



<b>Team Name</b>	Monroe Heat	<b>Session Date</b>	
<b>Age Group/Gender</b>	U10 Boys	<b>Session Length</b>	90mins
<b>Topic</b>	Attacking Principles – Playing the through ball	<b>Area Size</b>	30x30
<b>Key Learning Outcomes</b>			
1) Players to be able to receive on the half turn.		4) Look to be patient when forward pass isn't available.	
2) Be able to receive with their back leg.		5)	
3) Look to play forward passes at the earliest possible opportunity.		6)	

# OF PLAYERS	# OF GK'S	# OF CONES	# OF PORTABLE GOALS	# OF PINNIES (COLOR 1)	# OF PINNIES (COLOR 2)	# OF PINNIES (COLOR 3)
10	1	-	6	5	5	0

<b>SESSION STRUCTURE</b>		
30mins Technical	30mins Learning Phase	30mins Conditioned Game

<b>Technical (including warm up) – 30mins</b>		
Diagram	Organization	Coaching Points
	<p>1-Players in middle are receiving from support players. Receiving on the half turn playing to opposite support player.</p> <p>2-Touch touch if possible.</p> <p>P-Servers must receiving at an angle with their touch back to middle before passing to middle.</p>	<p>1-Speed and accuracy of pass.</p> <p>2-Always receiving on the back leg.</p> <p>3-On toes.</p> <p>4-Movemenet away then check in to receive.</p>



Learning Phase – 30mins		
Diagram	Organization	Coaching Points
	<ol style="list-style-type: none"> <li>1-Each team start in their own half.</li> <li>2-Coach passes the ball into 1 team to start.</li> <li>3-Immediately an opponent closes down, team in possession must create opportunity to play through ball into oppo's pugg nets.</li> <li>4-Player that attempts through pass must close down when other team receives ball.</li> </ol>	<ol style="list-style-type: none"> <li>1-Pull wide and spread out to create space.</li> <li>2-Always be an option to receive – supporting angles.</li> <li>3-Patience until its right to play through ball.</li> </ol>



Conditioned Game – 30mins		
Diagram	Organization	Coaching Points
	<p>1-2 Teams, 1 playing as attackers going to goal and 1 playing as defense/midfield building up play looking to score in any pugg goal.</p> <p>2-Switch roles after 10 mins.</p>	<p>1-Players pull wide to give option to goalkeeper.</p> <p>2-Look to be patient and keep possession until its right to play forward.</p> <p>3-Keep ball moving and simple passing option.</p> <p>4-Penetrate fwd when it is available and on.</p>