



## BALMAIN & DISTRICT FOOTBALL CLUB


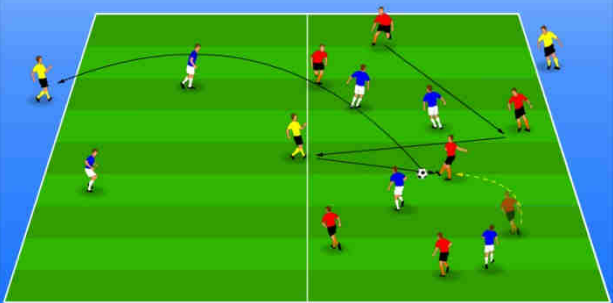
### SESSION PLAN 1




SESSION FOCUS: Players assessment

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Create a circle with cones. Divide the players in 2 groups, one with 8 players and another with 3. For the team of 8, 6 players will be positioned outside the circle and 2 players inside. The other 3 players will stay inside the circle as defenders. The game is like rondo; the players outside must pass the ball to their teammate inside who passes to a different player outside the circle. The outside players can pass only <b>once</b> to another player outside; the next pass must be to a player inside. Players outside should be moving and changing positions all the time. Swap the inside players and the defenders every 2/3 min.</p>	 <p>Created using SoccerTutor.com Tactics Manager</p>
<p>DURATION: 15 – 20 MIN</p>	<p>Divide the area in half. Place 3 support players as per diagram (one on each end and one in the middle). Divide the remaining players in 2 teams. One team will start with the ball inside one area, they should have 2 extra players inside the area compared to the defending team. The objective is for the team in possession to be able to combine with the middle support player and successfully pass the ball to the neutral player on opposite area, if successful they must quickly run to the other area and continue the game (1 point). If defending team wins possession they should pass to any of the remaining players on the other area and restart the game from there (2 players from the defending team must always stay on the opposite half).</p>	 <p>Created using SoccerTutor.com Tactics Manager</p>

## DEVELOPMENT PROGRAM SESSIONS

<p>DURATION: 15 – 20 MIN</p>	<p>Divide the field in 3 areas (see diagram). Divide the players in 2 teams with GKs. Both teams should always have a striker inside their attacking area. Defenders are not allowed to enter. For this game the striker should be at his/her area until their teammates regain possession, as soon as their team has the ball they can move outside the area to receive a pass, if they receive the pass outside they are not offside but if they receive inside the area it counts as offside.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- 2 strikers and 1 defender inside the areas</li> <li>- When one team <b>regain</b> possession, they have 10s to score</li> </ul>					 <p style="font-size: small; text-align: center;">Created using SoccerTutor.com Tactics Manager</p>
<p>DURATION: 15 - 20 MIN</p>	<p><b>Small Sided Game</b></p>					
<p>CONES X 25</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>	



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 2



SESSION FOCUS: 1v1

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Divide the field in 3 horizontal areas. Divide the players into 3 groups of strikers and 3 groups of defenders, they stay in opposite ends facing each other. Defenders start with the ball and make a pass to attackers who control the ball and engage in a 1v1 situation. <b><u>Defenders should be passive for the first 3 turns (when the first player returns to the area he/she started the defenders can start to tackle).</u></b></p> <p>Players cannot leave their areas. No shooting in goal. Strikers should change areas after every turn.</p> <p>Swap strikers and defenders after 5 – 7 minutes.</p> <p>Variation: - Players can score a goal from their areas.</p>	<p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>
<p>DURATION: 15 – 20 MIN</p>	<p>1 defender starts with the ball and makes a pass to any striker who controls the ball and engages in a 1v1 situation or pass the ball to his/her team mates. Players cannot leave their areas but they can pass the ball to each other. Offside rule applies.</p> <p>Variations: - Players can change areas but it must always be only one player in each area (no 2v1) - Strikers/Defenders can go in a 2v1 or 1v2 situation.</p>	<p><small>Created with www.SoccerTutor.com Tactics Manager</small></p>

DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Divide the players into 3 groups of strikers and 2 groups of defenders, they stay in opposite ends facing each other. Coach feed balls to attackers who controls the ball and engage in a 1v1 situation or pass the ball to his/her team mates. Offside rule applies. Introduce GK in one of the goals. If defenders win the ball they can score on the other goal with no GK.

