U10 Session Plan

Week 6

Season Spring 2016

Topic

PASSING AND COMBINING

Objectives (5 W's)

Who: #7, #9, #10, #11 Where: In the defensive and attacking half of the field What: Passing, Receiving, Dribbling, Shooting, Penetration, Support, Mobility

When: The team is building up the attack

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

Stage 1

Organization

Duration | 12 mins

Intensity Med-High

Wall Pass Triangle



Area: In a 15x15x15 yard triangle with tall cones in between (see diagram)

• Players #7, #9, #11. #7 starts with dribble and passes the ball to #9 for a wall pass. #7 receives the ball back & dribbles beyond the next disc & passes to #11 who does the next wall pass with the #9. Intervals-1:#9 is the central player~2: #7 is the central player ~ 3: #11 is the central players ~ 4: Wall pass race between the other triangles

Coaching Points

Activity Time 2 mins Rest 1 min 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 lock and toes up, Eyes on the ball, 1st touch pushed the ball where you want to go or away from pressure

4v4 - Combo PLay Stage 2

Organization

Duration

15 mins

Intensity Med-High

Area: In a 20Wx30L yard field with goals

Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal.

~ When a team makes a wall pass or 3 players connect passes in a row and score the goal is worth 10 points

Coaching Points

Activity Time 4 mins Rest 1 min Intervals

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Dribbling
- Principles of Attack Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration

18 mins

Intensity

Medium

Stage 3

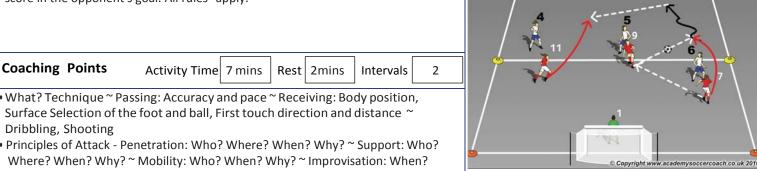
4v4 to Goal



• Target team (Red): #1, #7, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to score in the opponent's goal. All rules apply.

What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position,

- Surface Selection of the foot and ball, First touch direction and distance ~ Dribbling, Shooting



Stage 4 - 7v7	Duration	30 mins	Formation R GK-3-2-1 v W GK-2-3-1	Activity Time 12 mins	Rest 3 mins	Intervals 2	
Organization	In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to combine & support each other						
Coaching Points	Technical	l Execution	xecution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.				