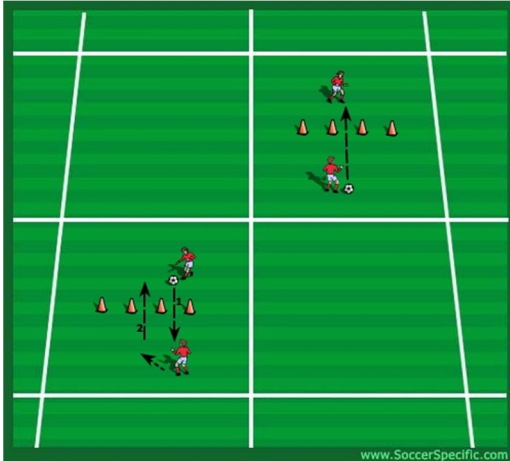




## U10 Session Plan #2

### Passing



#### RECEIVE AND PASS

**Emphasis:** Accuracy and weight of passing.

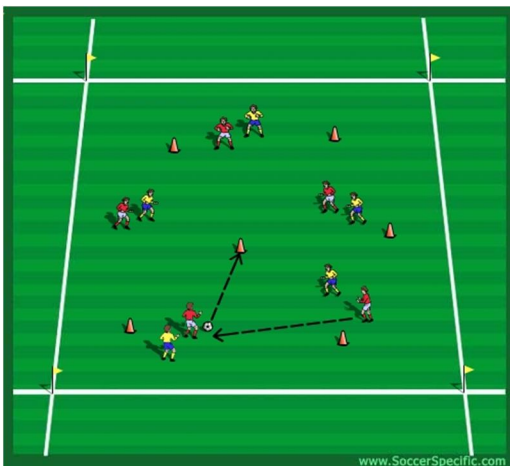
**Set-up:** 10 x 10 yard grid. Players work in pairs with one ball. Four cones are placed in the center of the grid as shown. These four cones create 3 channels that the ball can travel through. Players begin on opposite sides approximately 4 yards away from the cones.

**Objective:** Players must pass the ball through the cones with accuracy and the correct weight. Players cannot pass the ball through the same channel that it arrived through. This forces players to prepare the ball into space before attempting the next pass. Each pair begins the game with 5 points. Points are deducted for knocking over a cone. Last pair to lose all of their points wins the game.

**Progressions:** Groups of four. Two players on each side of the cones.

**Coaching Points:**

- Lock the ankle with the toe slightly pointed up.
- Non-kicking foot must be placed in line with the target.
- Redirect the ball into space prior to attempting the pass.
- Follow through and adjust the weight as necessary.



#### 4v4 KNOCK OFF

**Emphasis:** Passing, receiving, dribbling, turning, mobility

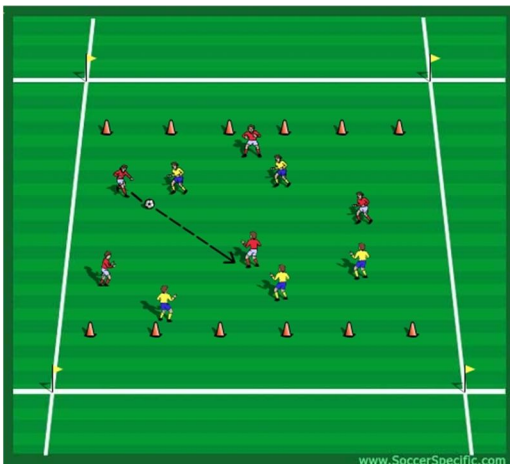
**Set-up:** Create a 30x40 yard grid. Two teams of 4/5 players are positioned inside the playing area. Randomly place 5-7 cones inside the grid. Place extra balls around the perimeter of the grid.

**Objective:** Both teams attempt to maintain possession and knock over the cones while doing so. The opposing team tries to deny possession and protects the cones. The team that knocks over the most cones wins the game.

**Progression:** Limit the number of touches. Decrease the size of the grid.

**Coaching Points:**

- Create supporting angles.
- Use the inside of the foot to pass accurately.
- Look to combine and play the way you face.



#### DEFENDING THE CONES

**Emphasis:** Passing and dribbling

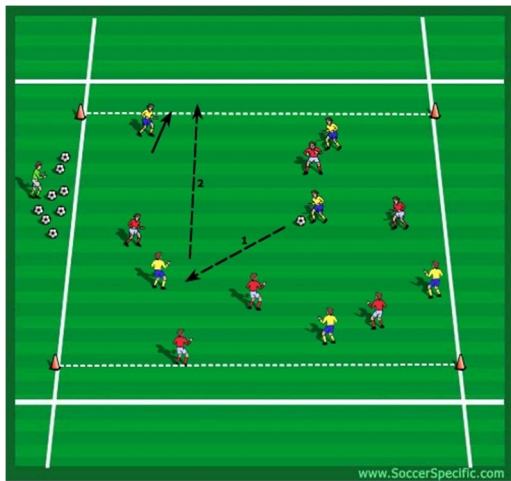
**Set-up:** Create a 40x30 yard grid. Evenly place six cones, five yards in from each end line as shown. Divide the team into 5v5/4v4 and place them in the grid.

**Objective:** Both teams attempt to maintain possession and pass the ball to knock over the opposing team's cones. If the cone is knocked over, the attacking team must grab that cone, bring it back, and add it to the cone line that they are defending. Play for a designated period of time. The team that has more cones in their defensive line is the winner.

**Progression:** Lower the touch stipulation (1 and 2 touch max). Decrease the size of the grid. Using the weaker foot counts as double.

**Coaching Points:**

- Play the way you face.
- Must pressure the ball-no free service.



### **6V6 WITH END ZONES**

**Emphasis:** Switching the point of attack, Passing, small-sided game.

**Set-up:** 40 x 40 yard grid with cones placed as shown to create a 3-4 yard wide end zone at each side. Players are split into two teams. Two sets of colored bibs. A 6v6 is organized inside the grid as shown. Balls are located outside grid with the coach.

**Objective:** Both teams try to maintain possession of the ball. Points are awarded for completing a pass to a teammate located inside either end zone. Players cannot score in the same end zone twice in a row. After a point is scored at one end of the grid the next point must be scored at the other end. If the ball leaves the playing area the coach should quickly play the next ball into the grid to keep the intensity high.

**Progressions:** Players use a maximum of 2 touches.

Player cannot enter end zone before the ball enters, to encourage well-timed runs

**Coaching Points:**

- Keep the ball moving with quick accurate passing.
- Attempt to switch the ball to the opposite end zone as quickly as possible.
- Movement and angles of support are important if switching opportunities are to develop.

## **ADDITIONAL NOTES**