Variations:

- 3v3
- 4v3



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES X 20	POLES X 0	BALLS X 15	BIBS 2 sets of colours	GOALS X 2	EXTRA
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## BALMAIN & DISTRICT FOOTBALL CLUB



### SESSION PLAN 3



SESSION FOCUS: RWB

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Place 6 cones around the field, close to the outside line, as per diagram. For every cone, place another cone in front (5m distance), position 1 player on each cone close to the outside lines. Player 1 starts with the ball, he/she must run with the ball to the cone in front and pass the ball to the next player once they reach that cone (and follow their passes, swapping position with next player). Player 2 will receive the pass, dribble towards the cone in front and pass to the next player. Player 3 will repeat the process to next player and so on. Start with 2 balls (player 1 and 4). Drill is continuous.</p>	 <p>Created using SoccerTutor.com Tactics Manager</p>
<p>DURATION: 15 – 20 MIN</p>	<p>Create 2 “boxes” with cones and place 1 defender at the end of each box. The other players should be divided in 2 groups on the edges of the first box. Player A, with the ball, and B start at the same time, the defender must start from the end of his/her box; once the ball enters the area, the defender is free to move forward and tackle the strikers. Defender 2 stay at the end of his box until the ball enters his/her area. Once inside the 2nd box the strikers can attempt to score a goal at any time. Swap defenders every 4min. Variation: - Create a third box so players must pass through 2 defenders before shooting - Increase/decrease size of boxes</p>	 <p>Created using SoccerTutor.com Tactics Manager</p>

DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Divide the players in two teams of 5 (extra players can be used as bouncers). Create 6 gates with cones/poles. The team in possession must dribble the ball through one of the goals to score 1 point, if the defending team wins the ball they swap roles (without stopping the game). The team with more points win.  
Swap bouncers every 2-3 min.



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES X 20	POLES X 0	BALLS X 15	BIBS 2 sets of colours	GOALS X 2	EXTRA
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 4



SESSION FOCUS: Striking the ball

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Place the cones as per diagram. 1 player on each cone, the others behind players 1 and 1'. Player 1 and 1' will start at the same time, they play a wall pass and pass to player 2 and 2' and they pass to player 3 and 3' that will pass to the first player to restart the drill. All players pass and follow their passes. Drill is continuous.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Pass to player 3 and 3' on the floor/in the air</li> <li>- Left/Right foot</li> <li>- Different combination: Player 1 pass to 2, 2 pass to 3 and run to receive the ball back and then pass to the player on position 1' to restart the drill.</li> </ul>	<p>Created using SoccerTutor.com Tactics Manager</p>
<p>DURATION: 15 – 20 MIN</p>	<p>Area 20x30 divided in half. 7 x Attackers positioned along the lines or inside the area against 3 x Defenders inside the area, with only 2 of the 3 Defenders allowed in a half at any one time to defend. Centre Backs (3 and 4) and Centre Midfielders (8 and 10) can play along the length of their designated line. Full Backs (2 and 5) can play along the length of area and CDM (6) can play anywhere inside the full area.</p> <p><b>*Adapt the players depending on numbers – extra defender/player inside, remove one of the CB/CM</b></p> <p>Orange team keeps possession and try to switch the ball to the “free side”, if Blue team wins the ball they should complete 3 passes between them to win a point. Game restarts with one of the CB. Swap defenders every 4min.</p>	<p>Created using SoccerTutor.com Tactics Manager</p>

DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Divide the field in halves (left/right side). Players will be divided in 2 teams with the attacking team (orange) having 2 extra players, attacking team will play 4-3 and defending team 2-3 formation (adapt in case of different player numbers). The players on the blue team marked as M must always be on the same side of the ball (left/right), the other 2 players must stay on their sides. Orange players are free to move anywhere.  
If Blue team wins possession they have no restrictions and try to score but if **Orange re-gain** possession the game restarts from the Orange GK. The game has throw-ins but no corners (game restarts from Orange GK).



DURATION:  
15 - 20  
MIN

Small Sided Game

CONES X 20	POLES X 0	BALLS X 15	BIBS 2 sets of colours	GOALS X 2	EXTRA
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 5



SESSION FOCUS: 1<sup>st</sup> touch

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Create a 30x30 area. Divide the players in 3 groups. One group will be inside the area and the other 2 outside (keep them alternated like in the diagram). One colour from the outside group will start with the ball. The players inside must receive the ball from one colour and pass to a player from the other colour. Swap players inside every 2-3 min.</p>
<p>DURATION: 15 – 20 MIN</p>	<p>In a 30x40 area, divide the players in 3 teams. 2 teams will play possession inside and 1 team will play as support on the outside. All players must have 2 touches (minimum) on the ball and the ball <b>cannot</b> stop, if the ball completely stops that team loses possession. Swap the teams after 2-3 min. Variation: - The team that loses possession should become the defenders and the team that was inside swaps with the outside</p>



DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Divide the players in 2 teams of 4 + GK. The other players will be positioned outside the field as support players and they can move anywhere outside the area. The team in possession can pass the ball to any support player that must bring the ball back inside the area with his/her first touch and join the attacking team. The attacking team can only have 1 support player inside the area at any time, they can pass the ball to another support player but the first one would have to quickly go back outside. If the defending team wins possession the support player inside the area should return to the outside.

