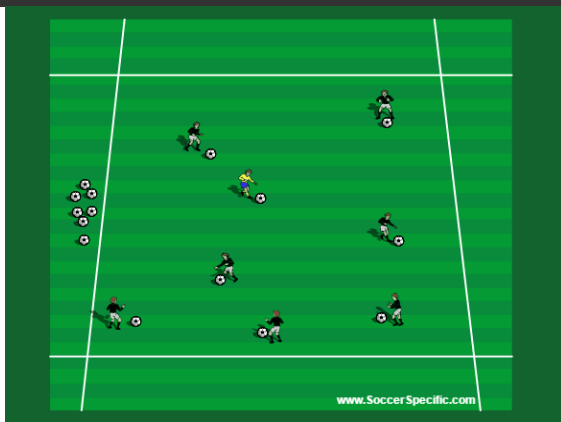


U10 Week 4 - Passing II

Date: Jan 27, 2017

Intensity: ● (1/10)

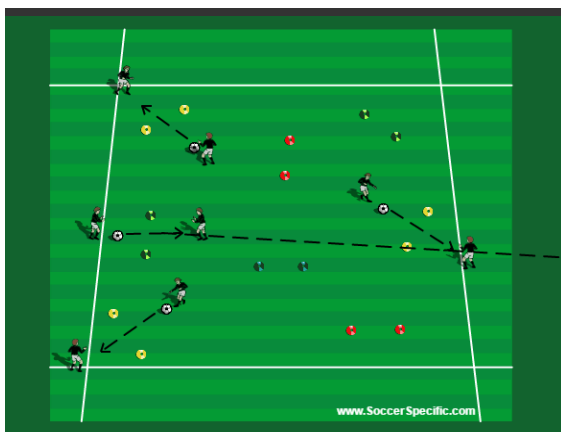


1

Setup: "PAC-MAN" - 20 x 20 yd grid. A pile of balls or pinneys located just outside the grid.

Instructions: One player (the Pac Man) starts out with the ball. His objective is to dribble and try to hit the other players BELOW KNEE HEIGHT with the ball. Once a player gets hit, she gets a ball and becomes another Pac Man. The winner is the last player remaining who has not been hit. He becomes the first Pac Man to start the next game. To encourage more dribbling and less random kicking the ball at others, enforce the rule that if a Pac Man kicks his ball out of the grid, he has to go get it and do 2 push ups, she cannot just go over to the pile and grab another ball. A variation is everyone plays with a ball, and the Pac-Man wears a pinney.

Coaching Points: FunBody Movement Education Ball control & Dribbling Introduction to passing

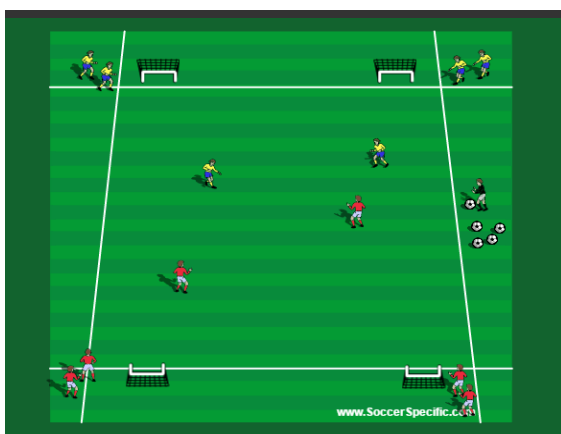


2

Setup: "Passing Gates" - 20x20 yd grid. Create 8-12 gates of 2-3 yds in distance. Break the team into pairs with one ball per pair.

Instructions: Groups of two try to execute a pass through each one of the gates without repeating a gate. Good communication to help each other find the next gate (head up and communicate color). Don't stand and wait if another team is at a gate, move on to another empty gate (keep moving).

Coaching Points: Keep ankle locked and foot flexed. Good weighted pass. Communication "Yes Chris" "Yes Amy" Be sure to spring to open space after a pass. Head up, find the space.



3

Setup: "2V2 4-Goal Game" - 25x25 Grid with a 2 lines per team on their own endline. Coach has a pile of balls on the side.

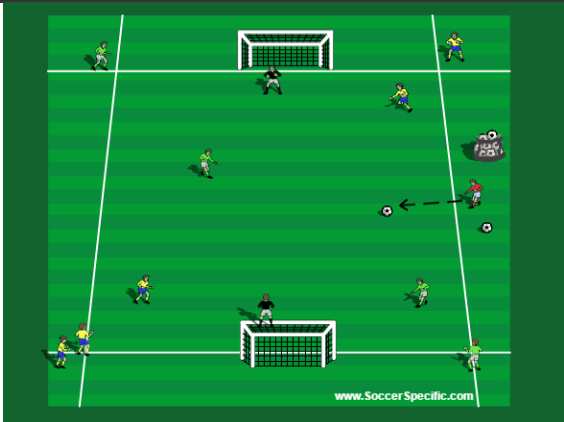
Instructions: Ball always starts from coach, first player in each line enters field and play. Each team can score in the opposite 2 goals, and defends the 2 goals on their endline. Play until ball goes out of bounds. If ball goes out right away, coach can play a new ball to the same 4 players.

Coaching Points: 2 ways to score: Can the player on the ball dribble to an open goal? Is their space in behind a defender to attack and then get to goal? If the answer is no for both of these questions, pass. Look to engage a defender whether passing or not. Drawing a defender out opens space.

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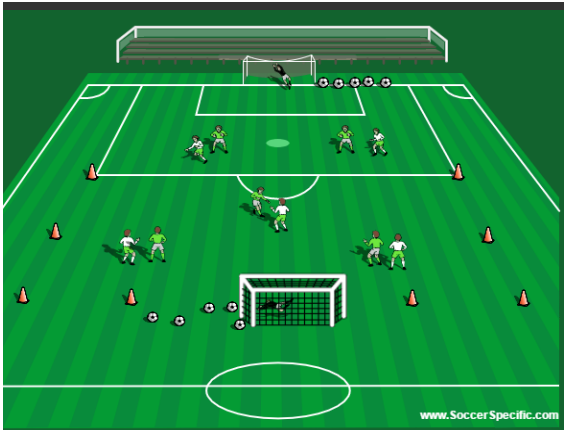


4

Setup: Split players into two teams, can be played with GKs or small goals (2-6). Team are split into equal lines diagonal from each other with a designated goal to score on and one to defend

Instructions: Play begins with coach playing out a 50/50 ball. First player in each line runs into play to create a 2v2. You can attempt to score or decide to play another play in by passing to one of your team's lines. Can build to 3v3, 4v2, whatever as long as you have enough players. Play until ball goes out of bounds

Coaching Points: Decision to attack or get help. Support of ball, communication of who goes to ball. This game can be useful for a variety of topics, so try to keep your coaching points to those of the current session. Compete and have FUN



5

Setup: 5v5 + keepers

Instructions: Play

Coaching Points: Depends on your topic