



### **ASA Practice Plan Top Sheet – SKL02 (U10/U12/U14)**

#### **Field Set Up:**

See Session sheet. Set up one large 30 yd x 45 yd area with cones (the Grid). For SSA .... Remove these cones after SSA, add 4 Pugg nets, and the field is ready for ESSA 3 v 3 or 4 v 4 activity.

#### **Technical Warm Up: Colors Passing**

Topic is Passing and Support. As always, please reinforce good technique. Adjust grid size as needed to accommodate player age, size and ability. We are working on short to medium distance passing – here are the key coaching points:

- Passing player is balanced and has knees bent. Make eye contact with the target player, step and plant opposite foot beside the ball with shoulders square to target player. Work toward making eye contact and saying the target player's name BEFORE passing the ball.
- Lock ankle and strike through the center of the ball with inside of foot, and follow through by landing on the kicking foot. Eyes should be focused on the ball when striking, and the ball should remain on the ground.
- After pass is made, move to space to receive pass (this is "support"). For these activities emphasize that the passing players needs at least two open target players to pass to (these are "passing options").
- Receiving player is on balls of feet, knees bent, ready to receive. Move to path of ball and receive with inside of the foot. Soft, controlled first touch.

Common passing/receiving mistakes to watch for:

- Not moving to receive the ball correctly – reaching with legs instead of moving entire body
- Using outside of foot to pass instead of adjusting body position and using inside of foot. Outside of the foot passing is fine, but that's not what we're working on in this session. This technique will be introduced later.
- Planting the stepping foot too far behind ball then lunging to strike the ball.
- Weight of pass is too hard to receive cleanly or too soft to get to target.
- Heavy, uncontrolled first touch indicates that the player is not in proper position or is moving feet toward ball to receive.

<https://www.youtube.com/watch?v=y8w-hee2xPM>

### **Small Sided Activity: Keep Away**

Coaches will need to adjust the size of the grid as needed based on player ability and size. If you make the field large then the defense will not be able to put the attackers under realistic pressure; too small and the attackers will constantly be under pressure and have fewer passing options. That setup is useful for other topics, but the emphasis in this activity is on control and possession so try and find a balance.

Look for players to receive the ball cleanly with their first touch toward a “safe” area, then look for passing options. The passer should make eye contact with their target, say their name LOUDLY, and then execute the pass. Coaches should emphasize quick decision making and speed of play. Also, be aware that the passer’s success will be based on the movement of his teammates. If they are static or slow to move to become a target, the player with the ball will be under pressure, his eyes will go down to the ball to try and protect it, and he will not be able to see options. When this happens the supporting players will need to close the distance and communicate verbally with the ball carrier that they are an option.

### **Expanded Small Sided Activity: Numbers Up - 4 Goal Game**

This activity is a little bit of work to set up (4 Pugg nets) but a lot of fun and very useful as a passing / ball control exercise. Look for attacking players to use the whole space, and discourage ball-chasing! Compliment players who move intelligently to become an option for his teammates.

**Scrimmage** > Reinforce coaching points from session - technical passing points as well as movement off the ball and speed of play.