Variation:

- All players must have at least 2 touches (minimum) on the ball
- All players must have 2 touches on the ball (no more or less touches)



Created using SoccerTutor.com Tactics Manager

DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES X 20	POLES X 0	BALLS X 15	BIBS 3 sets of colours	GOALS X 2	EXTRA
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# BALMAIN & DISTRICT FOOTBALL CLUB

## SESSION PLAN 6



SESSION FOCUS: 1 v 1


AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p><b>DURATION:</b> 10 – 15 MIN</p>	<p>Create a square with cones. Divide the players in 3 teams; 2 teams outside (1 with ball and 1 without) and 1 team inside (without balls). The players inside must receive the ball from one team and pass to an outside player from the other team. All players should use 2 touches minimum. Swap the teams after 2-3 minutes.</p> <p>Variation: - After 1 round get 2 players from one of the outside teams to become defenders inside. Now the players inside can receive and pass to any free player (except the one they received the pass from). The defenders win a point every time they successfully tackle a player.</p>
<p><b>DURATION:</b> 15 – 20 MIN</p>	<p>Divide the field horizontally in two halves and the players into 4 groups (2 of strikers and 2 of defenders). On one half, the striker will receive the pass with the defender already on his/her back (no space), on the other half the striker will receive the ball with space to attack against the defender. Swap the groups every 5 min.</p>



## DEVELOPMENT PROGRAM SESSIONS

<p>DURATION: 15 – 20 MIN</p>	<p>Divide the players into 2 teams with one of the teams having an extra player. The field will have one end zone in each side. In one side, it plays 1v1 only inside end zone, on the side of the team with the extra player it plays 1v2 inside the end zone. Same number of players in the middle of the field. Change the players on the end zones every 3-4 minutes. Remember to swap the teams sides so both teams experience 1v1 and 1v2 situations.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- The team that has 2 defenders has 1 less player in the middle area</li> <li>- One of the inside players can enter the end zone</li> <li>- Introduce Neutral player for attacking team</li> </ul>					 <p style="font-size: small; text-align: right;">Created with <a href="http://www.SoccerTutor.com">www.SoccerTutor.com</a> Tactics Manager</p>
<p>DURATION: 15 - 20 MIN</p>	<p><b>Small Sided Game</b></p>					
<p>CONES X 20</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>	



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 7



SESSION FOCUS: RWB

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Ball mastery inside the area, coach will ask players to perform different skills (tricks, turns, dribbling fast/slow, left/right foot), at coach signal players must dribble to the smaller area and keep dribbling and performing skills but now with less space. Finish with a “shark attack” game inside the big area, 2 players will be the sharks without the ball (holding bibs), the others will have a ball each and should run away from the sharks. The sharks will try to tackle the players, if successful they give that player the bib and swap roles, they also swap roles if the player that they are chasing or the ball goes out of the area.</p>	<p>Created with <a href="http://www.SoccerTutor.com">www.SoccerTutor.com</a> Tactics Manager</p>
<p>DURATION: 15 – 20 MIN</p>	<p>Create an area of 30 x 20 with 2 goals and a 5m-7m shooting line at each end. Divide the player in 2 teams and position them in opposite sides with one ball per player. The exercise starts with the first player of one team running with the ball to the opposite side and shooting the ball into the goal. They can only shoot once they have crossed the line into the shooting zone, as soon as the player shoots at goal, the first player of the opposite team starts running with the ball to the opposite side, while being chased by the player that just shot. The drill is continuous. Variation: - Increase/decrease the distance to shoot on goal - The chaser just races against the runner to beat him to the shooting line. If the chaser reaches the shooting line first, the runner cannot shoot and score anymore.</p>	<p>Created using SoccerTutor.com Tactics Manager</p>

DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Using the whole area, remove the goals and create 3 gates with cones or poles on each side of the field. Separate the players in 2 teams (if too many players use extra players as neutral, they play for the team in possession and they can't score). Teams play a normal game; the rule is that they can only score by dribbling the ball through one of the gates.

