



Name: Fabien Lewis	Team: U10	Day: 2	Duration: 60 Minutes
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Description: This session will help your team improve their ability to retain ball possession, as well as, improve penetration.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: “Rondo” – 10 minutes</p> <p>Organization: <u>Progression I</u> – Three players positioned on the outside of an 8 x 8 yard grid. They are passing and moving in order to provide options on both sides of the ball. <u>Progression II</u> – Add one defender in the middle to make it 3 v 1. Change defenders every minute.</p> <p>Coaching Points: (1) Bend knees, cushion ball, receive across your body with front foot (2) See both options for pass / angles of support (3) Strike in middle of ball, using middle of foot (4) Recognize when to play one touch, when to take an extra touch.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: “Rondo” – 10 minutes</p> <p>Organization: In 20 x 25 yard grid, 4 v 4 + 2 neutral players, playing keep away. Every 5 passes without the defenders getting the ball gets your team a point.</p> <p>Coaching Points: (1) Reinforce previous points (2) Body position to see entire field (3) Communicate with teammate (4) Connect passes with players in a numerical advantage situation.</p> <p><i>Modify: 4v4+3 or 4v4+4</i></p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: “Rondo” – 20 minutes</p> <p>Organization: In 30 x 25 yard grid, 5 v 5 + 1 and 2 players in the end zone. Your team gets a point if they make 5 consecutive passes without interception. In addition, every time a team is able to successfully connect a pass with the player in the end zone, they also get a point.</p> <p>Coaching Points: (1) Reinforce previous points (2) When to penetrate, when to possess (3) Finding passing lanes</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage – 20 minutes</p> <p>Organization: 6 v 6 + 2 goalkeepers in 40 x 30 yard grid. All rules apply.</p> <p>Coaching Points: (1) Reinforce previous points (2) Enjoy</p>