

## U10 Week 2 - Passing and Receiving

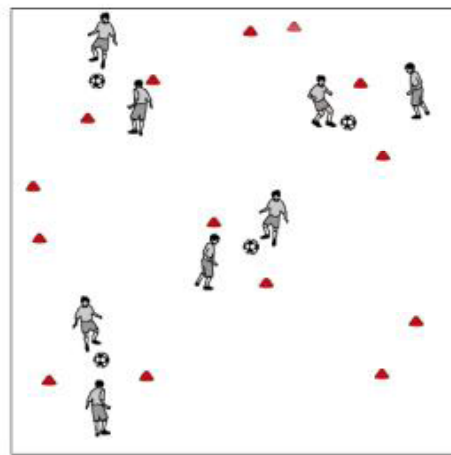
**Objective:** Improve passing technique with the inside and outside of their feet. Recognize the correct timing and opportunity to pass.

### **Coaching Points:**

- Ankle locked and get body behind the ball
- Be on your toes and balanced
- Go to the ball, do not wait for it
- Toe up (inside) or down & turned in (outside)
- Eyes on ball at instant of contact
- Follow through to partner
- Strike ball solid through the middle
- Knees slightly bent, non-kicking foot pointed to target and parallel to ball
- Pay attention to proper weight and timing

### **Gates Passing: (15 minutes)**

Randomly place many pairs of cones making small goals (1 yard wide) in a large space (30 x 20 yards). Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Have them pass only with their left foot or right foot, or the outside of their foot.



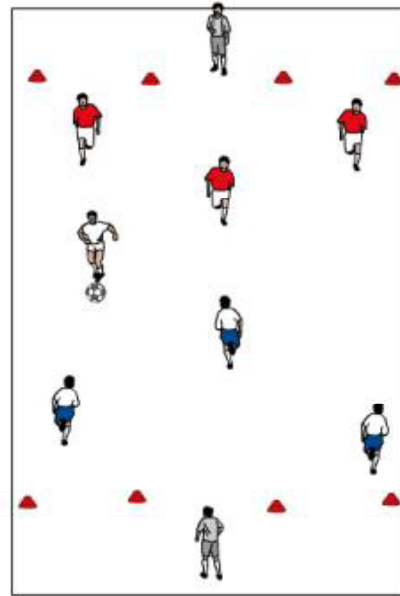
### **3 vs. 1 keep away: (15 minutes)**

In a grid 10x15 yards, play 3 vs. 1 continuous keep away. Three attackers combine to keep the ball away from one defender. When the defender wins the ball, he or she immediately combines with the attackers he or she did not win the ball from and the attacker who lost the ball becomes the defender. Balls out of play are dribbled in or passed in.

**Version 2:** Add another defender and play 3v2 keep away.

**3v3 +1 to targets: (20 minutes)**

In a 35x25 yard grid, two teams and a neutral player look to play to a target player on opposite sides of the grid. If they play to the target and receive the ball back, they look to switch directions and play to the other target player. If they just play to one target it counts as 1 point. If they play to two consecutive targets without losing possession it counts as 3 points. Target players must constantly move along their line to show for the ball. Every three minutes rotate the players.

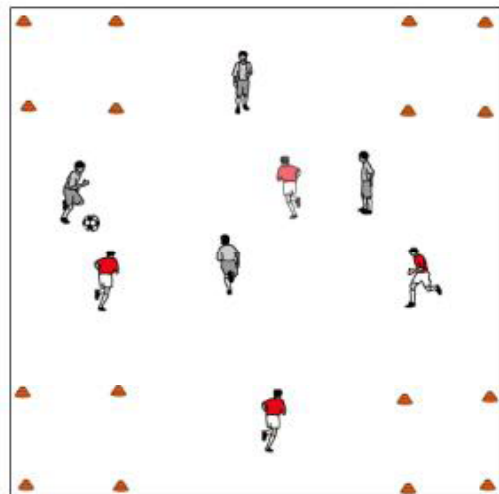


**Paired Passing: (15 minutes)**

2 players per ball. Free space. Players facing each other approximately 5-10 yards apart, passing back and forth, 1-2 touch. Feet and ball are always active. Either player can move the other player by angling a pass away from him. As their partner moves to control the ball, the passer moves quickly to support their partner by squaring up to him. The passing continues 1-2 touch again developing a rhythm until someone decides to move his partner again. This warm-up activity encourages repetition of passing and moving and supporting your teammate. The players must decide to 1 or 2 touch the ball depending on the pace of the pass directed to them.

**Four Square Passing: (20 minutes)**

Form a grid 35yds x 35yds with squares roughly 4 yds across in each corner. Two teams of 4 to 6 players try to score by passing the ball to a teammate who makes a run into one of the four squares. Only players from the attacking team can enter a corner square. Once a player in the square receives a ball, they can pass to a teammate or dribble the ball out for a point. Balls out of play can be passed or dribbled back into play.



**Bread and Butter:** (20 minutes)

Typical 4 vs. 4 but with an additional 4 players who stand on outside of field and can be used by either team as outlets (can limit the touches of these players if they have the ability (ie: two touches)). If a team gets scored upon, they become the team on the outside and the outside team plays on the field. Use approximately a 20x25 yd area. May restrict the players to 2 or 3 touches to force quicker decisions, and better body position before the ball arrives. Keep score and make the game competitive.



**6v6 Scrimmage:** (30 minutes)

(including goalkeepers) 45 to 60 yards long by 35 to 45 yards wide field size