

**Under 10 & 11  
Program**

**2026**



# Session Plan Template



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

# Under 10 & 11 program



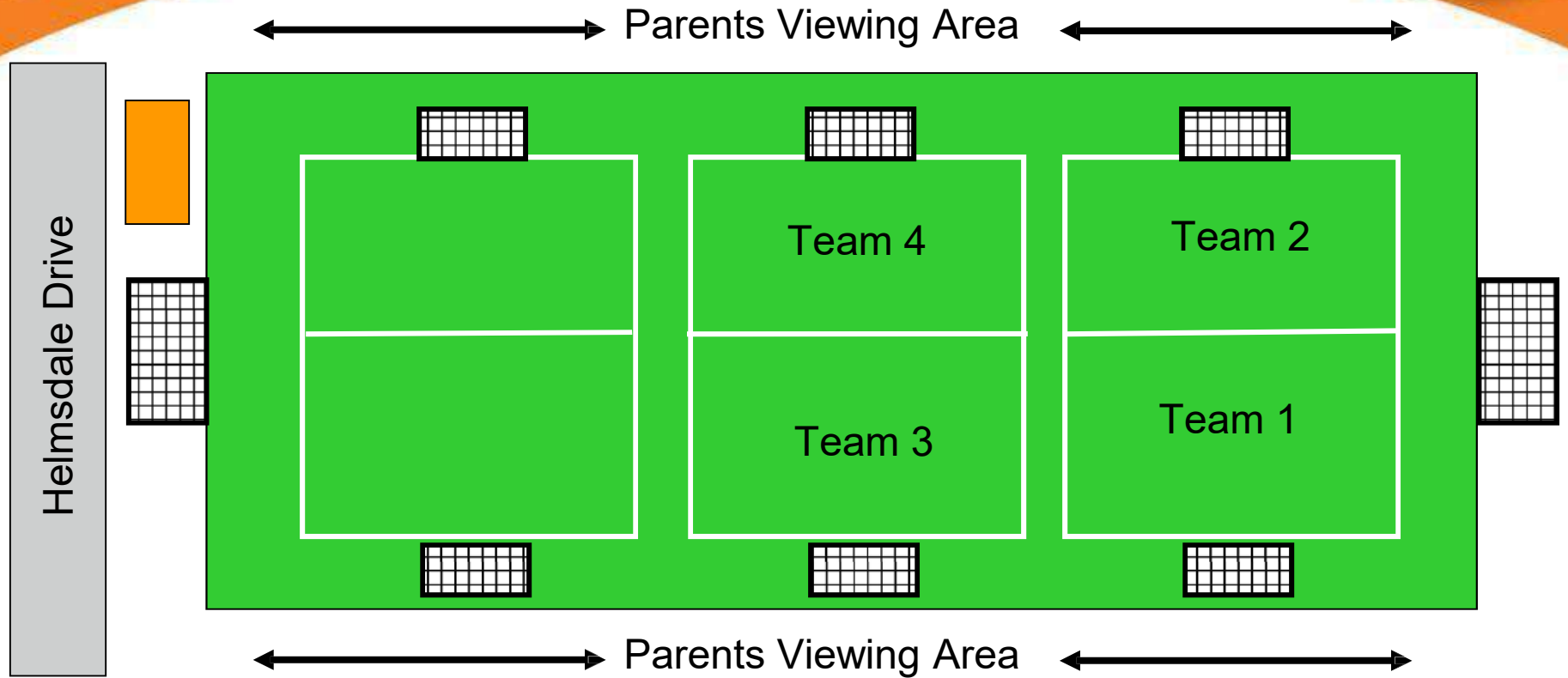
- The Under 10 and 11 program will play all games at Somerton Park (next to the Marshes golf course)
- 4 teams will participate
- All 4 teams will play a 9 v 9 game against their opponent
- See next page for the schedule

# Schedule



Date	Team		Team	Date	Team		Team
20-May	Team 1 - Orange	vs	Team 2 - Sky Blue	24-Jun	Team 3 - Kelly Green		Team 2 - Sky Blue
	Team 3 - Kelly Green	vs	Team 4 - Maroon		Team 1 - Orange		Team 4 - Maroon
27-May	Team 2 - Sky Blue	vs	Team 4 - Maroon	08-Jul	Team 1 - Orange	vs	Team 2 - Sky Blue
	Team 1 - Orange	vs	Team 3 - Kelly Green		Team 3 - Kelly Green	vs	Team 4 - Maroon
03-Jun	Team 4 - Maroon	vs	Team 1 - Orange	15-Jul	Team 2 - Sky Blue	vs	Team 4 - Maroon
	Team 2 - Sky Blue	vs	Team 3 - Kelly Green		Team 1 - Orange	vs	Team 3 - Kelly Green
10-Jun	Team 2 - Sky Blue	vs	Team 1 - Orange	22-Jul	Team 4 - Maroon	vs	Team 1 - Orange
	Team 4 - Maroon	vs	Team 3 - Kelly Green		Team 2 - Sky Blue	vs	Team 3 - Kelly Green
17-Jun	Team 3 - Kelly Green	vs	Team 1 - Orange	29-Jul	Team 2 - Sky Blue	vs	Team 1 - Orange
	Team 4 - Maroon	vs	Team 2 - Sky Blue		Team 4 - Maroon	vs	Team 3 - Kelly Green

# Somerton Park Layout



Bring bug spray



# 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

