



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 1



SESSION FOCUS: Players assessment

AGE GROUP: U8/U9

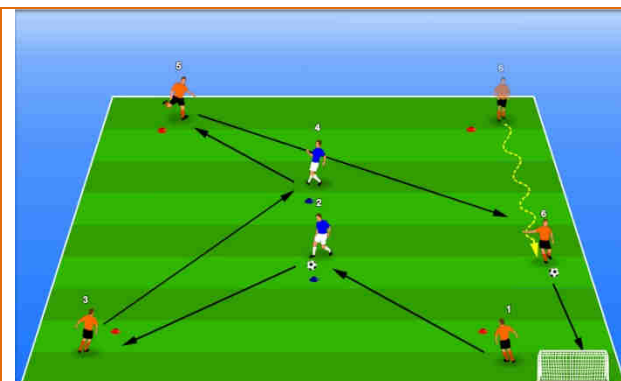
DURATION: 60 min

DURATION:  
10 – 15  
MIN

Place 6 cones as 2 mirrored pyramids (use a different color for the middle cones). 1 player in each cone. Player 1 starts with the ball by passing to player 2 who has 2 touches only (1 to prepare and 1 to pass) and pass to player 3 who has only 1 touch (the players in the middle - blues - can use 2 touches, the others try to pass using one touch if possible), when the ball reaches player 6 he runs halfway and shoot. Start with 1 ball only, when the players understand the drill, ask for the next player on position one start when the other ball leaves player 4.

Variations:

- Remove middle cones, 2 players will be in the middle and add 2 passive defenders inside the square (swap them every 1-2min). The players inside now must move away from defenders to be able to pass the ball to the next player, the middle players can combine between themselves



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DURATION:  
15 – 20  
MIN

Divide the field in 3 areas with the middle area being 30x30 and the end areas 5x30. Divide the players in 3 teams of 4 with different coloured bibs. 2 teams will play against each other on the middle area and the third team will be divided with 2 (CBs) players in each end area. Ball always start from the CBs; the objective is to make the ball go from one CBs side to the other; CBs can't leave their area and can't be tackled; both CBs must touch the ball before reaches the other side. If defenders win the ball they should pass to a CB to restart.

Variations:

- Add a neutral player for team with possession
- 1 CB can now dribble the ball into the middle area to create an overload to the attacking team
- Defending players can press the CBs

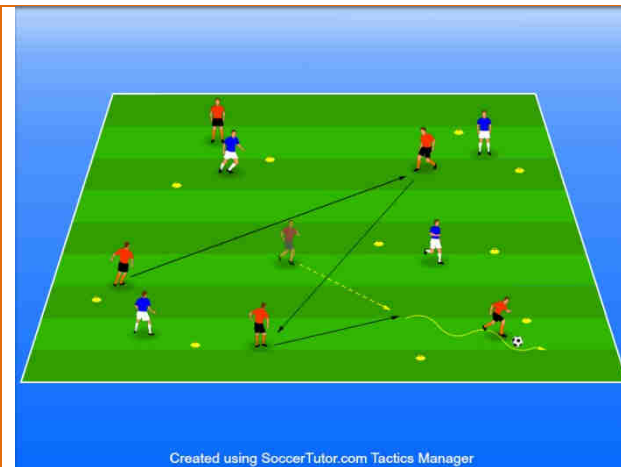


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CYCLE 1

**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**

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

### SESSION PLAN 2



SESSION FOCUS: 1v1

TEAM/AGE GROUP: U8/U9/U10

DURATION: 60 min

<p>DURATION:</p> <p>10 – 15 MIN</p>	<p>Set the field with 3 lines of cones. Divide the players in 3 groups. The players should dribble the ball towards the goal and perform a trick on each cone (use tricks that were showed during warm up) before shooting into an empty goal.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- exit of the trick to the left/right</li> <li>- Remove the middle column and introduce a defender where the last cone was, before the goal, also remove the middle cones. Now 2 players go at the same time and should practice their tricks on the first and engage on a 1v1 against last defender</li> </ul>
<p>DURATION:</p> <p>15 – 20 MIN</p>	<p>Put a cone on the middle of the halfway line. Divide the players in two teams (attackers and defenders) and divide each team in two groups. The defenders should be positioned on the side of each goal and the attackers outside the field facing each other on the halfway line (with one ball each player). On the coach signal the players should dribble the ball to the cone in the middle and turn to the right, stopping the ball completely. They swap balls and attack the goal, once they started their run the defender can try to tackle.</p> <p>Change teams after 7 min.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- After one of the attackers/defender score/tackle they can help their teammate on the other side (2v1 or 1v2)</li> <li>- After one side score/lose the ball, both players can join the other side (2v2)</li> </ul>



CYCLE 1

DURATION:  
15 – 20  
MIN

Game with the condition that if a player from the team scores after engaging on a 1v1 and passing his/her opponent the goal is worth 5 points. Any other way it's 1 point.



