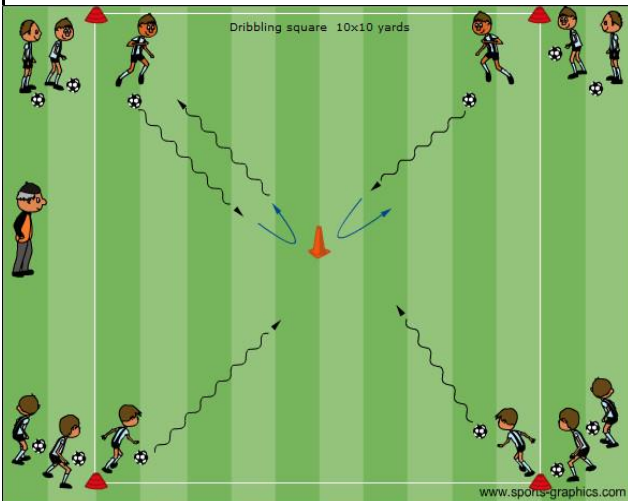


U9/U10: Week Four

Passing



Warm-up

Set up a 10x10 yard square with a big cone in the middle. Place players in the corners evenly.

Activity

- 1) Dribble to middle, perform turn, dribble out.
- 2) Inside/outside cuts, turn, dribble out.
- 3) Toe taps, turn, dribble out. (Review Previous Turns)
- 4) Dribble in and perform different turns/cut.

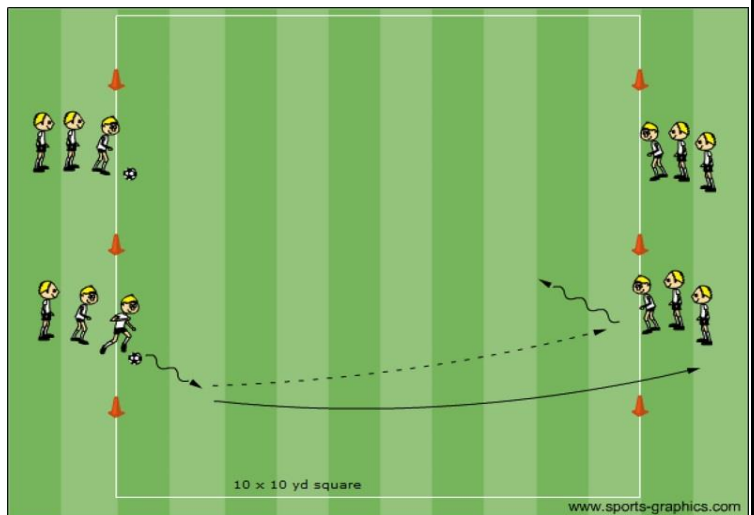
- Inside Cut
- Outside Cut
- Step on Turn
- Cruyff Turn (new)

Passing Activity 1

10x10 yd space split into two 5x10 yd
Groups of 2 to 4 in each line

- 1) Players pass across to the next player in line, who controls the ball on their first touch, then passes to the next player in the opposite line. Follow pass to the end of the opposite line.
- 2) Start with 2 touch, focus on passing technique, inside foot, toe up, follow through. Then add first touch to the side.
- 3) Turn it into a competition between groups. Who can get to 15 passes first, or who can get the most successful passes in one minute.

- Variation
- Limit players to using only one foot.
 - One touch passing.



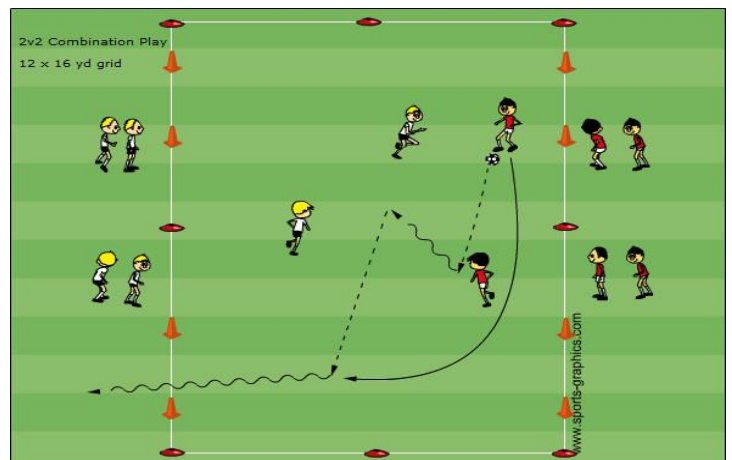
Passing Activity 2

into 2 even teams. Set up 2 goals on each end line that are 3 yards wide, and placed a few yards off each corner.

- 1) Coach plays a ball into one team, who try to score on either of the two goals on the opposite end line.
- 2) Defending team should try to score quickly on either of their goals when they win the ball.

CP's

- Coach the passing techniques above within the 2v2 game.
- Coach when to pass vs when to dribble/score.



Small Sided Games

- 1) Finish with 20 minutes of small sided 3v3 or 4v4 games.
 - Coach the topic from above activities within the games.