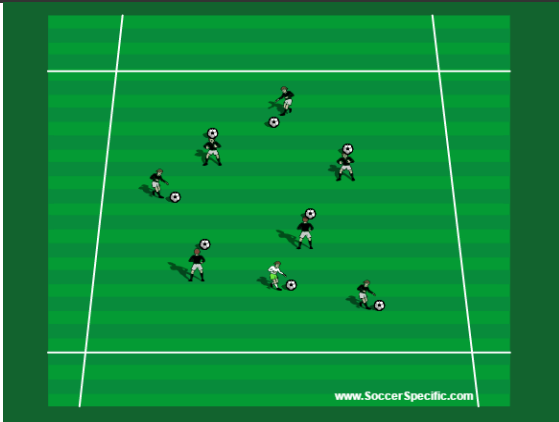


## U10 Week 9 Passing and Combining

Date: **Feb 08, 2017**

Intensity: ● (1/10)



1

**Setup:** "Defrost - Tag Game" - Grid size is 20 x 15 yards. 1 ball per player

**Instructions:** One player is Frosty. All other players dribble ball within grid. Frosty tags as many players as he/she can. A player tagged must freeze and place their ball on their head. Other players can defrost frozen players by dribbling the ball between their legs. A player unfrozen dribbles as before.

**Coaching Points:** Keep ball under control; use all surfaces of the feet. Keep head up and find space while dribbling. Change speeds and directions. Stay 4:1 on the positive to instructional comments throughout the session. Be positive; laugh and have fun with the players. Become a fan of the players (good job, well done, keep it up, etc.).



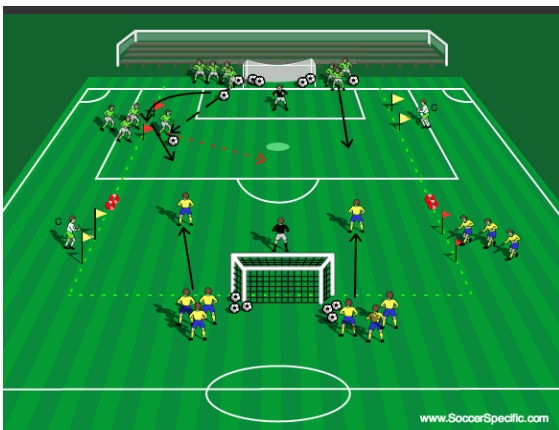
2

**Setup:** "21" Cone out a 25x30 yd field (can be bigger for 13-15 year olds)

With two teams, have a goalkeeper, one player on the field with the remaining players dispersed evenly around the outside of their own half.

**Instructions:** Each player has a number for rotation purposes. Game begins 1v1, and the object is to score. The player on the ball has the choice to pass to any teammate on the outside who receives the ball and enters the field. Defending team then adds a defender to even the numbers (good chance for active communication- New player calls out they are on). Teams can pass and add as many players as they want, 2v2, 3v3, 4v4, etc. If ball goes over end-line or scores, round is over, and next player in the rotation enters in a 1v1. Rotate which team gets the ball or play that the same team gets the ball to start for each game to 21. If the ball leaves the field on the sideline, resume play with a throw in as you would in a game. Goals are worth the number of players you have on the field from your team. 1v1 equal 1 point. 3v3 equals 3 points. Play to 21

**Coaching Points:** Encourage players to attack and go forward when they can. When bringing a new player in, try to attack and exploit the defense before they get organized with their new defender



3

**Setup:** 20 field players, 2 GKs, 3V2's to goal, two teams of 10 field players, 45X36. 12 minutes, 6 minutes each direction.

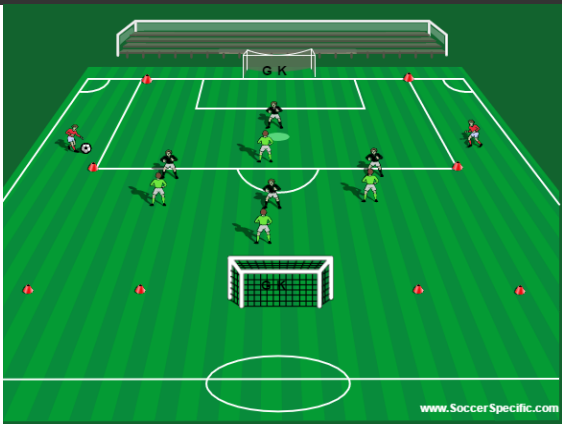
**Instructions:** As shown in the diagram the green player plays the ball to his teammate between the two flags and then follows his pass and overlaps him in order to enter the field. The second player penetrates on the dribble as the third player joins as well. Simultaneously two yellow defenders have joined from the other side to make it a 3V2. If a goal is scored, saved, or goes out of bounds 5 new players are on, this time with three yellow attackers and 2 green defenders. If the defenders win it cleanly they can counter and go straight to goal. Regardless of how the play finishes, 5 new players enter the field. Coach on each sideline to monitor off side line. Switch the direction halfway through the allotted 15 minutes for the activity.

**Coaching Points:** Close range finishing tech, timing of runs, taking players on, deciding when to penetrate or pass. 1V1 defending, closing people down, cutting off angles, communication.

# U10 Week 9 Passing and Combining

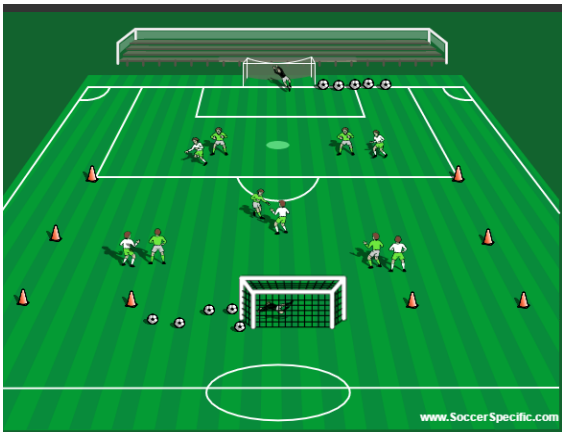
Date: Feb 08, 2017

Intensity: ● (1/10)



**Setup:** Field 44x40yds4v4+2 w/GK Wide channels with an unopposed neutral player.  
**Instructions:** Play 4v4. Look to find the neutral player to create crossing opportunities.  
**Coaching Points:** Neutral players stay wide. Good angle of approach to the ball. Central players make framing runs.

4



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

5