



**Ela Rec 5-8 Passing (1)**  
AGE: U10 / U14 / 9 players  
TEAM FUNCTION: Attacking

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OBJECTIVE:  
TEAM TACTICAL PRINCIPLES:  
KEY QUALITIES:

 9

 60 min

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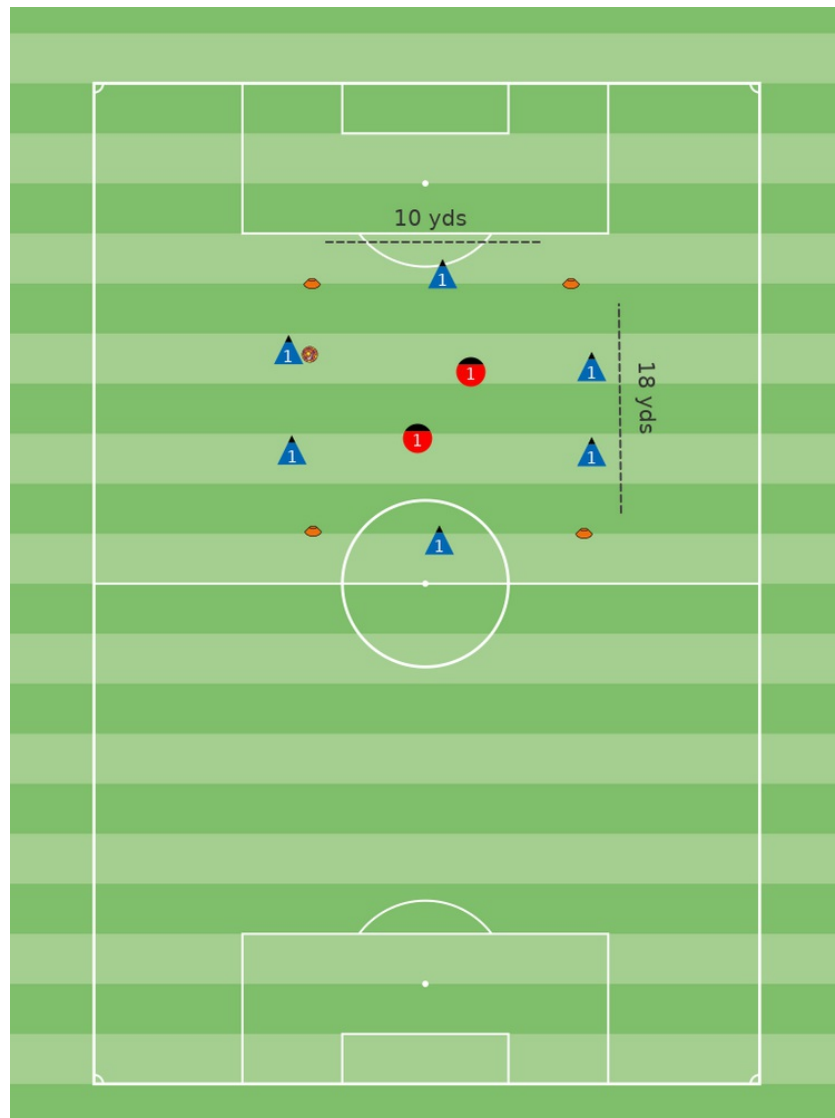
**Passing Rondo**  
**Roll Ball**  
**3v3 with Passing Emphasis (5th-8th)**

## Passing Rondo

OBJECTIVE: Improve the individual player's ability to move to receive a pass

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Create a 6v2 (or numbers as needed) keep away game. Players in possession must connect 6 passes in a row to score a goal. Players in the middle must try to win the ball and dribble out of the grid in any direction to score (kicking the ball out does not count). Play for 75 seconds and rotate the players in the middle.