DURATION:  
15 - 20  
MIN

**Small Sided Game**

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

### SESSION PLAN 3



SESSION FOCUS: RWB

TEAM/AGE GROUP: U8/U9/U10

DURATION: 60 min

**DURATION:** 10 – 15 MIN

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.



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**DURATION:** 15 – 20 MIN

Create a running area with cones, place just a few cones inside the area; divide the players in 2 teams (attackers and defenders) and each team in 2 groups (see diagram). The exercise starts with the first player on defenders group passing the ball to the first player on attacker group (nice and firm pass). Attacker controls the ball and runs with it at speed towards the goal, trying to avoid the cones on their way. Defender follows their pass, **overlaps** and then chases attacker who tries to finish (the shot can only be taken after exiting running area). After the action finishes, the **defender collects the ball and return to their line, attacker (only) swap lines.** Swap groups after 7 minutes



Created using SoccerTutor.com Tactics Manager

CYCLE 1

DURATION:  
15 – 20  
MIN

Divide the field in 3 areas (end zones on both sides). Separate the players in 2 teams. No player is allowed inside end zones. Players can pass the ball to each other in the central area but can only get inside end zone by dribbling the ball in, once inside they must dribble and cross the end line (with the ball in control), no passes allowed. Defenders can get in the end zone only when attacking player crosses the line to dribbling zone.

Variation:

- Players can shoot in the goal once inside end zone, still no passes allowed



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DURATION:  
15 - 20  
MIN

**Small Sided Game**

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

### SESSION PLAN 4



SESSION FOCUS: Striking the ball

TEAM/AGE GROUP: U8/U9/U10

DURATION: 60 min

DURATION:

10 – 15  
MIN

Create a 20x20 square in the middle of the field. Half of the players are outside the square with balls and the other half are inside the square with no balls.

Players must do 3 passes with outside player and dribble the ball to another outside player to repeat the exercise.

Swap players every 2 minutes or players realise even number of passes and swap (for example: 4 passes, so they swap positions).

Variation:

- Left/Right foot only
- Pass from a volley (inside foot, shoe laces)
- Pass from a header



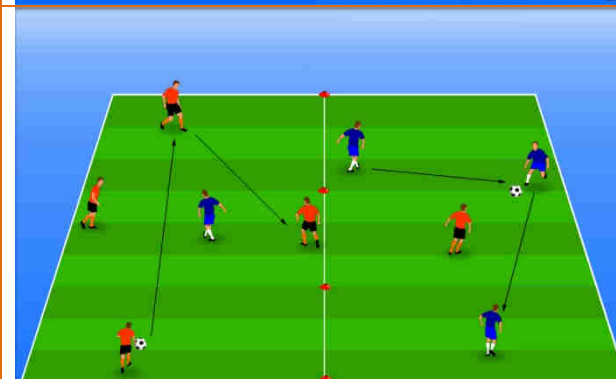
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DURATION:

15 – 20  
MIN

Possession game. Players will be inside a 20x20 area and play 3 or 4 v 1 or 4 v 2. The players in possession can only move between their cones (horizontally) and do not change positions between themselves during the game (coach can ask them to swap positions). On 3 v 1 situations, the players can swap position by moving to the free side only.

Swap defenders every 3-4 minutes.

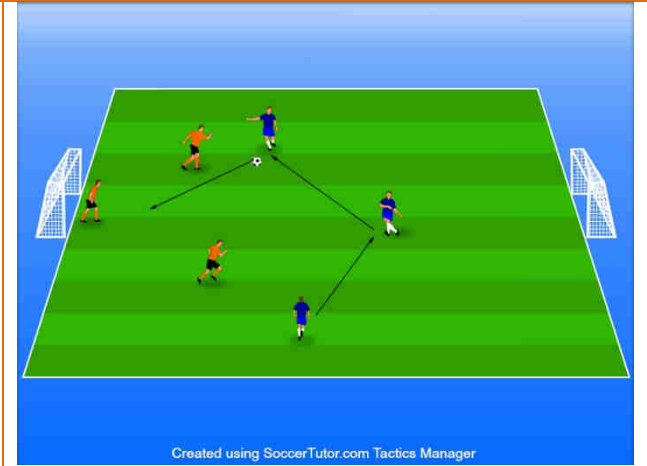


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CYCLE 1

**DURATION:**  
15 – 20  
MIN

Divide the players in teams of 3. Make the field smaller (15x20). 2 teams will play for 1 min while the other players do juggles. The team defending must always have a GK under the goal (not coming out) while the team attacking must always have 3 players out (GK moves forward) so we always have a 3v2 situation (if the defending team wins possession their GK should come out of goal asap and the GK from the attacking team must run to their goals). This game has no throw-ins or corners and the ball should always be restarted by the GK or the coach (keep the game flowing as fast as possible). Swap teams every 1min.



