

10U Week #12 -

PLAY — PRACTICE — PLAY

"Passing and Receiving"

Dribbling move Ribery

Play- as players arrive have them join in a small sided game.

Set Up- 3V3 or 4V4 small games. -20yrds X 20yrds fields

Let them play

10 mins.

-Set up multiple fields if needed

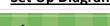
Activity Description

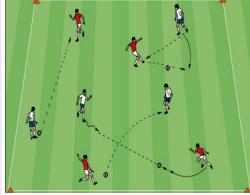
Set Up Diagram

Coaching Points

#1

15 mins Two players passing and moving a ball between them in a defined space. After the player passes the ball, he/she shall move into another receiving position. Players should position themselves in passing lanes to receive and return a pass.





- Technique of passing
- locked ankle, toe up
- eyes on ball at instant of contact, follow through to partner
- strike ball solid through the middle, knees bent and balanced
- Communication to ask for the ball

3v3 5 Goal Game:

Paired Passing:

#2

In a 20x30 yard grid, five 2 yard goals are spread out throughout the grid. The teams score by passing and receiving through any of the goals to a teammate. First team to get 10 points wins.

15 mins

Coach: First have the players receiving with inside of foot, outside, and weak foot.



- Tech of passing and receiving
- Finding the open gate or goal
- Pace of the pass
- First Touch Directional
- Clear Communication
- **Supporting Shape**

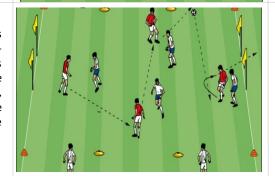
4v4 with Bumpers:

#3

15

mins

In a 20x30 yard grid, two teams of 4 players each will try to score. Standing on each sideline will be 2 bumper players with 2 touches each who can be used at any time by the attacking team. If a team gets scored upon, they become the bumper players and the outside team plays on the field. Keep score and make the game competitive.



- Soft 1st touch receiving into space, away from pressure
- Proper weight, accuracy and timing of passes
- Possession vs. Penetration

Small Sided Games

PLAY

25 mins 7v7 small sided game.



Let them play



Organized-set up and ready to go Game like-activity must be game like Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players