



# MASSACHUSETTS YOUTH SOCCER

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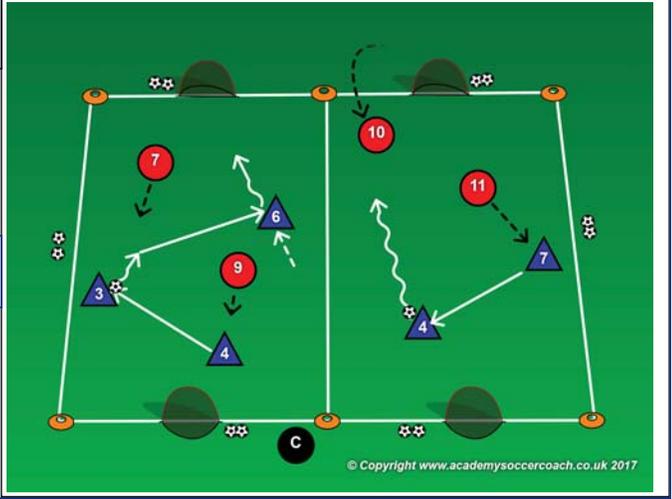
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<b>Age Group</b>	U10	<b>Topic</b>	Passing and Receiving 2
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**Who:** #2, #3, #4, #6  
**What:** Receiving, Directional first touch, Dribbling, Passing, Mobility, Width, Support and Penetration  
**Where:** In the defending half of the field  
**When:** In possession of the ball building up the attack  
**Why:** To receive/redirect the ball forward to penetrate the opponent's defensive line

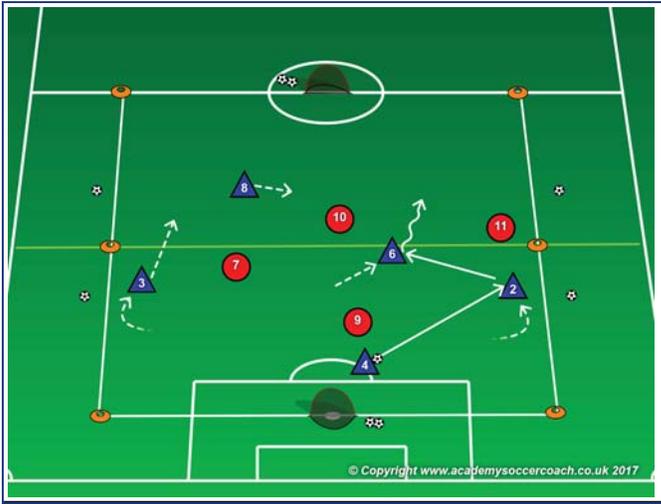
**Play** Up to a 3v3 Game Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, start the second game on the next field.



**Coaching Points** Activity Time 2.5 min Rest 30 secs Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to receiving and redirecting the ball
3. Is there repetition? - Receiving and redirecting the ball forward
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for receiving and redirecting the ball



**Practice** 5v4 to Small Goals Duration 21 min

In a 30Wx25L field with a small goal at each end.  
 Focus Team Blue: #2, #3, #4, #6 and #8 -- Defending Team Red: #7, #9, #10 and #11. Play to score in the opponent's goal. Play Using the build up line.

**Coaching Points** Activity Time 6 min Rest 1 min Intervals 3

**What? Technique - Receiving** - Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction (forward into space) and away from pressure. Look over the shoulder - **Passing:** Surface, Accuracy and Pace.

**Play** Scrimmage Duration 30 min

Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply.  
 Focus Team Blue Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)  
 Defending Team Red Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11)

**Coaching Points** Activity Time 12 min Rest 3 min Intervals 2

**What? Technique** - Receiving, Dribbling, Passing and Shooting  
**Where on the field is this likely to happen most often?** In the defending and attacking flanks and central channels of the field.  
**Why do we redirect the ball forward?** To take ball away from pressure or to penetrate the defending team's line.