**DURATION:**  
15 - 20  
MIN

**Small Sided Game**

<p><b>CONES</b> X</p>	<p><b>POLES</b> X</p>	<p><b>BALLS</b> X</p>	<p><b>BIBS</b> sets of colours X</p>	<p><b>GOALS</b> X</p>	<p><b>EXTRA</b></p>
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 5

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

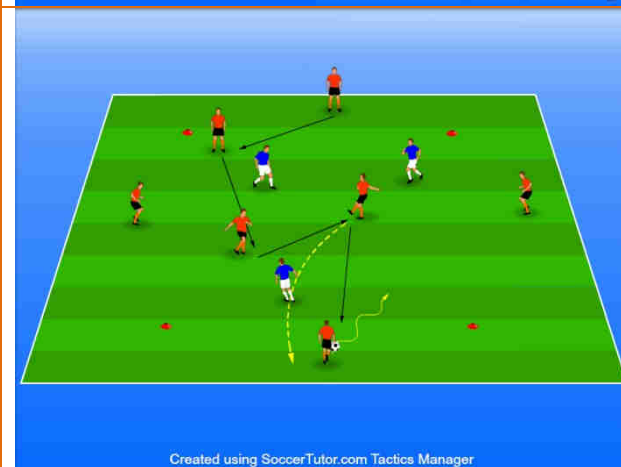
TEAM/AGE GROUP: U8/U9/U10

DURATION: 60 min

<p>DURATION:</p> <p>10 – 15 MIN</p>	<p>Create a 20x20 area with cones, half of the players inside the square without balls, the other half outside with balls.</p> <p>The players outside must pass the ball to inside players who will control the ball with different parts of the body (head, chest, foot, thigh etc.). They dribble and pass to another outside player and go receive the ball from another outside player.</p> <p>When the outside players receive the pass back they should work on their first touch as well (receive with the inside/outside of left/right foot for example)</p> <p>Change players every 2 min.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Outside players throw the ball so inside players can receive different ways to control</li> </ul>
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<p>DURATION:</p> <p>15 – 20 MIN</p>	<p>Create a 30x30 area with cones. 3 players will be inside the area as defenders and 3 as attacking team, the attacking team will also have 1 player on each side of the area (on the outside). The attacking team play a possession game inside the area, their objective is to pass the ball to an outside player and swap positions with him/her. The outside player <b>cannot</b> stop the ball outside, their first touch should move the ball back inside the area.</p> <p>Swap defenders every 3 min.</p> <p>Variation:</p>
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CYCLE 1

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



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DURATION:  
15 - 20  
MIN

**Small Sided Game**

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

### SESSION PLAN 6



SESSION FOCUS: 1 v 1

TEAM/AGE GROUP: U8/U9/U10

DURATION: 60 min

**DURATION:** 10 – 15 MIN

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.

Swap teams every 2 min.

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.



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**DURATION:** 15 – 20 MIN

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.

Players return to their lines, swap groups after 4-5 min.

Variation:

- If defender wins the ball they can attempt to score
- 2v1

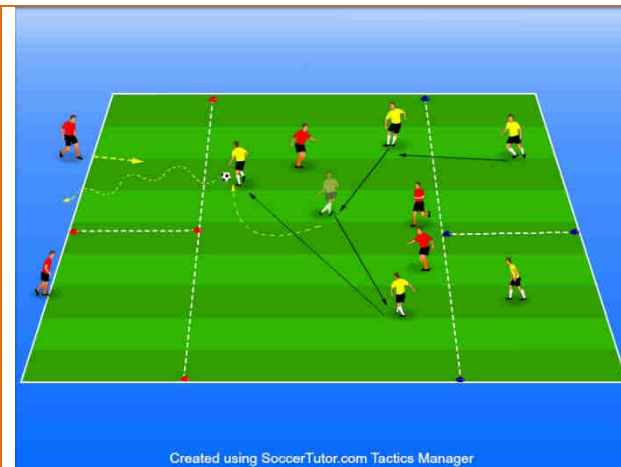


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CYCLE 1

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 neutral players for the team in possession 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	POLES X	BALLS X	BIBS sets of colours X	GOALS X	EXTRA
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 7



SESSION FOCUS: RWB

TEAM/AGE GROUP: U8/U9/U10

DURATION: 60 min

**DURATION:** 10 – 15 MIN

Create 20x20 square. Place cones randomly in the area. Every player with a ball. Players will dribble the ball inside the area and avoid hitting the cones, they should perform different ways to change direction and have the ball under control, the ball should always stay inside the area. Finish with a “shark attack” game, 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. The other ways that the sharks can win the ball is if the ball hits any of the cones or if it goes outside the area.