If players are dribbling through the gates but without control of the ball, create a 3mt area after the gates, now the goal is only valid if they dribble through the gate and stop the ball inside this 3mt area.

If players are waiting in front of the gates and not dribbling the ball enough, create a dribbling area 5mt before the gates, now players cannot pass the ball once inside the dribbling area.



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES  
X 20

POLES  
X 12

BALLS  
X 15

BIBS  
2 sets of colours

GOALS  
X 2

EXTRA



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 8



SESSION FOCUS: Players assessment

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

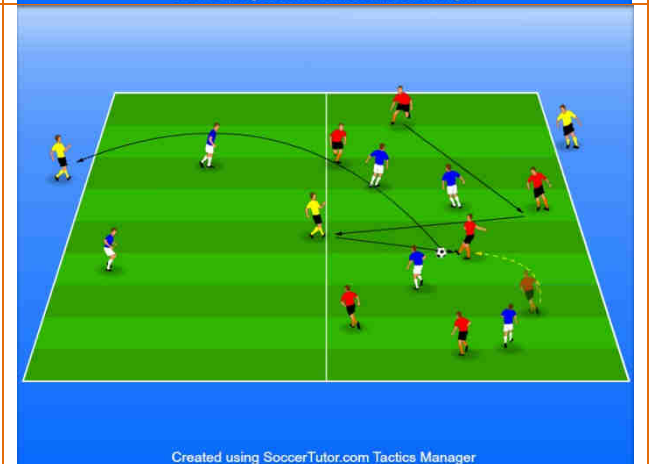
**DURATION:** 10 – 15 MIN

Create a circle with cones. Divide the players in 2 groups, one with 8 players and another with 3. For the team of 8, 6 players will be positioned outside the circle and 2 players inside. The other 3 players will stay inside the circle as defenders. The game is like rondo; the players outside must pass the ball to their teammate inside who passes to a different player outside. The outside players can pass only **once** to another player outside; the next pass must be to a player inside. Players outside should be moving and changing positions all the time. Swap the inside players and the defenders every 2/3 min.



**DURATION:** 15 – 20 MIN

Divide the area in half. Place 3 support players as per diagram (one on each end and one in the middle). Divide the remaining players in 2 teams. One team will start with the ball inside one area, they should have 2 extra players inside the area compared to the defending team. The objective is for the team in possession to be able to combine with the middle support player and successfully pass the ball to the neutral player on opposite area, if successful they must quickly run to the other area and continue the game (1 point). If defending team wins possession they should pass to any of the remaining players on the other area and restart the game from there (2 players from the defending team must always stay on the opposite half).



DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Divide the field in 3 areas (see diagram). Divide the players in 2 teams with GKs. Both teams should always have a striker inside their attacking area. Defenders are not allowed to enter. For this game the striker should be at his/her area until their teammates regain possession, as soon as their team has the ball they can move outside the area to receive a pass, if they receive the pass outside they are not offside but if they receive inside the area it counts as offside.

Variations:

- 2 strikers and 1 defender inside the areas
- When one team **regain** possession, they have 10s to score



DURATION:  
15 - 20  
MIN

**Small Sided Game**

<p>CONES X 25</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 9

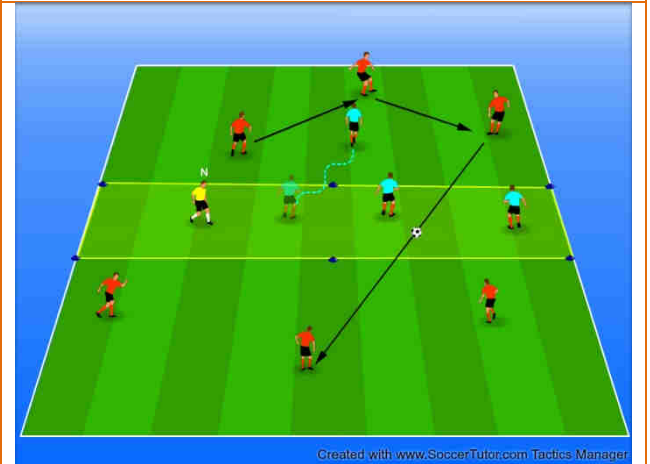
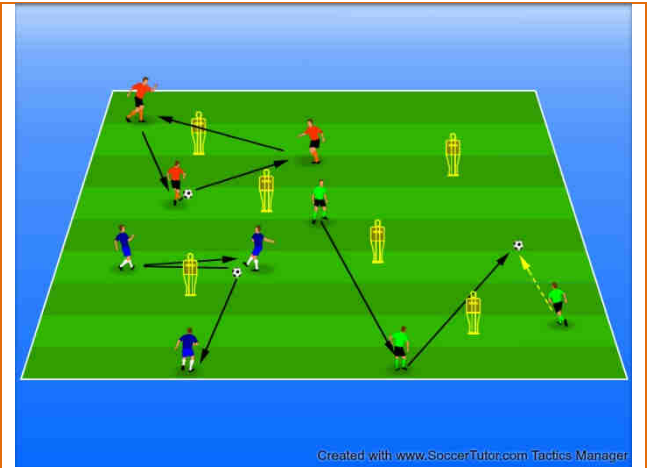


