

<b>U10 Session Plan</b> Week 5		<b>Season</b> Spring 2016		<b>Topic</b> PASSING BASICS 2	
<b>Objectives (5 W's)</b>		<b>Who:</b> #6, #8, #9 <b>Where:</b> In the defensive and attacking half of the field <b>What:</b> Passing, Receiving, Shooting, Penetration, Support, Mobility <b>When:</b> The team is building up the attack <b>Why:</b> To penetrate the opponent's defense			
<b>Organization</b>		Duration 12 mins	Intensity Med-High	<b>Stage 1</b> Passing and Moving	
<ul style="list-style-type: none"> <li>Area: In a 20Wx30L yard field</li> <li>Target team: #6, #8, #9 - Opposition team: #4, #5, #8. Each team tries to make as many passes in 2 minutes as they can. 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 2 minutes ~ 2: Pass through the other team ~ 3: Competition</li> </ul>					
<b>Coaching Points</b>		Activity Time 3 mins	Rest 1 min	Intervals 3	
<ul style="list-style-type: none"> <li>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</li> </ul>					
<b>Stage 2</b> 4 v 4 - Total Soccer		<b>Organization</b>			
		Duration 15 mins	Intensity Med-High		
<ul style="list-style-type: none"> <li>Area: In a 20Wx30L yard field with goals</li> <li>Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8 - Play to score in the opponent's goal.</li> <li>~ When all members of the team has touched the ball and score the goal is worth 100 points. All other goals are 1 point</li> </ul>		<b>Coaching Points</b>			
		Activity Time 4 mins	Rest 1 min	Intervals 3	
<ul style="list-style-type: none"> <li>What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~</li> <li>Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?</li> </ul>					
<b>Organization</b>		Duration 20 mins	Intensity Medium	<b>Stage 3</b> 4v4 to Goal	
<ul style="list-style-type: none"> <li>Area: In a 20Wx30L yard field with goals</li> <li>Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8 - Play to score in the opponent's goal. All rules apply.</li> </ul>					
<b>Coaching Points</b>		Activity Time 7 mins	Rest 2 mins	Intervals 2	
<ul style="list-style-type: none"> <li>What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Power or Placement</li> <li>Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?</li> </ul>					
<b>Stage 4 - 7v7</b>		Duration 30 mins	Formation R GK-3-2-1 v W GK-2-3-1	Activity Time 12 mins	Rest 3 mins
<b>Organization</b>		In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to pass & support each other.			
<b>Coaching Points</b>		Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.			