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**DURATION:** 15 – 20 MIN

Create two lines of cones, 1st line 5m apart and the 2nd 12m from the first, leave around 10m area from the end of second area and the goal. The players in pairs with one ball and positioned in grids A, B, C and D. The pairs pass the ball back and forward to each other while waiting for their turn. The exercise starts with the pair in grid A when, at the coach’s signal, the player further from the goal passes the ball to the other player; that player turns and runs with the ball towards the goal and tries to score (after crossing the last line of cones). The passing player gives chase and tries to stop attacker from finishing. Players swap position for next run; regularly change the composition of the pairs as well.

Variation:

- Increase/decrease the “passing area”
- Increase/decrease the dribbling area



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CYCLE 1

**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. 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**

<p><b>CONES</b> X</p>	<p><b>POLES</b> X</p>	<p><b>BALLS</b> X</p>	<p><b>BIBS</b> sets of colours X</p>	<p><b>GOALS</b> X</p>	<p><b>EXTRA</b></p>
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 8



SESSION FOCUS: Players assessment

AGE GROUP: U8/U9

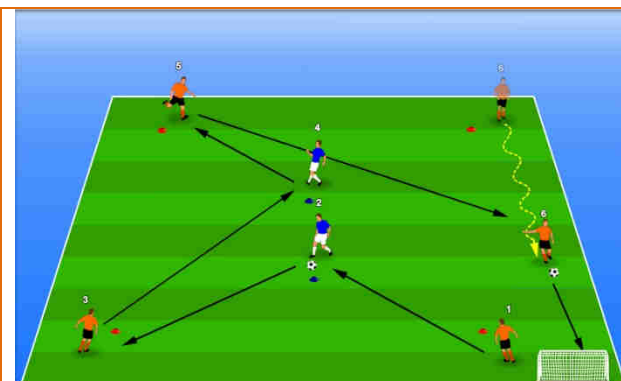
DURATION: 60 min

DURATION:  
10 – 15  
MIN

Place 6 cones as 2 mirrored pyramids (use a different color for the middle cones). 1 player in each cone. Player 1 starts with the ball by passing to player 2 who has 2 touches only (1 to prepare and 1 to pass) and pass to player 3 who has only 1 touch (the players in the middle - blues - can use 2 touches, the others try to pass using one touch if possible), when the ball reaches player 6 he runs halfway and shoot. Start with 1 ball only, when the players understand the drill, ask for the next player on position one start when the other ball leaves player 4.

Variations:

- Remove middle cones, 2 players will be in the middle and add 2 passive defenders inside the square (swap them every 1-2min). The players inside now must move away from defenders to be able to pass the ball to the next player, the middle players can combine between themselves



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DURATION:  
15 – 20  
MIN

Divide the field in 3 areas with the middle area being 30x30 and the end areas 5x30. Divide the players in 3 teams of 4 with different coloured bibs. 2 teams will play against each other on the middle area and the third team will be divided with 2 (CBs) players in each end area. Ball always start from the CBs; the objective is to make the ball go from one CBs side to the other; CBs can't leave their area and can't be tackled; both CBs must touch the ball before reaches the other side. If defenders win the ball they should pass to a CB to restart.

Variations:

- Add a neutral player for team with possession
- 1 CB can now dribble the ball into the middle area to create an overload to the attacking team
- Defending players can press the CBs

