



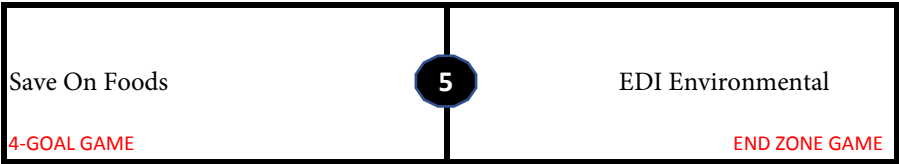
# U9-U10 BOYS

MONDAYS

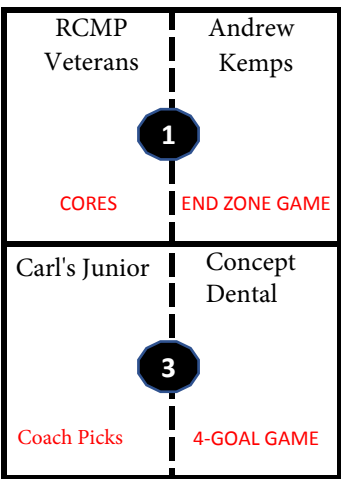
5:30 PM - 6:30 PM

STAFF COACH &  
VOLUNTEER COACH

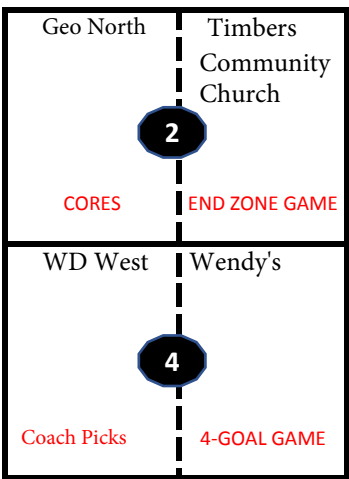
## ↓ WENDY'S TRAINING FIELD



## ↓ PRESTIGE #1



## ↓ PRESTIGE #2



**WEEK 2: May 14, 2017**

Please print Week 2 Session from [www.pgysa.bc.ca](http://www.pgysa.bc.ca) under **COACHES → SESSION PLANS → DIVISIONAL**

<b>CORES</b>	Split your groups into their teams & colors; Take them through various movements using the cones as guides (skipping, 1 & 2 foot jumps, forward and backward running, etc); introduce the ball and take them through the cones using inside/outside of both feet.
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<b>END ZONE GAME</b>	The focus of this small-sided game is to dribble into the opposing teams end zone for a point. <b>ENCOURAGE:</b> Spreading out in a triangle or diamond (4v4); staying High/Wide/Deep; Keep their heads up. <b>OF NOTE:</b> Restarts from own end after goal; Opposing team backs up past centre line; kick ins when ball goes out; First pass is free.
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<b>REGULAR GAME</b>	The focus of this small-sided game is to foster real time decisions and allows the players to PLAY. <b>ENCOURAGE:</b> Spreading out in a diamond; Staying High/Wide/Deep; Keep their heads up. <b>OF NOTE:</b> Restarts from own end after goal; Opposing team backs up past centre line; Kick ins when ball goes out; First pass is free.
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<b>4-GOAL GAME</b>	The focus of this small-sided game is to enable the players to change their point of attack by either passing or dribbling to 1 of the 2 goals. <b>ENCOURAGE:</b> Spreading out in a triangle or diamond (4v4); Staying High/Wide/Deep; Keep their heads. <b>OF NOTE:</b> Restarts from own end after goal; Opposing team back up past centre line; Kick ins when ball goes out; First pass is free.
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