

Under 10 & 11 Program

2024



Session Plan Template



- See the coaching manual for each weeks drills
- However the generic template is
 - 6:00pm Warm up
 - 6:10pm Drills
 - 6:40pm Game, 9 v 9

Under 10 & 11 program



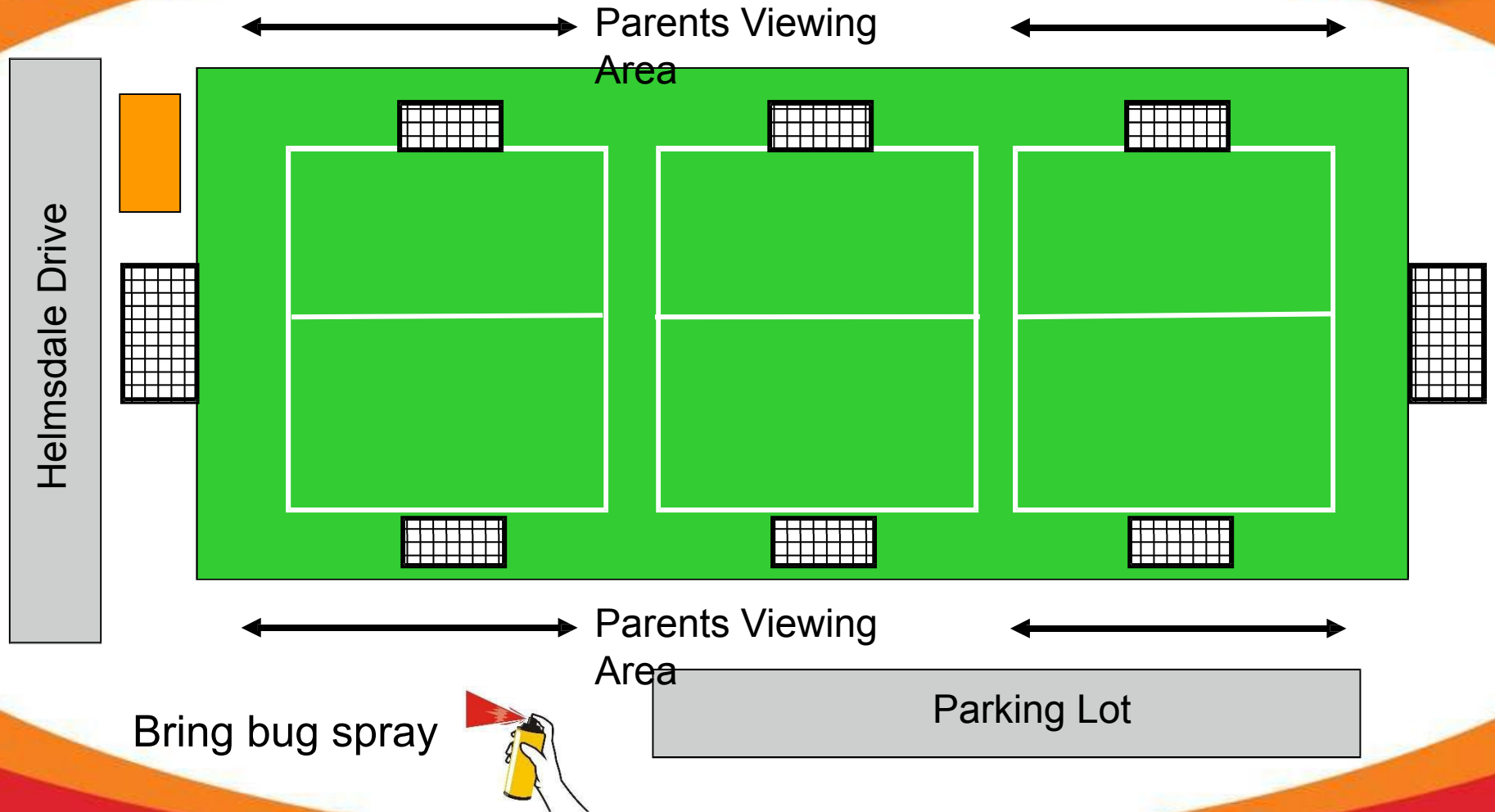
- The Under 10 and 11 program will play all games at Somerton Park (next to the Marshes golf course)
- 4 teams will participate
- All 4 teams will play a 9 v 9 game against their opponent
- See next page for the schedule

Schedule



Date	Team 1	Team 2	Date	Team 1	Team 2
May 22	Maroon/White	Lime/Black	June 26	Maroon/White	Kelly Green/White
May 22	Sky Blue/White	Kelly Green/White	June 26	Lime/Black	Sky Blue/White
May 29	Maroon/White	Sky Blue/White	July 3	Maroon/White	Lime/Black
May 29	Lime/Black	Kelly Green/White	July 3	Sky Blue/White	Kelly Green/White
June 5	Maroon/White	Kelly Green/White	July 10	Maroon/White	Sky Blue/White
June 5	Lime/Black	Sky Blue/White	July 10	Lime/Black	Kelly Green/White
June 12	Maroon/White	Lime/Black	July 17	Maroon/White	Kelly Green/White
June 12	Sky Blue/White	Kelly Green/White	July 17	Lime/Black	Sky Blue/White
June 19	Maroon/White	Sky Blue/White	July 24	Maroon/White	Lime/Black
June 19	Lime/Black	Kelly Green/White	July 24	Sky Blue/White	Kelly Green/White

Somerton Park Layout



9 -v- 9 game



- Use the full field
- Team plays against the other team on their field (see schedule)
- Coaches select a starting 9 players
- The remaining players are substitutes
- Coaches may substitute players in and out of the game as needed i.e. like hockey changes
- Coaches please try to ensure equal game time
- Try to switch goalkeeper throughout the game
- One coach should act as the referee