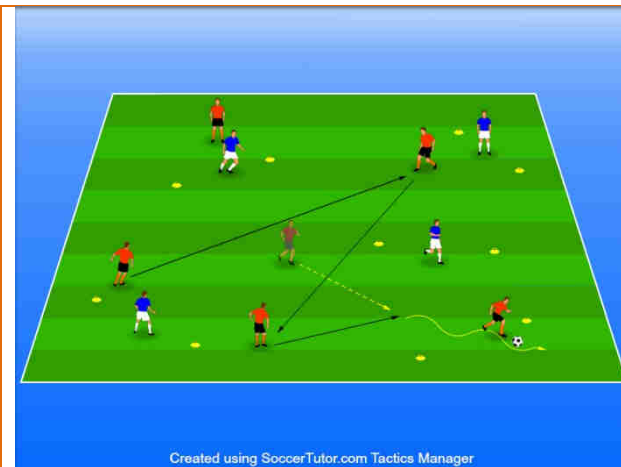


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CYCLE 1

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**

<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: U8/U9

DURATION: 60 min

**DURATION:** 10 – 15 MIN

Create a 25x25 square in the middle of the field. Half of the players are outside the square with balls and the other half are inside the square with no balls. Players must do a wall pass with any outside player and dribble the ball to another outside player to repeat the combination. Swap players every 2 minutes.

**Variation:**

- Only left/right foot



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**DURATION:** 15 – 20 MIN

Divide the field in 2 halves. Players will be divided in groups of 3. 2 teams play possession on one half; the attacking team will have 3 players, the defenders 2 players + GK; after a set number of passes **one player** from the attacking team can receive a through ball on the second half and try to score, **one defender** can chase and try to tackle. If more than 11 players create 2 areas so 4 teams can play at the same time. Swap teams every 2min.

**Variation:**

- Introduce neutral player
- if too easy play 3v3
- if too hard play 3v1 and 1 extra defender can start behind the goal and only enter when attacking player touches the ball on second half



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CYCLE 1

**DURATION:**  
15 – 20  
MIN

4+4 v 4, GK in each goal. In this game, players can only score by shooting on 1<sup>st</sup> touch, if they control the ball and shoot it's a goal kick for the other team. The neutral players can move anywhere outside the field, if the team scores by a pass from one of the extra players on the outside it counts as 5 goals. Change players every 3-4 minutes.

Variations:

- Introduce Neutral player inside the field for the team in possession



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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 10

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

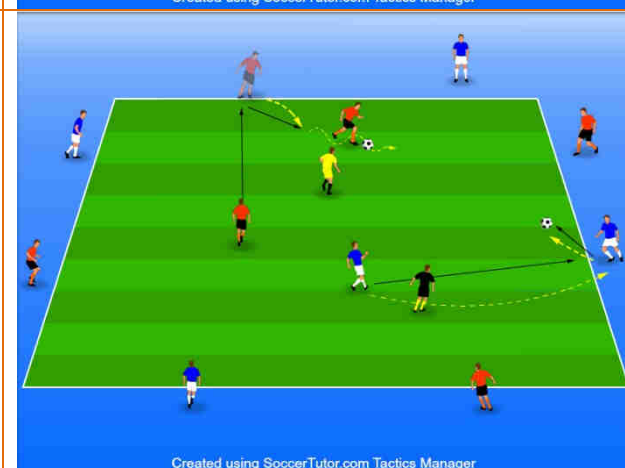
AGE GROUP: U8/U9

DURATION: 60 min

<p>DURATION:</p> <p>10 – 15 MIN</p>	<p>Place cones as per diagram (2mt wide x 4mt long) with a 3<sup>rd</sup> cone (blue) as a mark for the next player in line to stand behind. 4 players on each station.</p> <p>The 1<sup>st</sup> player pass the ball in between the cones to the player in front, he/she must use their 1<sup>st</sup> touch to move the ball past the cone and their 2<sup>nd</sup> touch to pass the ball (in between the cones) to the next player (after the pass they move behind the blue cone and the player that was waiting moves forward to continue the drill), drill is continuous.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Receive the ball with inside/outside of left/right foot</li> <li>- Ball should pass in front of the cone and player behind</li> </ul>
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<p>DURATION:</p> <p>15 – 20 MIN</p>	<p>Create a square area with cones (the size of the area will depend on the number of players). Divide players in 2 teams, 1 player from each team will be inside the area with the ball and the others outside (see diagram). 2 players are going to be defenders (1 for each team, they can only tackle the players from the team assigned).</p> <p>The player inside the area must pass to an outside teammate and swap positions, the player receiving the pass should move the ball inside the area with their 1<sup>st</sup> touch and try to find another free player to pass the ball and swap places (<b>minimum of 2 touches on the ball</b>; they cannot pass to the player they received from). If the defender wins the ball they either score 1 point (swap defenders every 90s) or swap with the player who made the mistake.</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Increase the number of players and defenders inside the area</li> <li>- Bigger/smaller area</li> </ul>
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CYCLE 1

DURATION:  
15 – 20  
MIN

Increase the size of the area from the previous game, place the defenders in teams (1 for each) and increase the number of players inside the area (minimum 3). Now the 2 teams play against each other, they score every time they successfully pass the ball to an outside player and this player can move the ball inside the area with his/her 1<sup>st</sup> touch (if they stop the ball or the ball doesn't go inside the area with their 1<sup>st</sup> touch they either continue with the ball but don't score any point or they lose possession).

