



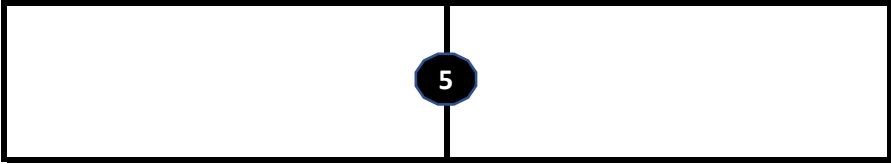
U9-U10 GIRLS

MONDAYS

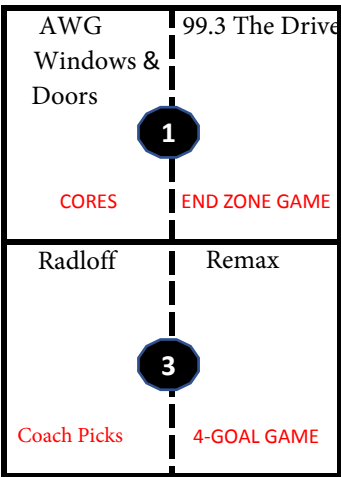
6:30 PM - 7:30 PM

STAFF COACH &
VOLUNTEER COACH

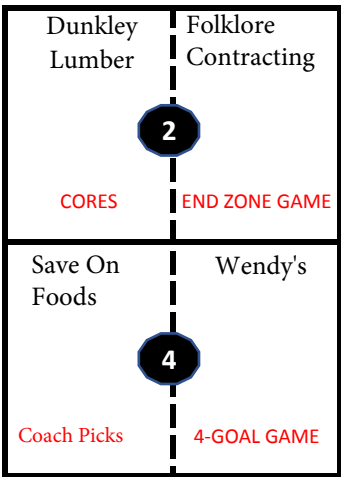
↓ WENDY'S TRAINING FIELD



↓ PRESTIGE #1



↓ PRESTIGE #2



WEEK 2: May 14, 2017

Please print Week 2 Session from www.pgysa.bc.ca under **COACHES → SESSION PLANS → DIVISIONAL**

CORES	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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END ZONE GAME	The focus of this small-sided game is to dribble into the opposing teams end zone for a point. ENCOURAGE: Spreading out in a triangle or diamond (4v4); staying High/Wide/Deep; Keep their heads up. OF NOTE: 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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REGULAR GAME	The focus of this small-sided game is to foster real time decisions and allows the players to PLAY. ENCOURAGE: Spreading out in a diamond; Staying High/Wide/Deep; Keep their heads up. OF NOTE: 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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4-GOAL GAME	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. ENCOURAGE: Spreading out in a triangle or diamond (4v4); Staying High/Wide/Deep; Keep their heads. OF NOTE: 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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