

# Under 10 & 11 Program

2025



# 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

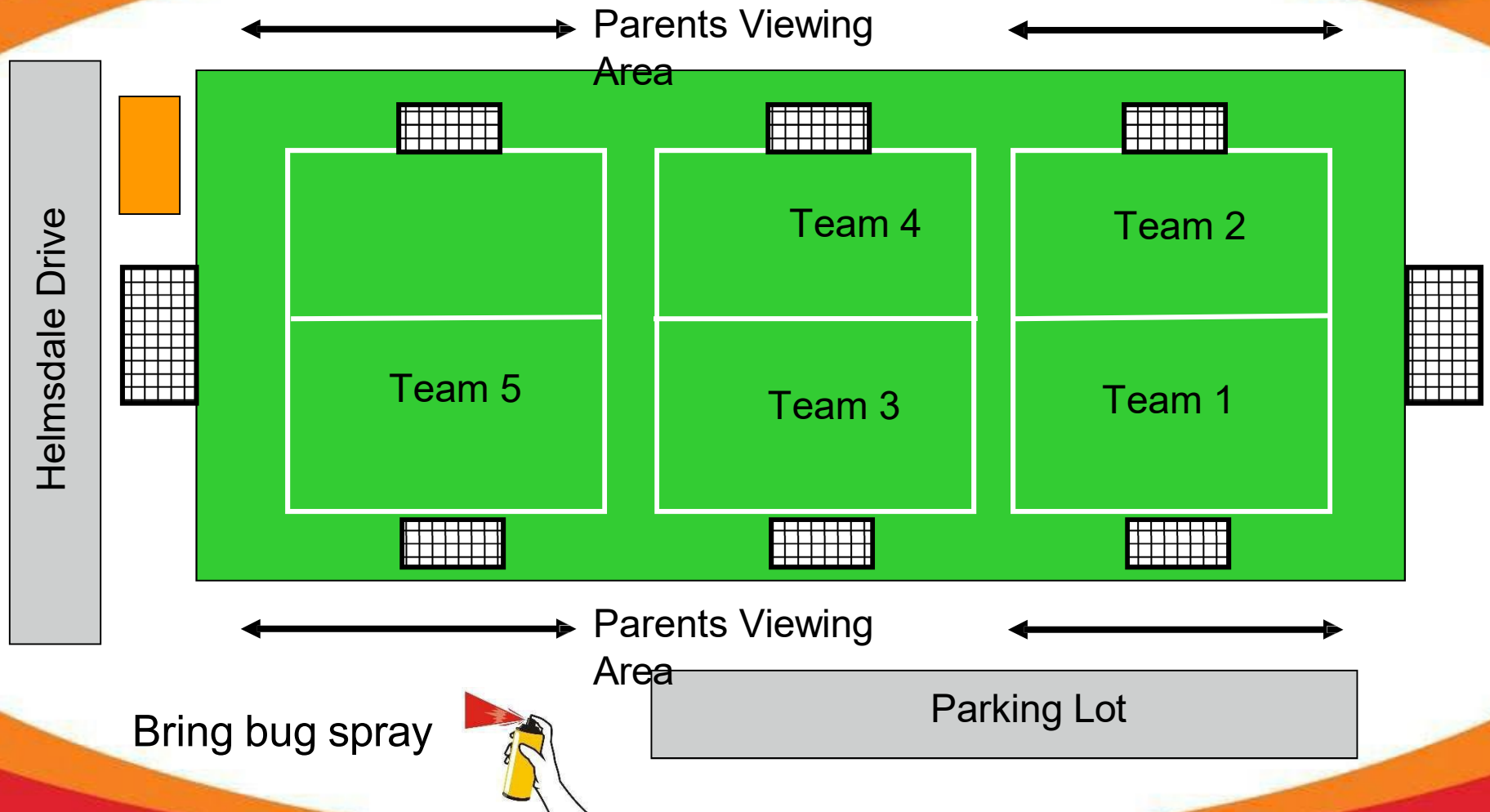
# Schedule



Date	Team		Team		Date	Team		Team
28-May	Team 1 - Red	vs	Team 2 - Lime		02-Jul	Team 1 - Red	vs	Team 2 - Teal
	Team 3 - Teal	vs	Team 4 - Purple			Team 2 - Lime	vs	Team 4 - Purple
04-Jun	Team 1 - Red	vs	Team 2 - Purple		09-Jul	Team 1 - Purple	vs	Team 2 - Teal
	Team 3 - Lime	vs	Team 4 - Teal			Team 3 - Lime	vs	Team 4 - Red
11-Jun	Team 1 - Teal	vs	Team 2 - Red		16-Jul	Team 1 - Purple	vs	Team 2 - Red
	Team 3 - Purple	vs	Team 4 - Lime			Team 3 - Team	vs	Team 4 - Lime
18-Jun	Team 1 - Purple	vs	Team - Teal		23-Jul	Team 1 - Red	vs	Team 2 - Teal
	Team 3 - Lime	vs	Team 4 - Red			Team 3 - Lime	vs	Team 4 - Puple
25-Jun	Team 1 - Lime	vs	Team 2 - Teal		30-Jul	Team 1 - Teal	vs	Team 2 - Purple
	Team 3 - Red	vs	Team 4 - Purple			Team 3 - Red	vs	Team 4 - Lime



# 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



