

UNDER 9 FOOTBALL AUGUST

Session Emphasis - Learn To Use The Ball Well:

Core Skill - Hook Kick (Left & Right)

Associate Skill 1 - High Catch

Associate Skill 2 - Fist Pass

Re-focus Skill - Solo



FUN WARM-UP GAMES

(5-10 minutes)

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

Jumping



Criss Cross
Bounce

Agility



Bridges &
Rivers

Agility



Touch The
Dome

Running



Team Pursuit

CORE SKILL DEVELOPMENT

(10-15 minutes)

Basic Drill:

Pass & Follow

Intermediate Drill:

Kick & Score

Fun Drill:

Bull's Eye

ASSOCIATE & RE-FOCUS SKILLS DEVELOPMENT

(10-15 minutes)

High Catch Drill:

Move & Catch
or
Prisoner Ball

Fist Pass Drill:

Stationary Pass
or
Keep Ball

Solo Drill:

Crazy Solo
or
Solo Relay

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?