

PLAY - PRACTICE - PLAY

10U Week #2 -

"Passing & Keeping Possession"

Dribbling move scissors

PLAY .0 mins.	Play- as players arrive have them join in a small sided game.	Set Up- 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed	Let them play
	Activity Description	Set Up Diagram	Coaching Points
#1 ¹⁵ mins	3 Cone Passing Game Players are in groups of 2 roughly 10 yards back from a cone. the aim of the game is to pass the ball with the inside of the foot trying to hit one of the cones. If they manage to hit a cone they must run and drop it at another group. First team to hit all 3 cones wins.		Tech of passing and receivingPace of the pass
#2 15 mins	Gate Passing: In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point. Coach: Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.		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 bal- anced receiving first touch - direc- tional
#3	3v3 to End Zones: In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.		 Soft 1st touch receiving into space, away from pressure Proper weight, accuracy and timing of passes Possession vs. Penetration
25 mins	<u>Small Sided Games</u> 7V7 scrimmage	Call out name of player vho scores a goal	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