

U10 - 9 WEEK COACHING PROGRAMME

WEEK	WARM-UP	GAME	SKILL	GAME	Small Sided Go Games
1	Colours, no.s shapes etc	Rob the Nest	Crouch Lift	Pick-Up and Drop	5 v 5 7 v 7
2	Pass & Move	Piggy in Middle	Hand Pass & Catching	Scout Ball	
3	Handpass dodgeball	Find a Goal	Fist Pass & Catching	Captains Ball	
4	Cone ball	Catch the Fruit	High Catch	Volleyball	
5	Find a goal (kicking)	Hit the Cones	Punt Kick (Front of Foot)	Over the River	
6	Kick & move	Clear the Circle	Punt Kick (Hook)	Circle Score	
7	Toilet Tag	Pass the Guards	Solo	Wing Man	
8	Cone monster	Gladiators	Side Step	Evade & Pass	
9	Tails	Through the Alley	Near hand tackle	Find Free Corner	