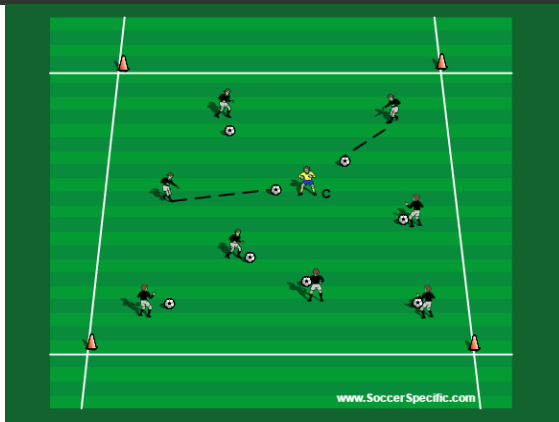


U10 Week 3 - Passing

Date: Jan 27, 2017

Intensity: ● (1/10)

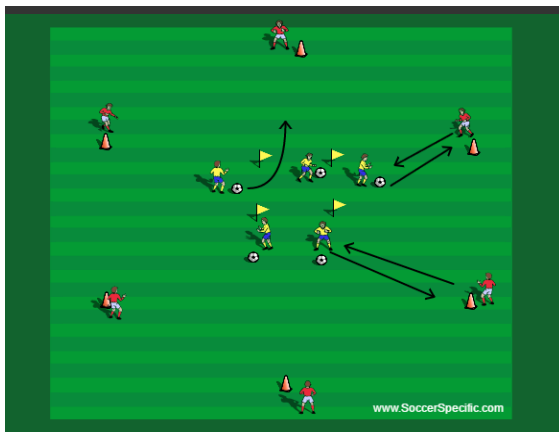


Setup: "OUCH!!!!" - 15 x 15 yard grid, 1 ball per player. Coach is involved in this activity as well.

Instructions: This is an extremely entertaining game (for the players at least!). Every player starts out with a ball, and their objective is to hit the coach with the ball below waist height. The coach moves around the grid and tries not to get hit. Play for a set period of time, or until one player hits the coach a set number of times.

Coaching Points: FunBall control & Dribbling. Introduction to passing (inside and instep are best for introduction).

1



Setup: "Reverse Irish Box" - Circle of players outside w/o balls, group of players inside w/balls in center box. Group in the middle is works for 1 minute, then rotate groups.

Instructions: Players in the middle dribble through the box, communicate and pass to a player on outside of box. Outside players receive and passes directly back. the ball from an outside player, rehearse the desired technique, then returns to the inner square & repeat. Exercise can be used to teach passing, receiving, & aerial control while always involving verbal/nonverbal communication. 1) Play it back in 2 touches. 2) Play a ball back in 1 touch (advanced). Limitless possibilities.

Coaching Points: Communication - If a player doesn't ask for it, don't give it to them

Proper technique of the pass - both weight and accuracy
Good first touch (cushion the egg) at an angle to create space
Check your shoulder before receiving
Open body shape and receive with inside of back foot

2



Setup: 3v3 to 6 small goals - 30x20 grid, coach with a pile of balls

Instructions: Coach serves ball, and players try to finish into either of the opposing team's goals. If defenders win the ball, they can counter. As soon as the ball goes out, coach quickly plays in a new ball wherever. This keeps kids focused, and allows coach to break up the heard. Variations: Play with Throw-ins/Kick-ins. 4-goal, 2-goal, endline, endzones. Instead of pugs, play with gates. This allows for goals to be scored by dribbling through, shooting, or passing to a teammate who receives on the other side. Make goals worth different value based on topic. Make 1 player per team the "goalie." That player can step in front of a goal to take it out of play forcing the team in possession to "find another way." Variation: Flying 3s

Coaching Points: Recognize when to dribble vs Pass. Find the open goal! Dribbling control, moves to beat defender, get away from defender or keep possession. Teamwork - How can you help your teammate? By moving? Asking for it? Regardless of topic, we always teach decision making. What's the best choice? Do you have space or are you in traffic? How can you

3

U10 Week 3 - Passing

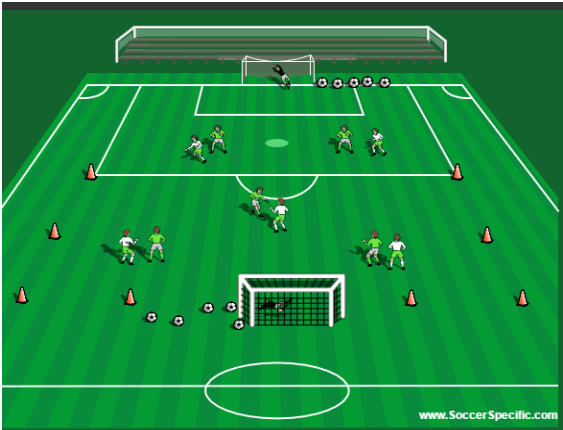
Date: Jan 27, 2017

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Setup: In a 20x20 Grid with big goals, split two teams with lines on diagonal corners from each other, and goalkeepers in each goal.
Instructions: Coach plays a ball into field and a player from each line comes out to play 2v2 to goal. Play until ball is out of play. GKs can distribute if they gain possession. Once players get the flow, add that they can pass to one of their lines to "unlock" another teammate. You can unlock multiple players as long as you rotate lines. Game can build to as many players as you have until ball goes out of play. Coach can manipulate game as sees fit.
Coaching Points: Play forward when you, go to goal quickly
Get help if needed
How do we use numbers up situations, force defenders to make a decision

4



Setup: 5v5 + keepers
Instructions: Play
Coaching Points: Depends on your topic

5