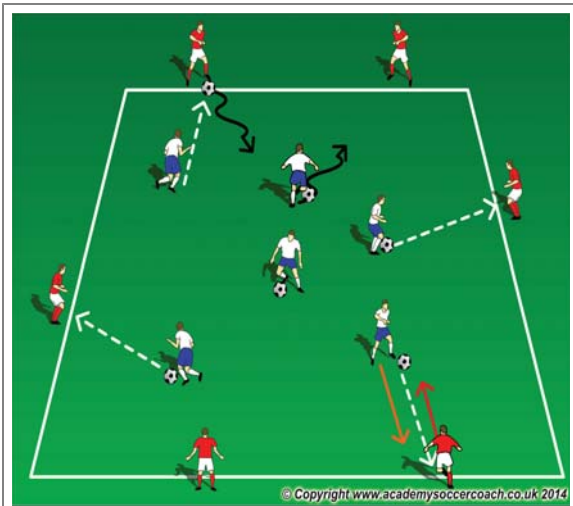


Season Fall 2015 Team/Age Group U10 Week 7

Topic Passing and Receiving

### Objectives 5W's

To improve the team's ability to pass and receive the ball  
 WHO: All players, when they are in possession of the ball, WHAT: Techniques for passing and for receiving the ball, WHERE: All over the field, WHEN: Receiving and passing in open space and under the pressure of an opponent, WHY: To improve a player's first touch and their ability to pass, and receive the ball in the run of play.



### 1. WARM UP

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

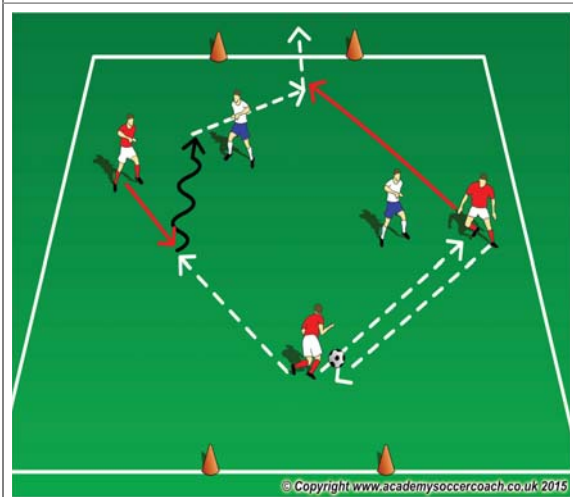
ORGANIZATION - (Physical Environment / Equipment / Players)

#### TECHNICAL BOX

Two even groups in a 30Lx20W grid. One group starts in middle of grid with a ball each, other players on outside. Players in the middle each have a ball and they pass the ball to the players on the outside, then follow their pass, and take the place of the player on the outside who they passed to. The player on the outside who receives the pass must dribble into the middle and then they connect a pass to a different player on the outside and repeat. Variations: 1. Use weak the foot for passing by all players 2. Players on inside play 1/2/3 pass with players on outside, before switching places.

#### COACHING POINTS / KEY CONCEPTS

- Technique before making a pass call the player's name that you are passing to, make eye contact with that player. When passing the ball watch the ball leave the foot.
- Technique of receiving a pass - make eye contact with the passer. Get the body in line with the pass. Watch the ball all the way on to the foot when receiving a pass. Surfaces of the foot for passing - Inside and outside



### 2. SMALL SIDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

#### 3v2 to GOAL:

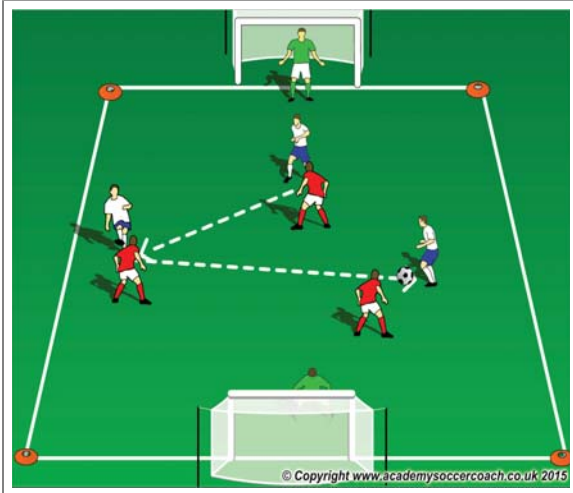
In a 30Lx20W grid.

Scoring system designed by the coach. Some examples are:

- Any one touch pass that connects with a teammate is 5 bonus points
  - Any combination pass (give and go, overlap) is worth 10 bonus points
- Rotate players each interval

#### COACHING POINTS / KEY CONCEPTS

- Technique of using the inside of the foot to redirect the ball when receiving it (First Touch) to push the ball into space or away from defenders
- Tactics of where to support the player with the ball, In-front (Penetration), behind (Depth) and at either side (Width) of the player with the ball, making a triangle or diamond shape on the field.



### 3. EXPANDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

#### 4v4 to GOAL:

In a 40Lx30W grid play 4v4.

Scoring to be determined by the coach. Some examples are:

- Every pass made before a goal is scored counts as a point, # of passes=points of the goal, IE. 3 passes before scoring equals a goal worth 3 points
- Any combination pass (give and go, overlap) is worth 10 bonus points

#### COACHING POINTS / KEY CONCEPTS

- Tactics of moving into a supporting position (Width, Depth, Penetration), and as soon as the ball is passed to a teammate nearby then changing that position (Mobility) on the field to provide passing lanes (options) for teammates. (Support)

4. GAME **6v6** Duration:  Intensity:  Activity Time:  Intervals:  Recovery Time:

ORGANIZATION **On a 60Lx40W field, the Red team will play a 1-2-2-1 and the White team will play 1-3-1-1**

COACHING POINTS / KEY CONCEPTS Reinforce the techniques associated with passing and receiving, encouraging players to recognize when and how to pass and receive the soccer ball.