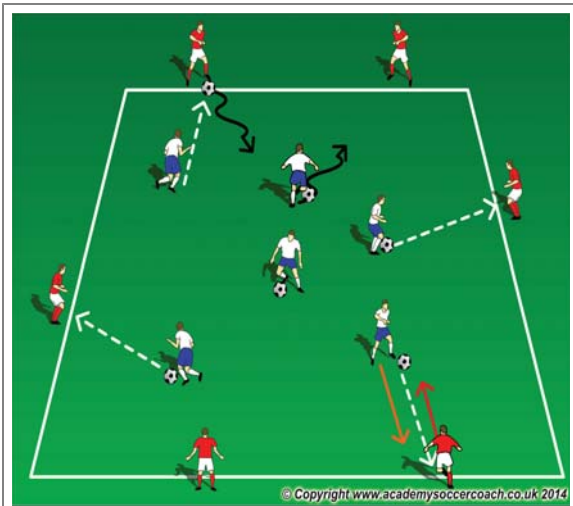


Season Fall 2015 Team/Age Group U10 Week 2

Topic Passing and Receiving

**Objectives 5W's**

To improve the player and team's ability to keep possession of the ball:  
**WHO:** The player in possession of the ball - **WHAT:** Technique of passing and receiving - **WHERE:** In the central and flank areas of the field - **WHEN:** Trying to connect passes - **WHY:** To penetrate the opposition's defense



**1. WARM UP**

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

**ORGANIZATION - (Physical Environment / Equipment / Players )**

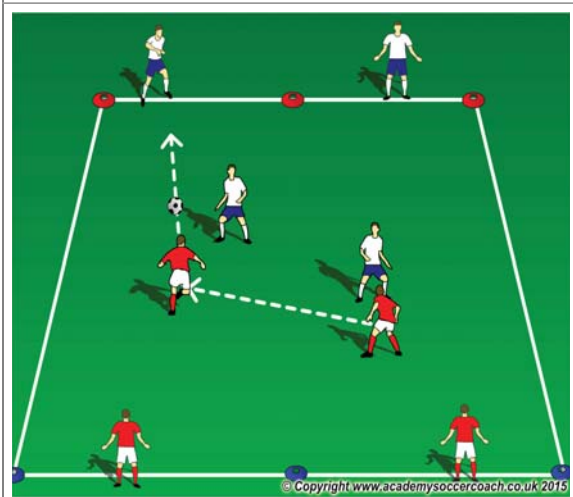
**CONTROL BOX:**

Two even groups in 30Wx40L grid. Players in the middle pass the ball to the players on the outside and take their place on the outside. The player on the outside who receives the ball, dribble into the middle and then connect a pass to a different player on the outside.

Variations: one touch passing from outside players, weak footed passes by all players, players on the outside start with the ball and the players in the middle receive and turn and pass to another teammate.

**COACHING POINTS / KEY CONCEPTS**

- Technique of Passing: Non-Kicking foot pointed to target and parallel to ball, locked ankle with toe up (inside of the foot pass), strike ball solid through the middle, accuracy, pace and timing
- Technique of Receiving: Ankle locked with toe up and get body behind the ball, eyes on the ball at instant of reception, present the receiving foot back (to cushion) and redirect the ball out of trouble or into space
- Technique of Dribbling: Keep the ball close, use the laces to go forward, use the inside/outside of the foot and the bottom(sole) to change directions, Keep your head up, change speed



**2. SMALL SIDED ACTIVITY**

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

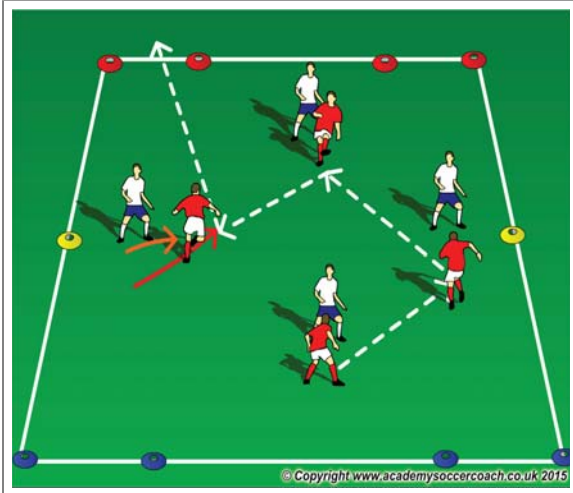
**ORGANIZATION - (Physical Environment / Equipment / Players )**

**2v2 RELOADING TO 4 TARGETS:**

Play a 2v2 game in a 20Wx30L yard grid with a 4 target players place in between the cones. The players inside the grid will score points by passing the ball to either of their target players in between the cones. When the target receives the ball, then both target players enter the field to play against the team that just scored while the other two take their place as targets.

**COACHING POINTS / KEY CONCEPTS**

- Technique of Passing: Accuracy, pace and timing
- Technique of Receiving: Surface selection (foot and ball), first touch, preparation touch, body shape
- Tactical: Penetration: When? Where? Who to combine? - Support: angles and distance - Mobility: Where? When? Why?



**3. EXPANDED ACTIVITY**

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

**ORGANIZATION - (Physical Environment / Equipment / Players )**

**4v4 to FOUR GOALS:**

Play a game to 4 goals.

In a 30Wx40L yard grid, have the two teams play and score in any of the opponent's two goals

Variation: The goal is worth the number of successful passes made prior to scoring.

**COACHING POINTS / KEY CONCEPTS**

- Techniques – Passing and Receiving
- Tactical – Penetration, Support, Width and Mobility, Speed of Play

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

**ORGANIZATION** • In a 40Wx60L field two teams will play with a specific formation each - Red Team :1-2-3, Blue Team: 1-1-3-1  
 • Encouraging players to recognize when to pass and receive the ball to beat an opponent

**COACHING POINTS / KEY CONCEPTS** Roles and responsibilities of the players in the attacking team. Speed of play and execution.