



U10 Session Plan

Season Spring 2016

Topic

PASSING BASICS 1

Objectives (5 W's)

Where: In the defensive and attacking half of the field
What: Passing, Receiving, Shooting, Penetration, Support, Mobility
When: The team is building up the attack
Why: To penetrate the opponent's defense

Organization

Duration Intensity

• Area: In a 15x15x15 yard triangle. Players #6, #8, and #9 on each cone. #9 starts with the ball. #6 checks away from the cone then back, receives a pass from #9 with the front foot, #6 then pushes the ball past the cone to make the next pass to #8, continue. Intervals-1: Receive, dribble, pass. 2: Receive with one foot, pass with the other. 3: Reverse passing direction

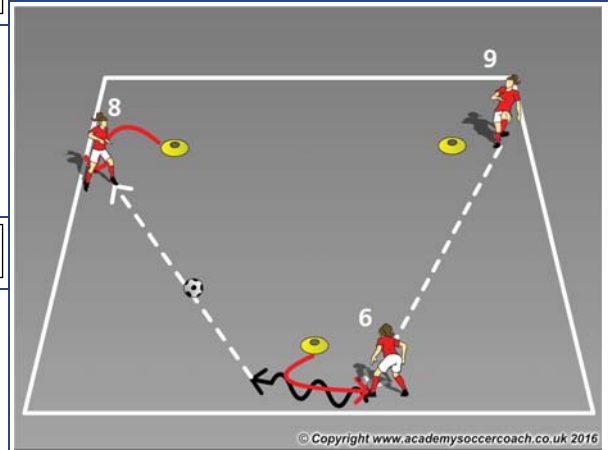
Coaching Points

Activity Time Rest Intervals

• What? Technique of Passing: Non-Kicking foot pointed to target and parallel to ball. Knees bent and balanced. Locked ankle with toe up (inside of the foot). Eyes on ball at instant of contact. Strike the ball through the middle ~ Receiving: Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch push the ball where you want to go or away from pressure

Stage 1

Passing Triangle



Stage 2

4 v 4 to 4 Goals



Organization

Duration Intensity

• Area: In a 20Wx30L yard field with 2 small goals on each endline
 • Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8
 Play to score in the opponent's goal. #1 defends their team's 2 goals.
 ~ When a team makes 2 passes or more without losing possession, and then scores a goal, the goal is worth 10 points

Coaching Points

Activity Time Rest Intervals

• What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration Intensity

• Area: In a 20Wx30L yard field with goals
 • Target team (Red): #1, #6, #8, #9 - Opposition team (White) #1, #4, #5, #8
 Play to score in the opponent's goal. All rules apply

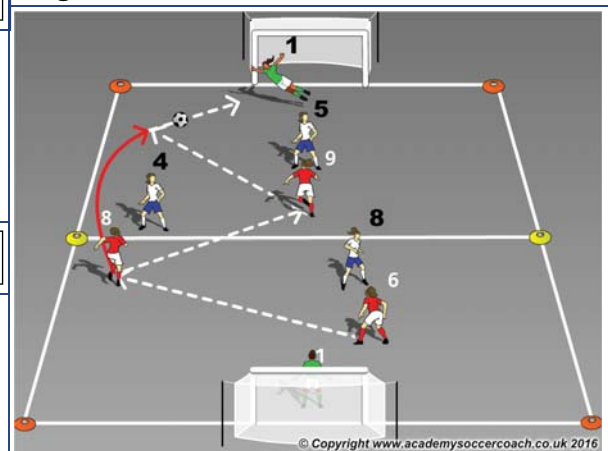
Coaching Points

Activity Time Rest Intervals

• What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Power
 • Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

Stage 3

4 v 4 to Goal



Stage 4 - 7v7

Duration Formation Activity Time Rest Intervals

Organization

In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to pass & support each other

Coaching Points

Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.