Variation:

- Neutral player for the team in possession (they cannot pass to the outside players)
- **Minimum of 2 touches** on the ball for the player's inside



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 11



SESSION FOCUS: 1v1

AGE GROUP: U8/U9

DURATION: 60 min

<p>DURATION: 10 – 15 MIN</p>	<p>Divide the players in 2 teams. Players are matched up, 1 player with the ball (orange) and the other without (blue), and compete to keep the ball. At irregular intervals, the coach stops the game and counts the number of soccer balls each team possesses. The team with the most balls wins a point for that round, swap the team that starts with the ball for the next round. You can play for a set period or until one team reaches X points.</p> <p>Variation: - Remove some of the balls, now players can combine between themselves to keep the ball and defenders can team up to regain possession</p>	 <p>Created with <a href="http://www.SoccerTutor.com">www.SoccerTutor.com</a> Tactics Manager</p>
<p>DURATION: 15 – 20 MIN</p>	<p>Divide the players in 2 teams and each team in 2 groups, 1 group from each team with ball and the other without.</p> <p>First player starts with the ball in a 1v1 situation, right after he/she shoots/lose the ball the next player from the defending team join the defender to attack in a 2v1 situation on the other side, after the other team attack in a 2v2 situation, the drill build up until all the players are in the field (2v3, 3v3, 3v4, 4v4...). Drill is continuous.</p>	 <p>Created with <a href="http://www.SoccerTutor.com">www.SoccerTutor.com</a> Tactics Manager</p>

CYCLE 1

DURATION:  
15 – 20  
MIN

Divide the field in 3 areas (two end zones on both sides). Separate the players in 2 teams, all players from the attacking team starts inside middle zone, the defending team must have 1 player on each end zone always. The attacking team keep possession and attempt to get 1 player in a 1v1 situation against the defender and score. Change the players on the end zones every 2-3 minutes.

Variations:

- 1 striker and 1 defender inside end zones always. Attacking team can have a 2<sup>nd</sup> player entering that zone to score (2v1)



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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



## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 12



SESSION FOCUS: RWB

TEAM/AGE GROUP: U8/U9

DURATION: 60 min

**DURATION:** 10 – 15 MIN

Create 4 squares with cones (one in each corner) and place one cone between squares. Divide the players in 2/3 groups and between squares. Every player with a ball and numbered; coach will call a number, that player will dribble the ball from one square to the other realizing different exercises in between (Sprinting, dribble to cone stop-and-go, perform a trick at cone, circle the cone while dribbling the ball).

All players must do on both directions.

Variations:

- Dribbling with weak foot
- Call 2 numbers at a time so they can race between each other



**DURATION:** 15 – 20 MIN

Divide the area in 3 lanes. In each side lane, we have a defender (blue) and in the middle lane we will have all players in groups of 3 with a ball each (orange). The players start dribbling the ball with speed towards the end of the middle area, the middle player will shoot in goal as soon as he/she crosses the end line (ball should be moving). The players on each side will turn and enter the side areas where they play 1v1 and attempt to score in the mini goals.

Players should swap their starting position after every round. Swap defenders every 2-3 minutes



CYCLE 1

**DURATION:**  
15 – 20  
MIN

Divide the field in 2 halves. Players will be divided in groups of 3.  
2 teams play possession on one half; the attacking team will have 3 players, the defenders 2 players + GK; after a set number of passes **one player** from the attacking team can receive a through ball on the second half and try to score, **one defender** can chase and try to tackle. Teams not playing can stay outside as support players but only inside players can give the final pass to attack.  
Swap teams every 2min.  
Variation:  
- Introduce neutral player  
- if too easy play 3v3  
- if too hard play 3v1 and the extra defender can start behind the goal and only enter when attacking player touches the ball on second half



**DURATION:**  
15 - 20  
MIN

**Small Sided Game**

CONES X 20	POLES X 4	BALLS X 15	BIBS 3 sets of colours	GOALS X 2	EXTRA Tall cones instead of poles
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## BALMAIN & DISTRICT FOOTBALL CLUB

