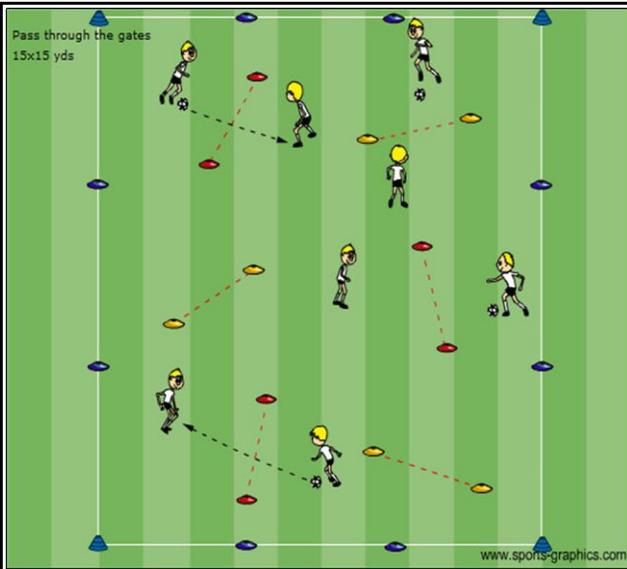


U10: Week Three and Four

Passing



Warm-up Set up as many gates as possible to have more than the total number of pairs.

Gates progression

- 1) Players in pairs start with one ball. Both must have their hands on the ball, how many gates can they run through without dropping the ball?
- 2) Players in pairs now throw and catch the ball, how many gates can they go through without dropping the ball?
- 3) Players in pairs now pass and move through the gate with their feet. How many gates can they get through?

Coaching Points

- 1) Toes up at the side, heel down, inside of the foot (use your "logo")
- 2) Contact the middle part of the ball by raising the inside of the foot
- 3) Planting foot alongside the ball prior to contact with the other foot
- 4) Follow through forwards, land on the passing foot.

2v2 to 2 goals

1) Players play 2v2 in a field with 4 small goals. Attack 2 goals and defend 2 goals. Score by passing through the goal along the ground/lower than the tall cones.

Variations

- 1) Start the game, by a neutral ball played in by the coach
- 2) Start the game with the attacking team with the ball.
- 3) Start the game with a situational approach of a loss of possession via a pass to the opposition.

Additional Coaching Points

- 1) Decision of WHY and WHEN to pass?
- 2) Technique of passing at the goal.
- 3) Movement off and around the ball - width, depth and support.

Conditioned Small Sided Game(s)

Expand the game to play 3v3 or 4v4 to 4 goals.
Increase the field size to be at least 20x25 yards.
Set up multiple fields if necessary based on the number of players.

Small Sided Game

Game Focus

Find moments in the game to:

- a) Coach passing technique in the game situation
- b) Show positive examples of training transfer

Team 1

Team 2

