



MASS YOUTH SOCCER SESSION PLAN

Topic

PASSING BASICS 2

Objectives (5 W's)

Who: Defenders, midfielders and strikers **What:** Passing, Receiving, Spread out, Triangulate, Play forward when possible, Create diagonal passing lanes, Create 2v1
Where: In the defensive and attacking halves of the field
When: The team is building up the attack
Why: To penetrate the opponent's defense

Organization

Duration Intensity

- Area: In a 20Wx30L yard field
- Divide the players into groups of 3 to pass the ball around the grid. The player, who receives the ball, touches it 2-3 times on the move, then makes a pass to the next teammate. Intervals ~ 1: Number of passes in minutes ~ 2: Pass through the other team ~ Which team makes the most passes?

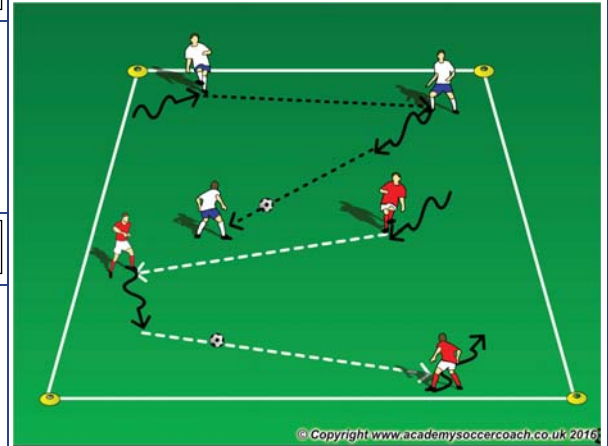
Coaching Points

Activity Time Rest Intervals

- **What? Technique of Passing:** 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 ~ **Receiving:** Get the body behind the ball, Ankle locked and toes up, Eyes on the ball, 1st touch, push the ball where you want to go or away from pressure.

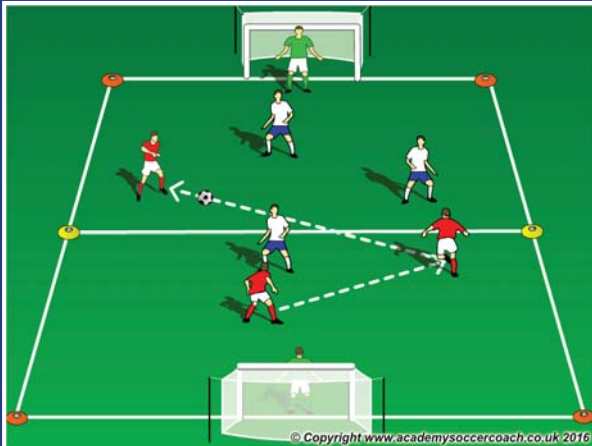
Warm-up / Orientation

3v0 to 3v1



Orientation

4v4 Total Soccer



Organization

Duration Intensity

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal
 ~ When all members of the team have touched the ball and scored the goal is worth 100 points. All other goals are 1 point

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Passing: Accuracy and pace, Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Create Diagonal Passing lanes: Who? Where? When? Why? - Triangulate: Who? Where? Why?

Organization

Duration Intensity

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. All laws apply.

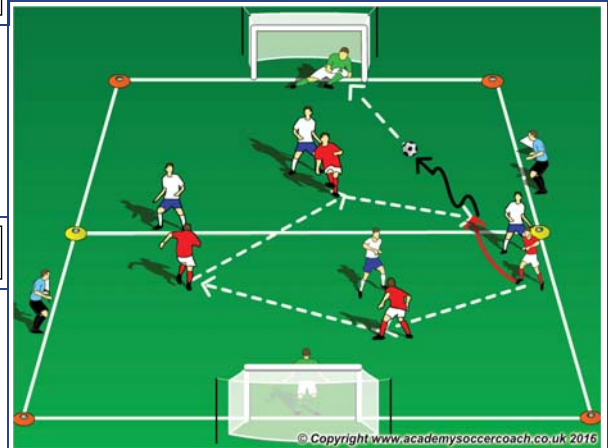
Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Passing, Receiving, Shooting
- **Team Tactical Attacking Principles** - Spread out: Who? Where? When? Why? - Playing forward when possible: Who? Where? When? Why? - Triangulate: Who? Where? When? - Create Diagonal passing lanes: Who? Where? When? Why? - Create 2v1's: Where? When? Why?

Learning

5v5 to Goal



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to pass & support each other

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play