



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**PASSING AND COMBINING**

**Objectives**  
(5 W's)

**Who:** #7, #8, #9, #11

**What:** Passing, receiving, spreading out, playing forward, diagonal passing lanes, triangulation

**Where:** In the defensive and attacking half of the field

**When:** In possessions of the ball in the central and flank areas

**Why:** To penetrate the opponent's defense and create scoring opportunities

**Organization**

Duration

18 mins

Intensity

Med-High

Area: in a 32Wx20L yard field with two small goals on each end-line  
Target team (Red) #'s 7, 8, 9, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups try to score as many goals as they can in either side while completing the following intervals - 1: Everyone touches the ball - 2: Complete one Wall Pass through the other team - 3: Complete one Up, Back and Through.

**Coaching Points**

Activity Time

4.5 min

Rest

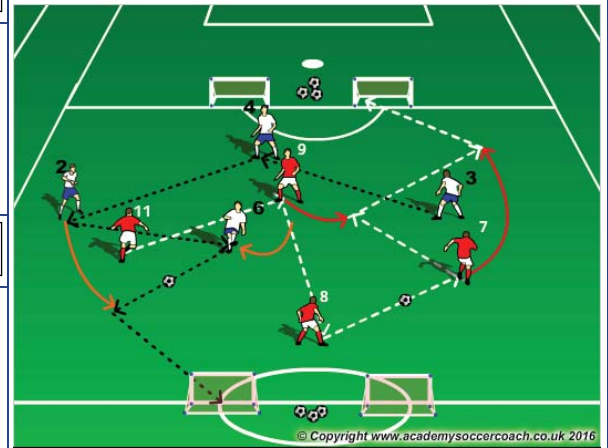
1.5min

Intervals

3

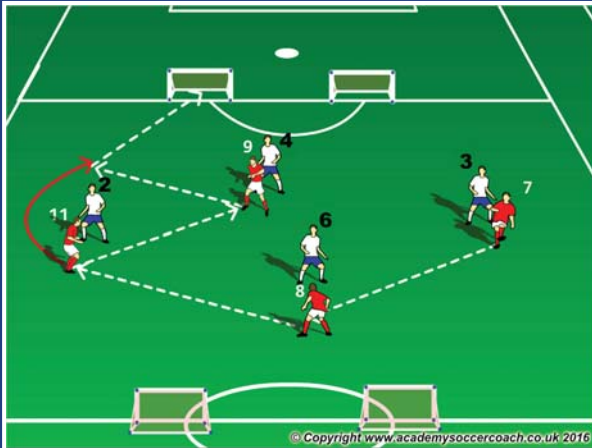
**What? Technique of Passing:** Non-Kicking foot pointed to target and parallel to ball. Knees bent, locked ankle with toe up (inside of the foot), eyes on ball at instant of contact, strike the ball through the center - **Receiving:** Get the body behind the ball, ankle locked and toes up, Eyes on the ball, 1st touch pushes the ball where you want to go or away from pressure

**Warm-up / Orientation** Pass, Move and Split



**Orientation**

4v4: 3 Plus Passes



**Organization**

Duration

20 mins

Intensity

Med-High

Area: in a 32Wx20L yard field with two small goals on each end-line  
Target team: #'s 7, 8, 9, 11 - Opposition team: #'s 2, 3, 4, 6 - Play to score in the opponent's goal.

When a team makes a wall pass or 3 players make consecutive passes and score the goal is worth 100 points. Play to 300 points. Any other goal is 1 point

**Coaching Points**

Activity Time

5 mins

Rest

1.5min

Intervals

3

**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

22 mins

Intensity

Medium

Area: in a 50Wx60L yard field with goals  
Target team: #'s 1, 4, 6, 7, 8, 9, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All laws apply.

**Coaching Points**

Activity Time

9 mins

Rest

2 mins

Intervals

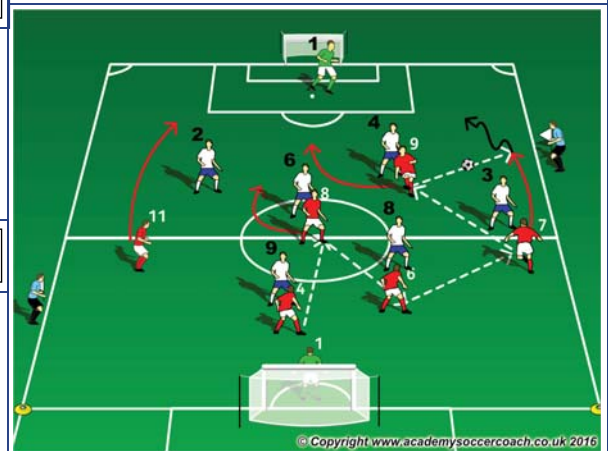
2

**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? - 2v1's: Where? When? Why? - Runs in behind/between the defensive line: Who? When?

**Learning**

7v7 to Goals



**Implementation**

9v9

Duration

30 mins

Formation

R GK-3-2-3 v W GK-3-3-2

Activity Time

12 mins

Rest

3 mins

Intervals

2

**Organization**

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 8, 9, 11 to combine with each other.

**Coaching Points**

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play