SESSION FOCUS: Striking

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Place poles around the field and divide the players in groups of 3. Every group with one ball. The players should move around the field creating different passing combinations.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Players should have a short pass followed by long pass</li> <li>- Last pass must be a through ball</li> <li>- Limit touches on the ball</li> </ul>
<p>DURATION: 15 – 20 MIN</p>	<p>Create an area in the middle of the field. Divide the players in 3 teams. 1 team in each end area (attackers) and 1 in the middle area (defenders), as the game starts one player from the middle must run and try to tackle the ball, the attackers try to complete 5 passes and pass the ball through the middle to the other side, the remaining defenders tries to block the pass. If the team is successful in pass the ball to the other side, the first defender goes back to the middle area and a different defender runs to the other side to continue the game. Play 3 to 5 minutes' rounds.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Introduce another defender</li> <li>- introduce a Neutral player on middle area to be used by attackers</li> <li>- Passes on the floor/overhead</li> </ul>



DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Put 1 goals in one end of the field and create an area (Change Zone) on the other end. Divide the players in 2 teams they both play in a 4-3 formation (or similar). One team will try to score on the goal. The other team will try to reach the “change zone” (marked on diagram), if successful they swap sides with the other team. Ball always restart with the team trying to reach the “change zone” (game has throw-ins but no corners).

Variation:

- The team attempting to reach the “change zone” must do by a through ball (player should receive the pass on the run (no dribbling inside area and can’t wait inside the zone). If too hard have 1 or 2 extra players on that team.



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES  
X 20

POLES  
X 8

BALLS  
X 15

BIBS  
3 sets of colours

GOALS  
X 2

EXTRA  
4-5 Mannequins instead of  
poles\*



**BALMAIN & DISTRICT FOOTBALL CLUB**  
SESSION PLAN 10



SESSION FOCUS: 1<sup>st</sup> touch

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

**DURATION:** 10 – 15 MIN

Create gates with cones. 1 player behind each cone and others inside the area with a ball (see diagram). The players inside the area must dribble the ball and pass through the gate to an outside player, who receives the ball using his/her 1<sup>st</sup> touch to take the ball to their left or right before entering the area to continue the drill.

Variation:

- Receiving with the inside/outside of right/left foot
- Tapping the ball in front of the cone and running behind the cone

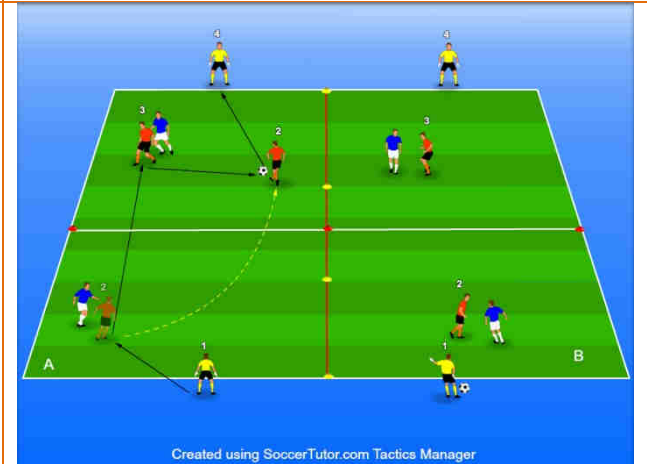


**DURATION:** 15 – 20 MIN

Divide the area in 2 grids and each grid in halves. Place 1 player on the outside of each area and 2 players on each half of each grid. The ball starts with the outside player; he/she must pass the ball to the player on their half that should combine with the player on opposite half to pass to opposite outside player (minimum of 2 touches for the inside players). Defenders must stay on their areas. If more than 12 players, the extra players can be behind the outside player that starts with the ball, players should swap positions at the end of each turn (1-2-3-4-1). If defenders win possession the game restarts with the roles inverted.