### SESSION PLAN 13

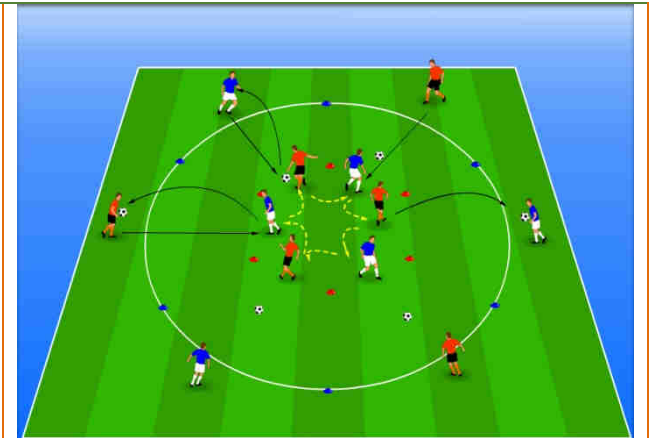


SESSION FOCUS: Striking

AGE GROUP: U8/U9

DURATION: 60 min

<p>DURATION: 10 – 15 MIN</p>	<p>Half the players are positioned outside of the circle with a ball each and act as 'goalkeepers'. The other players are inside without a ball, in a smaller circle shaped by 6 cones. They receive a rolled ball off a 'goalkeeper' and with a controlled instep drive, shoot it back into the goalkeeper's hands. After going back around the next cone, they receive a ball from the next 'goalkeeper'. Change roles and direction every 2 minutes</p> <p>Variation:</p> <ul style="list-style-type: none"> <li>- Pass back with the inside/shoe laces</li> <li>- Pass back from volleys</li> </ul>
<p>DURATION: 15 – 20 MIN</p>	<p>Create an area of 20x15 on the middle of the field. 2 players outside the area (starting with the ball) and 2v1 inside the area with a GK in goal.</p> <p>Ball always start with the players outside area, they pass to each other and try to find their team mate in a good position to receive the ball. The 2 players inside try to create a passing situation to receive a through pass outside the area (the player must be inside the area, he/she cannot stay outside waiting) and shoot.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- 2v2 inside area or Neutral player for attacking team</li> <li>- Supporting players on the sides as well</li> <li>- Defender can cross the line after pass is made</li> </ul>



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CYCLE 1

**DURATION:**  
15 – 20  
MIN

Divide the field in half (or even smaller areas); divide the players in 4 teams. They play a SSG, one team attempts to score in the goal. The other team try to dribble the ball through the line, if successful they swap sides (if the defending team can't swap sides for a while, the coach can swap after 2min). No throw-ins or corners, ball always restart from the coach.

Variation:

- If possible have another set of goals instead of the middle line
- Attacking team plays with 1 extra player



**DURATION:**  
15 - 20  
MIN

**Small Sided Game**

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

### SESSION PLAN 14

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

AGE GROUP: U8/U9

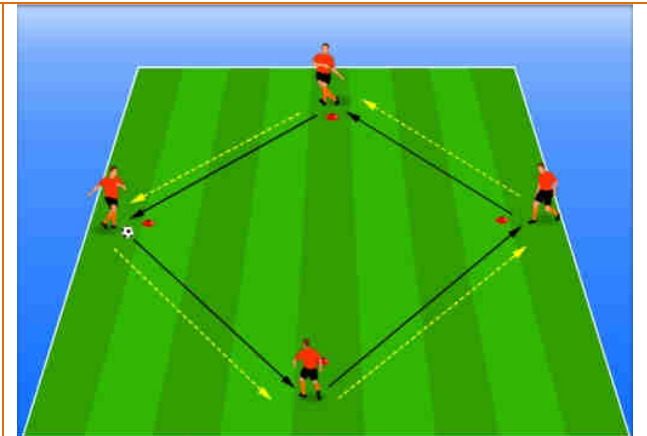
DURATION: 60 min

**DURATION:** 10 – 15 MIN

Create a diamond shape with 4 cones, place one player in each cone. Players should pass and follow their passes. Start on an anti-clockwise direction with the ball being passed and received with the inside of the back foot. Players should be half turned before receiving the ball; they use the 1<sup>st</sup> touch to prepare and the 2<sup>nd</sup> to pass.

