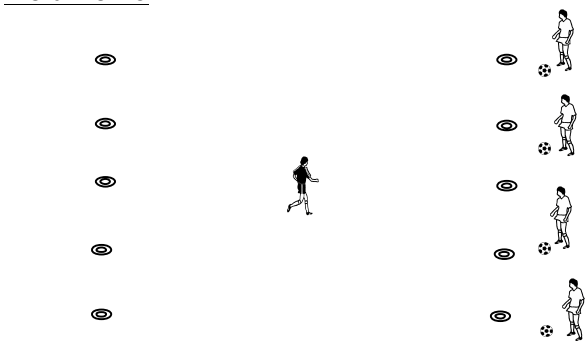
Implementation – Game called Cowboys and Aliens. Aliens start at one end of the grid and attempt to run across to the other side without being hit by a soccer ball fired from the side. They stop once at other side. Cowboys (in white in demo) attempt to hit aliens running through below the knee. Split cowboys and aliens evenly then switch or can start with just the coach as cowboy. USE SIDE OF FOOT – Passing Technique.

Coaching Points

- Players have to keep the ball down by using the side of the foot and getting their body over the ball. Do not lean back because that sends the ball high. Remind them.
- Being aware of surroundings by having head up
  Play the ball in front of the players running through.

Game 2: Dribbling Game 12 Minutes

Field Demo



Implementation 'Crab Game' - Each player is a surfer and has a ball. They attempt to dribble through past the 'crab' (defender) and get to the other side. Crab must remain on their bottoms on the floor but can move around in a crab walk. If the ball leaves the grid or a crab catches the ball between their legs, the player becomes a crab.

Coaching Points

- Moving the ball into space
- Keep head up
- When they see space, dribble through it
- Use of moves – stop and start to go around defenders
- Keep the ball close

Game Time