Variation:

- Outside player can pass to any player (any half)
- Outside player can enter area to support attacking player



## DEVELOPMENT PROGRAM SESSIONS

**DURATION:**  
15 – 20  
MIN

Divide the players in 2 teams. Create 2 squares with cones (3mt x 3mt, see diagram). 1 player from each team will be positioned inside the square, the team in possession must pass the ball to the player inside who must exit the square with his/her first touch (passing and receiving players should swap places) to score 1 point. Ball restarts from the coach when teams score.

If players start to guard the square, introduce the rule that 7 consecutive passes scores 1 point and passing to the target player scores 4 points.

Variation:

- Neutral players
- Increase/decrease area
- Players must have a minimum of 2 touches on the ball



**DURATION:**  
15 - 20  
MIN

### Small Sided Game

**CONES**  
X 20

**POLES**  
X 0

**BALLS**  
X 15

**BIBS**  
3 sets of colours

**GOALS**  
X 2

**EXTRA**



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 11



SESSION FOCUS: 1v1

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p><b>DURATION:</b> 10 – 15 MIN</p>	<p>Create 5x5 triangles with cones and place it randomly around the area, you should have the exactly same number of triangles and defenders. Divide the players in 2 groups, attackers and defenders, and ask the defenders to position themselves one in each triangle. The attackers should have a ball each, they should dribble towards a defender and try to get inside the triangle from one side and leave from another. For the first round of each group the defenders should be passive and let the strikers pass just by shadowing. Only 1 attacker attempting to pass the defender at one time.</p> <p>Swap teams every 2 min.</p> <p>Finish with a competition, in 1 minute every attacker must count how many successful times they could pass a defender, swap teams and compare the results at the end.</p>
<p><b>DURATION:</b> 15 – 20 MIN</p>	<p>A grid of approximately 15m x 15m with a halfway line and three gates of 5m at each end. Two groups positioned opposite one another in the middle gate (see diagram). One group with a ball each; the other without a ball. First player passes to the first player of the opposite group and immediately sprints to the halfway line (must start defending on or over the halfway line, waiting in own half is not allowed). Attacking players are trying to get past the defender and score by dribbling through the left or right gate. The action stops when orange scores or yellow wins the ball. Count how many goals each team scores.</p> <p>Players return to their lines, swap groups after 4-5 min.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- If defender wins the ball they can attempt to score</li> <li>- 2v1</li> </ul>



DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Mark out an area approximately 40 x 30 and split into 3 zones. Each end zone is split in half. Each team has 5-6 players and nominates two to be defenders, the others play 3 v 3 or 4 v 4 in the central area, extra players can be bouncers outside the central area.

The game always start from one of the defenders of the team in possession. The teams scores by 1 of their players dribbling into one of the areas, engaging on a 1v1 with the defender and crossing the back line with the ball under control. No other players can enter the zone. Defenders must stay behind the back line in their zone (outside the field) and can only enter once the attacking player enters his/her zone. Rotate the defenders frequently.



DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES  
X 20

POLES  
X 0

BALLS  
X 15

BIBS  
3 sets of colours

GOALS  
X 2

EXTRA



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 12



SESSION FOCUS: RWB

AGE GROUP: U10/U11/U12

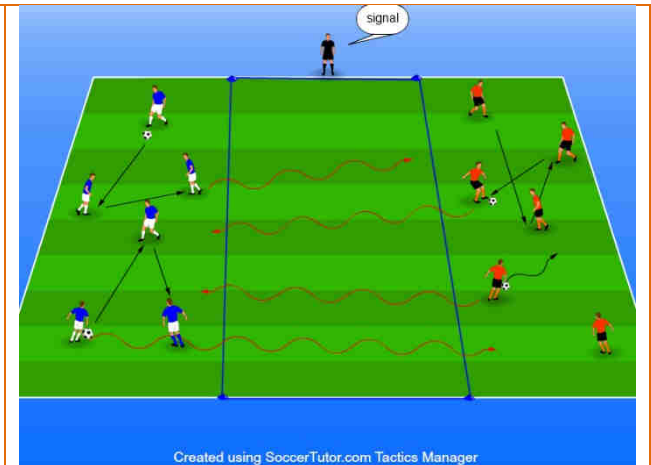
DURATION: 60/75 min

**DURATION:** 10 – 15 MIN

Divide the field in 3 areas and the players in 2 teams. 1 team in each area with 2 balls, passing and moving inside the area; when the coach signals the players in possession of the ball must dribble as fast as possible to the opposite area, the first player to reach the other side wins a point for his/her team.