Variation:

- Players perform clockwise (left foot)



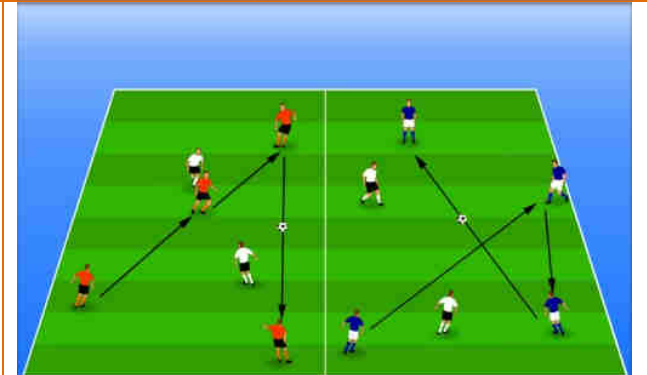
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**DURATION:** 15 – 20 MIN

Divide the field in 2 halves and the players in 3 teams of 4. In each half, they will play possession (4v2). The game will go for 3 min, the white team will try to win possession of the ball from the orange or blue players, every time they win possession it counts as a point, after 3 min the coach will check which team lost the ball more times and that team will swap with the defenders (the defenders should give the ball back after winning possession).

Variation:

- Increase/decrease space
- Minimum of 2 touches on the ball
- Increase/decrease number of defenders/attackers



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CYCLE 1

DURATION:  
15 – 20  
MIN

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. **Players must have a minimum of 2 touches on the ball** (even extras). Swap teams every 4min.



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 15

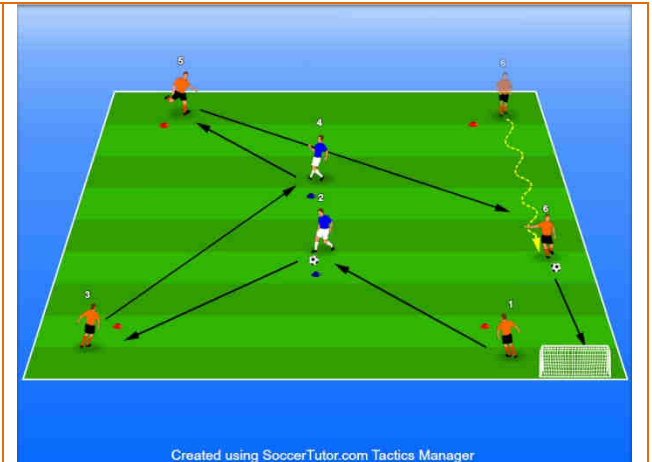


SESSION FOCUS: Players assessment

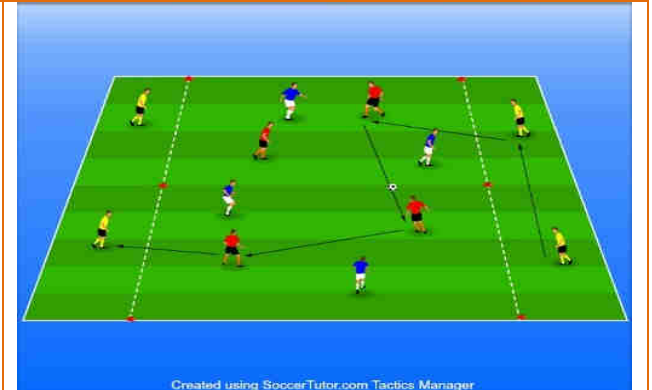
AGE GROUP: U8/U9

DURATION: 60 min

<p><b>DURATION:</b> 10 – 15 MIN</p>	<p>Place 6 cones as 2 mirrored pyramids (use a different color for the middle cones). 1 player in each cone. Player 1 starts with the ball by passing to player 2 who has 2 touches only (1 to prepare and 1 to pass) and pass to player 3 who has only 1 touch (the players in the middle - blues - can use 2 touches, the others try to pass using one touch if possible), when the ball reaches player 6 he runs halfway and shoot. Start with 1 ball only, when the players understand the drill, ask for the next player on position one start when the other ball leaves player 4.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- Remove middle cones, 2 players will be in the middle and add 2 passive defenders inside the square (swap them every 1-2min). The players inside now must move away from defenders to be able to pass the ball to the next player, the middle players can combine between themselves</li> </ul>
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<p><b>DURATION:</b> 15 – 20 MIN</p>	<p>Divide the field in 3 areas with the middle area being 30x30 and the end areas 5x30. Divide the players in 3 teams of 4 with different coloured bibs. 2 teams will play against each other on the middle area and the third team will be divided with 2 (CBs) players in each end area. Ball always start from the CBs; the objective is to make the ball go from one CBs side to the other; CBs can't leave their area and can't be tackled; both CBs must touch the ball before reaches the other side. If defenders win the ball they should pass to a CB to restart.</p> <p>Variations:</p> <ul style="list-style-type: none"> <li>- Add a neutral player for team with possession</li> <li>- 1 CB can now dribble the ball into the middle area to create an overload to the attacking team</li> <li>- Defending players can press the CBs</li> </ul>
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CYCLE 1

**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**

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