	Week	10 Week Session Plan	**Age Groups**
	Player Focus	Ball Control and Passing	U10 U12 U13+
	Key Qualities	Players should be interacting with the ball as much as possible. If there is an activity were the players have to wait, make sure the activity goes quickly. Have fun	

Warm Up: Before each session warm up with some juggling, running with the ball, rondos or touches (toe touches, tick tocks)	**Scrimmage:** Some sessions have a small sided game as the third activity which can act as a scrimmage. Other sessions you can add a scrimmage at the end. Be sure to keep the players focuses on the subject of each session

Week	Session 1	Session 2
Week 1	Dribbling & Ball Control - I	Passing & Receiving Basics - I
Week 2	ABCs of Defending	Throw-ins, Goal Kicks, & Corner Kicks
Week 3	Possession Basics - I	Traps
Week 4	Passing & Receiving Basics – II	Shooting Basics - I
Week 5	Dribbling and Ball Control - II	Shooting Basics - II
Week 6	Moves, Moves and More Moves	Races Galore
Week 7	Passing and Receiving III	Off the Ball Runs
Week 8	Moving off of the Ball	Possession Basics – II
Week 9	Dutch Passing – Diamond	Y Passing Drill
Week10	Possession and More	Kids vs Parents Scrimmage