### KEY WORDS:

### GUIDED QUESTIONS:


### ANSWERS:

### NOTES:

 **TEAM FUNCTION:**  
Attacking

 **AGE:**  
U7 / Senior

 **PLAYERS:**  
6 vs 2

 **DURATION:**  
10:30 min (6 x 1:15 min, 0:30 min rest)

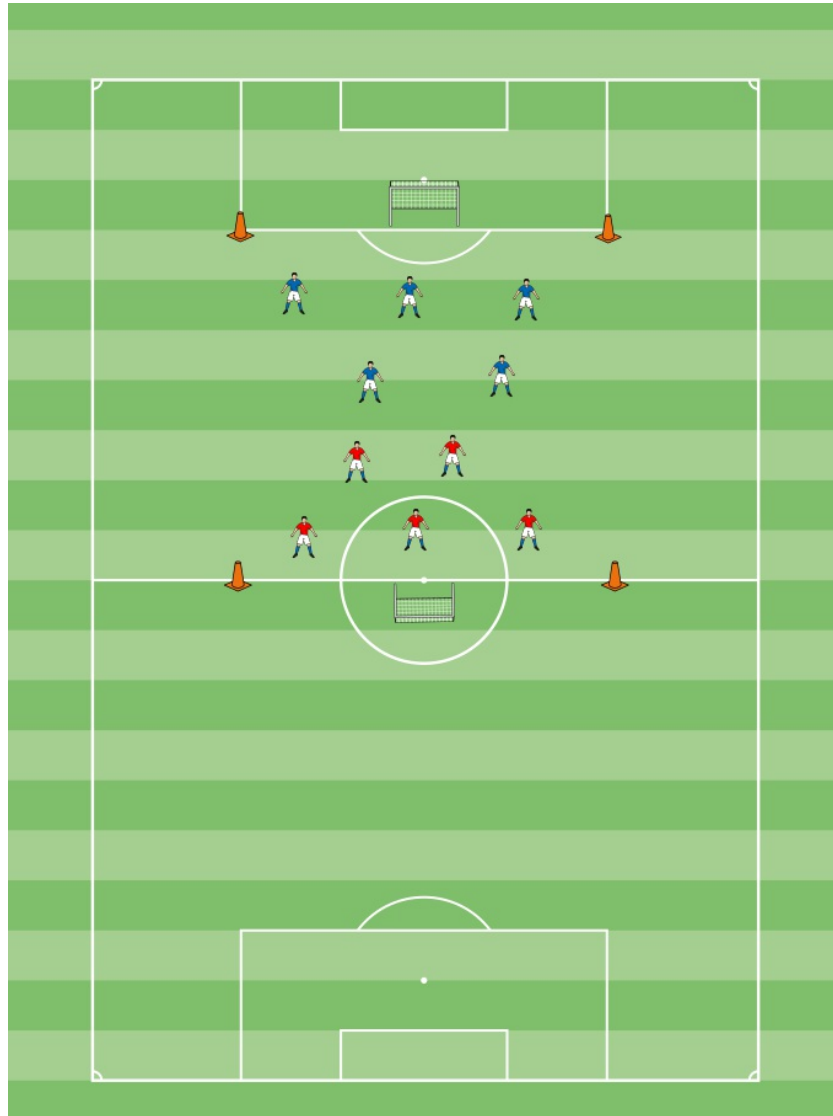
 **INTENSITY:**  
Very Very Light

## Roll Ball

**OBJECTIVE:** Improve the players' understanding of how to move off the ball to support teammates in possession

**TEAM TACTICAL PRINCIPLES:**

**KEY QUALITIES:**



### ORGANIZATION:

Two equal teams. You can choose to play with or without goalkeepers. Players have the ball in hand. The ball is only allowed to be passed by rolling the ball on the ground. If the ball is kicked, thrown, or bounced to make a pass it is a turnover. Players may use their feet to control a ball passed to them before picking it up. Players may not take the ball out of an opponent's hands. Players must intercept/deflect the ball while it is rolling from one player to another. Player's are only allowed to take 3 steps with the ball when they are in possession. In order to score a player must shoot with their feet using 1 touch. If they control the ball first or receive it with their hands they may not shoot.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

