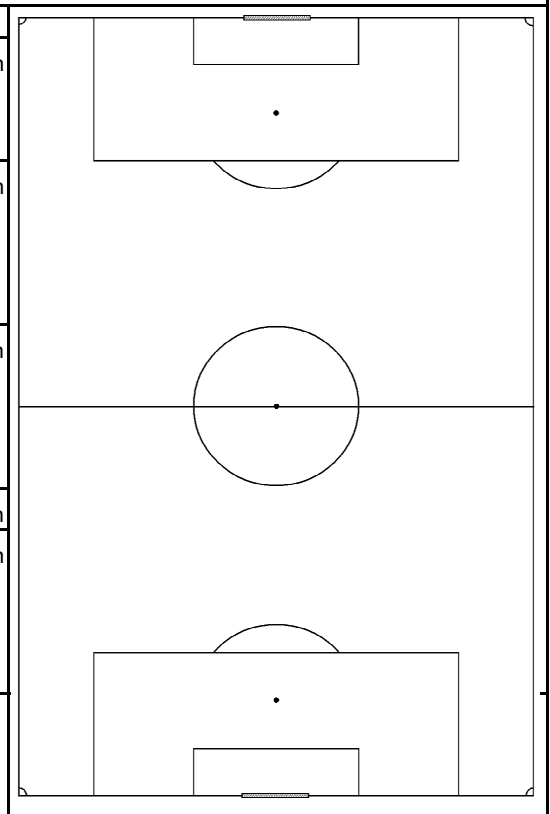


U-10 Training Session Planner

No.	Date	U-10 Game Objectives		U-10 Techniques
Halifax / South Boston 		Attacking Objectives • Score • Maintain Possession • Advance the ball	Defending Objectives • Prevent Scoring • Regain Possession • Delay the opponents	• Dribbling [] • Instep Kick [] • Throw - In [] • Inside of Foot - Push Pass [] • Inside of Foot - Ball Control [] • Tackling - Front Block [] • Goalkeeping []
		U-10 Principles of Play Used to Achieve Objectives		
		Attacking Principles • Penetration • Width • Depth • Mobility	Defending Principles • Delay • Concentration • Depth • Balance	

Player	Present	Absent	Activity
			Warm-up & Stretch 10min
			Introduce Technique 15min
			Training Games (no more than 2) 20min
			Water Break 5min
			Game 15min
			Announcements



- SAY** Explain the skill or technique
- SHOW** Demonstrate the skill or technique
- DO** Have children perform the skill or technique
- REVIEW** Review, correct and confirm proper technique

"THE GAME IS THE BEST TEACHER!"
 Use conditioned games to emphasize techniques.

POSITIVE INSTRUCTION AND ENCOURAGEMENT!