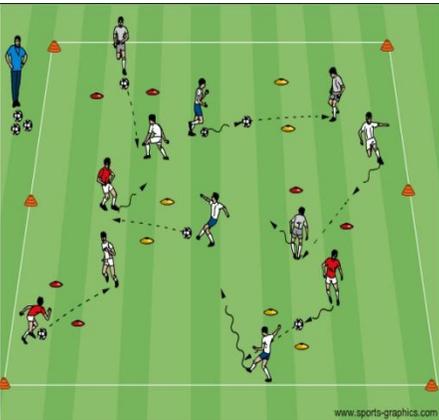
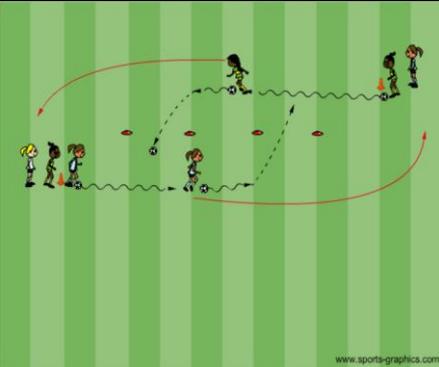
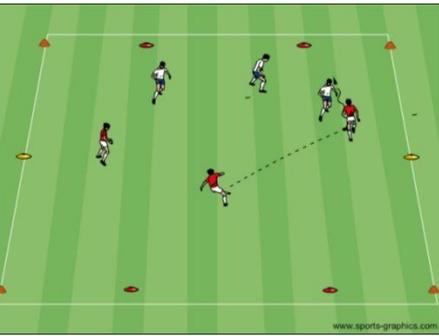


(U10) --- Week 2

Topic: Passing and Receiving

<p>Technical Warm up</p> 	<p>Organization</p> <p>Gate Passing: In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point. Coach: Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Technique of passing <ul style="list-style-type: none"> ○ locked ankle, toe up ○ eyes on ball at instant of contact, follow through to partner ○ strike ball solid through the middle, knees bent and balanced ○ receiving first touch - directional • Communication to ask for the ball <p>Time: 10 minutes</p>
<p>Small Sided Game</p> 	<p>Organization</p> <p>Dribble & Pass Competition: 4 cones lined up 5 yards apart and a starting cone on each end. Divide the team in half and line up at each starting cone opposite each other. Both sides start at the same time and dribble to the last set of cones then pass the ball thru the cones to the next player in line and get in that line. Duplicate with another group and compete on who finishes first.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Tech of passing and receiving • Pace of the pass • First Touch – Directional • Pass on the move • Dribble with head up <p>Time: 15 minutes</p>
<p>Exp. Small Sided Game</p> 	<p>Organization</p> <p>3v3 to End Zones: In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone. Defenders can't defend in the End Zone.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Soft 1st touch receiving into space, away from pressure • Proper weight, accuracy and timing of passes • Possession vs. Penetration • Proper angle and distance of support off the ball • Communication between players <p>Time: 25 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p>Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time: 10 min.</p>	