



MASS YOUTH SOCCER SESSION PLAN

Topic

PASSING AND COMBINING

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 15Wx20L yard grid
- Place 5 players as shown in the diagram. Player **A** dribbles and passes the ball to player **B**. Player **B** passes the ball back to player **A**. Player **A** passes forward to player **C**. After the forward pass, players switch positions. **C** plays with **D** the same pattern as **A** and **B**

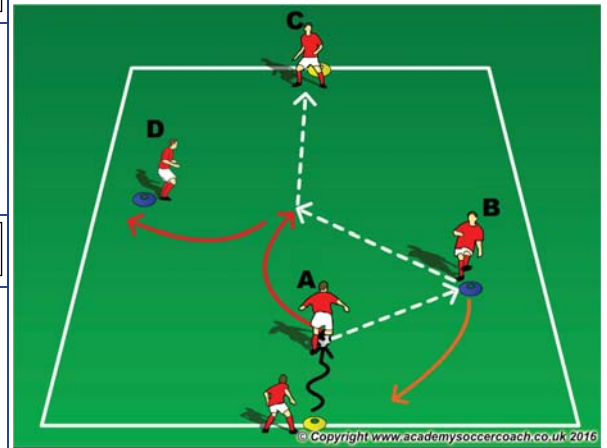
Coaching Points

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

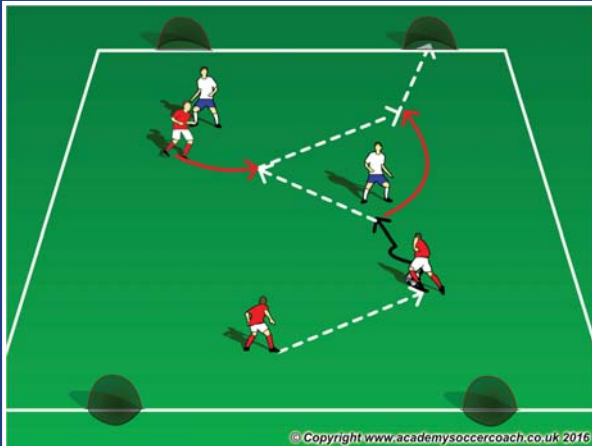
Warm-up / Orientation

Passing Pattern



Orientation

3v2 to 4 Goals



Organization

Duration Intensity

- Area: In a 20Wx30L yard field with 2 goals on each end line
- Play to score in the opponent's goal
 ~ If a team has 3 or more passes among them and score the goal is a 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? - Create a 2v1: Where? When? 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? - Play 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

4v5 to Goal and Counter Goals



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

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

Coaching Points

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