

UNDER 10 FOOTBALL JULY

Session Emphasis - Learn To Use The Ball Well:

Core Skill - Punt/Hook Kick (Left & Right)

Associate Skill 1 - Blocking

Associate Skill 2 - Near Hand Tackle

Re-focus Skill - Solo



FUN WARM-UP GAMES

(5-10 minutes)

Choose 1 fun game from above
and 1 drill from the right

Agility



Wrist Tag

Balance



Wobble &
Catch

Co-ordination



Ladder
Hopscotch

Running



Linear
Running

CORE SKILL DEVELOPMENT

(10-15 minutes)

Basic Drill:

Pass & Follow

Intermediate Drill:

Around The Square

Fun Drill:

Hit The Cones

ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

(10-15 minutes)

Blocking Drill:

Partner Block
or
Grid Block

Near Hand Tackle Drill:

Around The Block
or
Tackle To Team-mate

Solo Drill:

Solo Tag Game
or
Solo & Fist Pass

SMALL SIDED GO GAMES

(20 minutes)

Conditions:

1. Skill points awarded based on skills practiced above
2. Zonal pitch: Players must play within their own zone
3. 3 points for a score over the bar/1 point for a goal

CHECK FOR LEARNING & GOAL SETTING

(5 minutes)

1. Did you enjoy the session?
2. What did you learn from tonight's session?
3. What skills are we going to practice for the next week?