

Under 8 & 9 Program Thursdays

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 8 & 9 program



- The Under 8 and 9 program will play all games at Somerton Park (next to the Marshes golf course)
- All teams will play a 9 v 9 game against their opponent (Team 1 vs Team 2)
- See next page for the schedule

Game schedule - Thursdays



Date	Team	Team	Date	Team	Team
29-May	Team 1 - Orange	vs Team 2 - Maroon	03-Jul	Team 1 - Maroon	vs Team 2 - Orange
	Team 3 - Royal Blue	vs Team 4 - Kelly Green		Team 2 - Kelly Green	vs Team 4 - Royal Blue
	Team 5 - Lime			Team 5 - Lime	
05-Jun	Team 1 - Orange	vs Team 2 - Royal Blue	10-Jul	Team 1 - Royal Blue	vs Team 2 - Orange
	Team 3 - Maroon	vs Team 4 - Lime		Team 3 - Lime	vs Team 4 - Maroon
	Team 5 - Kelly Green			Team 5 - Kelly Green	
12-Jun	Team 1 - Royal Blue	vs Team 2 - Lime	17-Jul	Team 1 - Lime	vs Team 2 - Royal Blue
	Team 3 - Kelly Green	vs Team 4 - Orange		Team 3 - Orange	vs Team 4 - Kelly Green
	Team 5 - Maroon			Team 5 - Maroon	
19-Jun	Team 1 - Kelly Green	vs Team - Lime	23-Jul	Team 1 - Lime	vs Team 2 - Kelly Green
	Team 3 - Royal Blue	vs Team 4 - Maroon		Team 3 - Maroon	vs Team 4 - Royal Blue
	Team 5 - Orange			Team 5 - Orange	
26-Jun	Team 1 - Lime	vs Team 2 - Orange	30-Jul	Team 1 - Orange	vs Team 2 - Lime
	Team 3 - Maroon	vs Team 4 - Kelly Green		Team 3 - Kelly Green	vs Team 4 - Maroon
	Team 5 - Royal Blue			Team 5 - Royal Blue	

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 ie 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



Somerton Park Layout