Variation:

- Players dribble to opposite area and return to score the point
- 1 player from each team goes to the opposite area to become a defender



**DURATION:** 15 – 20 MIN


Divide the players in 2 teams and the field in 3 parts (see diagram). The blue area is a free zone, no defenders can go in and the striker can stay inside for 4s. One team (orange) will keep possession and try to pass the ball to their striker inside the free zone, the striker must receive the ball and dribble towards his/her attacking area and try to score. The other team (blue) will attempt to regain possession and scores without any restrictions. The ball should always restart from the orange GK (no corners or throw-ins).

Variation:

- Add another striker (2v1) and/or defender in attacking area
- 1 player from the attacking team can enter free zone (to receive a pass or by dribbling the ball inside) and join striker in a 2(3)v1 situation
- 1 defender is allowed inside the free zone



## DEVELOPMENT PROGRAM SESSIONS

<p>DURATION: 15 – 20 MIN</p>	<p>Divide the field in 2 areas and the players in 2 teams. On each end, we should have 2 defenders + GK against 1 striker and equal numbers inside the middle area. The only way for the ball to enter another area is by the player dribbling the ball (no passes) between areas. Only one player from a different area can enter the next one (1 defender to midfield, 1 midfield to attack).</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- The players in possession can move freely inside any area but they still need to dribble the ball from one area to the other</li> <li>- Team must enter the next zone after 3 passes maximum</li> </ul>	 <p style="font-size: small; text-align: center;">Created using SoccerTutor.com Tactics Manager</p>			
<p>DURATION: 15 - 20 MIN</p>	<p><b>Small Sided Game</b></p>				
<p>CONES X 20</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 2 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>





## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 13

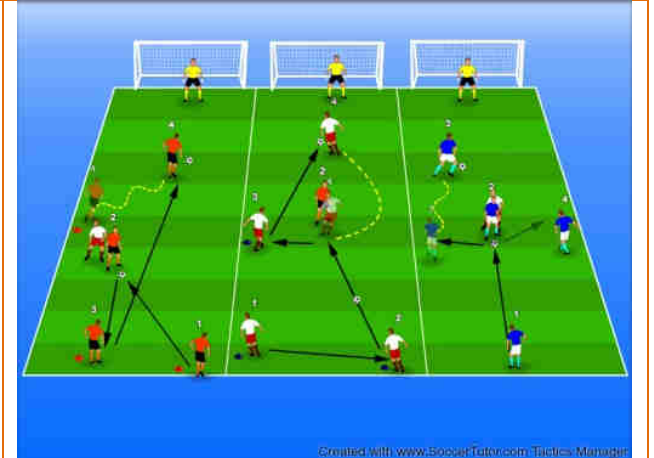


SESSION FOCUS: Striking

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

<p>DURATION: 10 – 15 MIN</p>	<p>Y passing: Set the cones in a "Y" shape. Player 1 passes to player 2 who receives the ball and turn to face and pass to Player 3. Player 3 dribbles the ball and joins the line. One player passes to the right and the next player pass to the left (from player 2 to 3). T Passing: Set cones in a "T" shape. Player 1 passes to 2, 2 to 3. Player 3 does a wall pass with player 5 before passing to player 4. Player 4 receives and dribbles the ball to position 5. All players pass and follow their passes. Variation: - Wall passes - 1-2-3 passing combination - Passive defenders</p>
<p>DURATION: 15 – 20 MIN</p>	<p>4v1 on the area, Defender must stay on middle player only (start as <b>passive defender</b>). Situation 1: P1 pass to P2 who pass to P3 and move away to create space. P3 pass to P4 to finish. Situation 2: P4 receives the ball, pass to P3 and turn over the "defender". P3 passes back to P4. Situation 3: P2 receives the ball and control with the sole, protecting form the defender, P2 chooses to pass to P3 or P4. <u>Setup on both halves of the field so players can have more repetitions.</u> Variations: - Passive defender / Active defender on middle player only - Defender starts on middle player but can tackle the other player's after - Remove cones and play 4v1/4v2</p>



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DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

4+2 v 4, GK in each goal. Normal game, but players can only score by receiving a pass from one of the extra players on the outside end line.

Change players every 3-4 minutes.

Variations:

- Outside players have only one touch
- Attackers have only one touch to finish
- Introduce Neutral player that plays only for attacking team



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DURATION:  
15 - 20  
MIN

**Small Sided Game**

CONES X 20	POLES X 0	BALLS X 15	BIBS 3 sets of colours	GOALS X 2	EXTRA
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 14



SESSION FOCUS: 1<sup>st</sup> touch

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

**DURATION:** 10 – 15 MIN

Set the field as per diagram (using mannequins or poles), one player per mannequin. The first player starts with the ball, he/she waits until the next player checks in and out before passing the ball. The second player receives the ball in an angle and using the back foot to prepare for his/her next pass (diagonal). 2 balls at the same time, players pass and follow their passes. Drill is continuous.

