



U10 Session Plan

Season Spring 2016

Topic

PASSING AND COMBINING

Objectives (5 W's)

Where: In the defensive and attacking half of the field

What: Passing, Receiving, Dribbling, Shooting, Penetration, Support, Mobility

When: The team is building up the attack

Why: To penetrate the opponent's defense and create scoring opportunities

Organization

Duration

12 mins

Intensity

Med-High

- Area: In a 15x15x15 yard triangle with tall cones in between (see diagram)
- Players #7, #9, #11. #7 starts with dribble and passes the ball to #9 for a wall pass. #7 receives the ball back & dribbles beyond the next disc & passes to #11 who does the next wall pass with the #9. Intervals-1:#9 is the central player~2: #7 is the central player ~ 3: #11 is the central players ~ 4: Wall pass race between the other triangles

Coaching Points

Activity Time

2 mins

Rest

1 min

Intervals

4

- 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 lock and toes up, Eyes on the ball, 1st touch pushed the ball where you want to go or away from pressure

Stage 1

Wall Pass Triangle



Stage 2

4v4 - Combo Play



Organization

Duration

15 mins

Intensity

Med-High

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal.
- ~ When a team makes a wall pass or 3 players connect passes in a row and score the goal is worth 10 points

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 ~ Dribbling
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration

18 mins

Intensity

Medium

- Area: In a 20Wx30L yard field with goals
- Target team (Red): #1, #7, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time

7 mins

Rest

2mins

Intervals

2

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Dribbling, Shooting
- 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 field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to combine & support each other

Coaching Points

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.