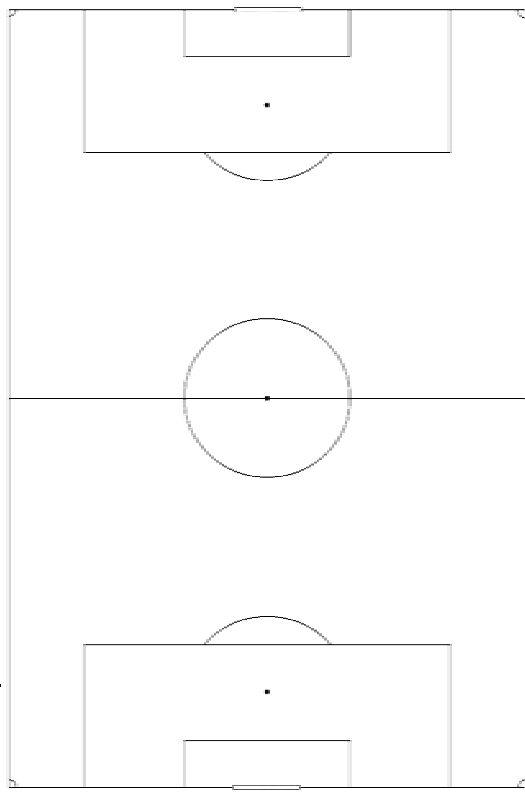


# U-10 Training Session Planner

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

Player	Present	Absent	Activity	
			Warm-up & Stretch	
			Introduce Technique	
			Training Games (no more than 2)	
			Conditioned Scrimmage	
			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!**