Variation:

- Player checks out and then in to receive the ball in front of the mannequin and with the outside of his/her front foot
- The player receiving the ball is free to choose how/where to receive the ball, the passing player must recognize the receiver movement before passing the ball



**DURATION:** 15 – 20 MIN


Create a 30x30 area with cones; divide the players in 2 teams. 2 players of each team will be positioned on opposite sides (1 on each side); the others will play a possession game inside the area, using only the support players from their team. All players must use a minimum of 2 touches on the ball. Swap support players every 90sec – 2min.

Variation:

- Make the area bigger/smaller
- Introduce neutral player that plays for attacking team only.



## DEVELOPMENT PROGRAM SESSIONS

<p>DURATION: 15 – 20 MIN</p>	<p>Divide the players in 3 teams. 2 teams inside the field and 1 team will have half the players in and half out. The team in possession can use the extra players (inside and outside) to maintain possession and try to score a goal. If the defending team wins possession they can use the extra players and try to score on the other side. <b>Players must have a minimum of 2 touches on the ball</b> (even extras). Swap teams every 4min.</p>					
<p>DURATION: 15 - 20 MIN</p>	<p><b>Small Sided Game</b></p>					
	<p>CONES X 20</p>	<p>POLES X 6</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA 6 mannequins instead of poles</p>



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 15



SESSION FOCUS: Players assessment

AGE GROUP: U10/U11/U12

DURATION: 60/75 min

**DURATION:** 10 – 15 MIN

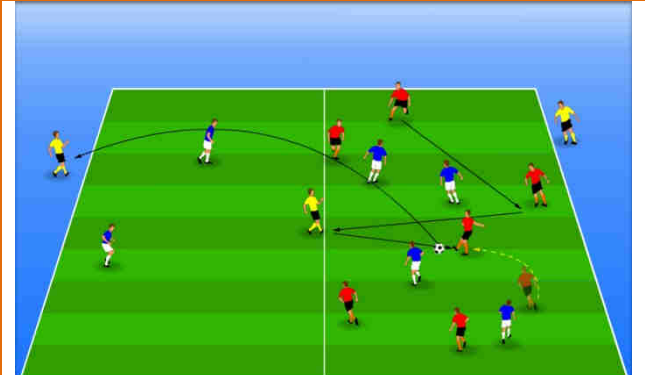
Create a circle with cones. Divide the players in 2 groups, one with 8 players and another with 3. For the team of 8, 6 players will be positioned outside the circle and 2 players inside. The other 3 players will stay inside the circle as defenders. The game is like rondo; the players outside must pass the ball to their teammate inside who passes to a different player outside. The outside players can pass only **once** to another player outside; the next pass must be to a player inside. Players outside should be moving and changing positions all the time. Swap the inside players and the defenders every 2/3 min.



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**DURATION:** 15 – 20 MIN

Divide the area in half. Place 3 support players as per diagram (one on each end and one in the middle). Divide the remaining players in 2 teams. One team will start with the ball inside one area, they should have 2 extra players inside the area compared to the defending team. The objective is for the team in possession to be able to combine with the middle support player and successfully pass the ball to the neutral player on opposite area, if successful they must quickly run to the other area and continue the game (1 point). If defending team wins possession they should pass to any of the remaining players on the other area and restart the game from there (2 players from the defending team must always stay on the opposite half).



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DEVELOPMENT PROGRAM SESSIONS

DURATION:  
15 – 20  
MIN

Divide the field in 3 areas (see diagram). Divide the players in 2 teams with GKs. Both teams should always have a striker inside their attacking area. Defenders are not allowed to enter. For this game the striker should be at his/her area until their teammates regain possession, as soon as their team has the ball they can move outside the area to receive a pass, if they receive the pass outside they are not offside but if they receive inside the area it counts as offside.

Variations:

- 2 strikers and 1 defender inside the areas
- When one team **regain** possession, they have 10s to score



DURATION:  
15 - 20  
MIN

**Small Sided Game**

<p>CONES X 25</p>	<p>POLES X 0</p>	<p>BALLS X 15</p>	<p>BIBS 3 sets of colours</p>	<p>GOALS X 2</p>	<p>EXTRA</p>
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