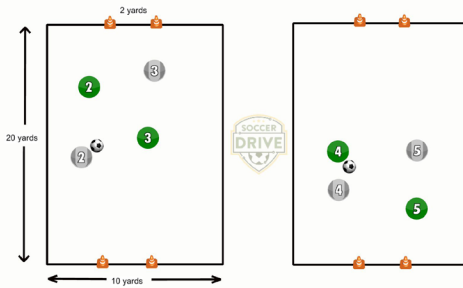




# PASSING

AGE LEVEL: U10 TIME: 60 MINUTES

## PRACTICE PLAN



### 2 VS. 2 PLAY

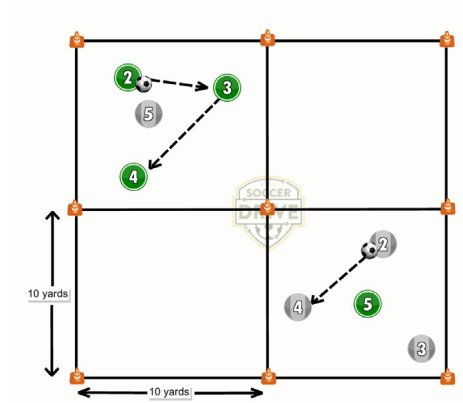
**TIME** 10 minutes

**SETUP**

- » Make two (or more) fields at 20x10 yards.
- » Place 2 yd goals on each endline.
- » Players play 2v2 on field.
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).

**COACHING POINTS**

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



### 3 VS. 1 RONDO

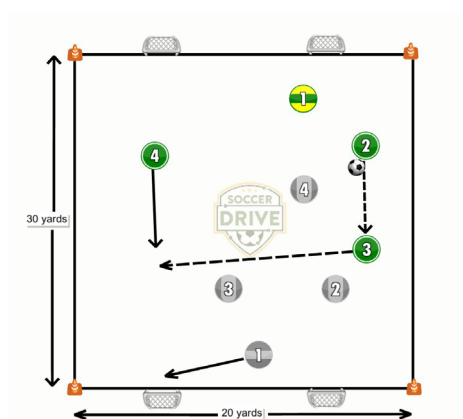
**TIME** 15 minutes

**SETUP**

- » Create several grids that are 10x10 yards.
- » Play 3v1 to teach the players how to support the player with the ball.
- » 3 players try to connect as many passes as they can.
- » If the defender gets the ball, they dribble outside the grid for a point.
- » Play for 1 minute and switch defender.

**COACHING POINTS**

- » Non-Kicking foot pointed to target and parallel to ball.
- » Knees bent and balanced.
- » Locked ankle with toe up (inside of the foot).
- » Eyes on ball at instant of contact.
- » Strike the ball through the middle.
- » Movement off the ball. Can you find space when you don't have the ball, so you're easier to pass to?



### 4 VS. 4 TO 4 GOALS

**TIME** 15 minutes

**SETUP**

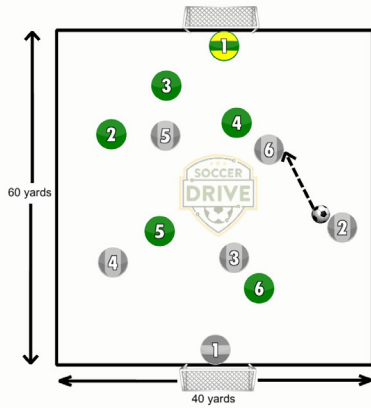
- » 20x30 yard field with 2 small goals on each end line.
- » Play to score in the opponent's goal.
- » The GK defends their team's 2 goals.
- » When a team makes 2 passes or more without losing possession and then scores a goal, the goal is worth 10 points!

**COACHING POINTS**

- » Accuracy and pace of pass. Is the pass played in a way that helps the receiver control the ball and get out of pressure?
- » Encourage the use of the inside of the foot while passing to the next grid (Toe up, heel down).
- » Encourage players to open up their body when receiving. Receive the ball with the inside of the foot in the direction you want to do next.
- » Encourage players to look to play into the space in front of their attacker rather than to foot when able.



# PASSING



## 6 VS. 6 SCRIMMAGE

**TIME** 15 minutes

**SETUP**

- » Play 6v6 with no restrictions. Full goals with GKs.
- » 60 x 40 yards.

**COACHING POINTS**

- » None! Just sit back and let them play. Can expand field for numbers.

### END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions.

- » What part of our foot should we use to be accurate in a pass? (inside...there's more surface area to strike with!).
- » Why should we open our body when receiving a pass? (because it allows us to see more of the field. Seeing more of the field = seeing more passing options!)
- » Why do we sometimes want to play the ball into space rather than to their feet? (if there is space behind the defenders, we want to attack that space!)