 **TEAM FUNCTION:**

 **AGE:**

 **PLAYERS:**

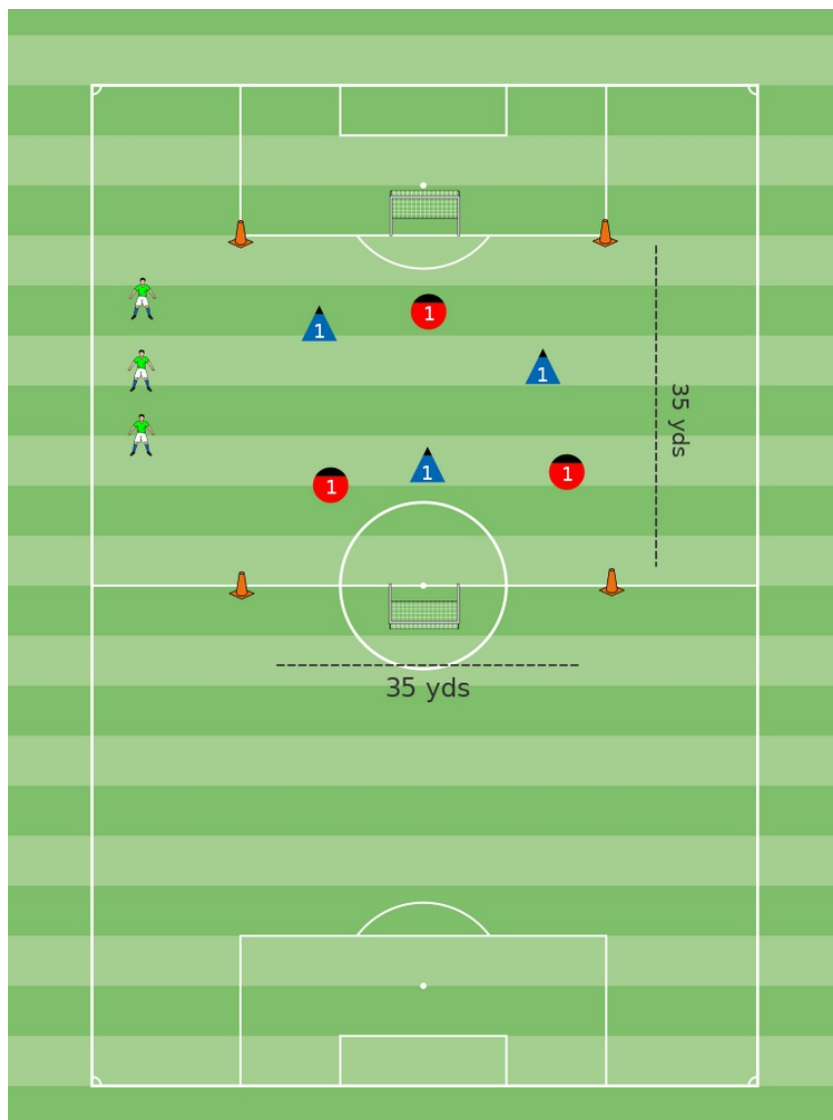
 **DURATION:**  
0:0 min (null x 0:0 min, 0:0 min rest)

### 3v3 with Passing Emphasis (5th-8th)

OBJECTIVE: Improve the player's recognition of when to pass and ability to execute the pass

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



#### ORGANIZATION:

Field set up as shown. Can add GKs or neutrals if numbers require it. Teams play a normal 3v3 game with each goal counting as 1. If a team makes 1 pass in possession leading to a goal they add 1 point to the goal, 2 passes add 2 points, 3 passes add 3 points, etc. Play for 90 seconds. Winner stays on, loser comes off. Play the first team to win 3 games wins.

#### KEY WORDS:

#### GUIDED QUESTIONS:


#### ANSWERS:

#### NOTES:

 **TEAM FUNCTION:**  
Attacking

 **AGE:**  
U5 / U10

 **PLAYERS:**  
3 vs 3

 **DURATION:**  
13:30 min (7 x 1:30 min, 0:30 min rest)

 **INTENSITY:**  
Very Hard

**Ela Rec 5-8 Passing (1)**

**OBJECTIVE:**

**TEAM TACTICAL PRINCIPLES:**

**KEY QUALITIES:**

**AGE:** U10 / U14 / 9 players

**TEAM FUNCTION:** Attacking

**DURATION:** 60 min

**Five Elements of a Training Exercise**

1. **Organized:** Is the exercise organized in the right way?
2. **Game-like:** Is the exercise game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there proper coaching, based on the age and level of the player?

**Training Session Self-Reflection Questions**

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

**NOTES:**