



U10 Session Plan

Season Spring 2016

Topic

PASSING BASICS 2

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

12 mins

Intensity

Med-High

- Area: In a 20Wx30L yard field
- Target team: #6, #8, #9 - Opposition team: #4, #5, #8. Each team tries to make as many passes in 2 minutes as they can. The player who receives the ball, touches it 2-3 times on the move, then makes a pass to the next teammate. Intervals ~ 1: Number of passes in 2 minutes ~ 2: Pass through the other team ~ 3: Competition

Coaching Points

Activity Time

3 mins

Rest

1 min

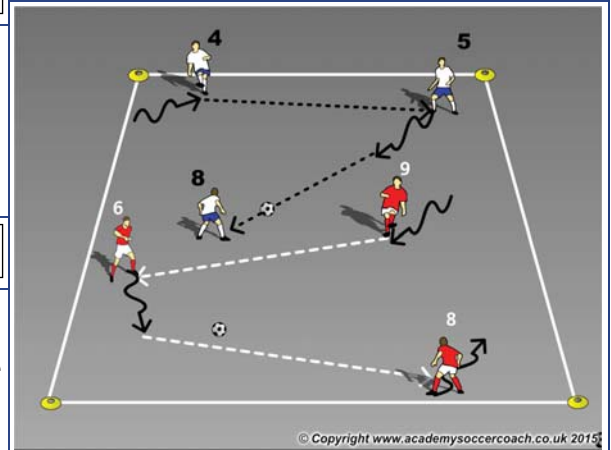
Intervals

3

- 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 and Moving



Stage 2

4 v 4 - Total Soccer



Organization

Duration

15 mins

Intensity

Med-High

- 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.
- ~ When all members of the team has touched the ball and score the goal is worth 100 points. All other goals are 1 point

Coaching Points

Activity Time

4 mins

Rest

1 min

Intervals

3

- 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

20 mins

Intensity

Medium

- 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

7 mins

Rest

2 mins

Intervals

2

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

Stage 3

4v4 to Goal



Stage 4 - 7v7

Duration

30 mins

Formation

R GK-3-2-1 v W GK-2-3-1

Activity Time

12 mins

Rest

3 mins

Intervals

2

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.