

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				
Organization		Duration 12 mins	Intensity Med-High	Stage 1 Wall Pass Triangle		
<ul style="list-style-type: none"> 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 4		
<ul style="list-style-type: none"> 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 						
Stage 2 4v4 - Combo PLay		Organization				
		Duration 15 mins	Intensity Med-High			
<ul style="list-style-type: none"> Area: In a 20Wx30L yard field with goals Target team (Red): #1, #7, #8, #9 - 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 3		
<ul style="list-style-type: none"> 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		
<ul style="list-style-type: none"> Area: In a 20Wx30L yard field with goals 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. 						
Coaching Points		Activity Time 7 mins	Rest 2mins	Intervals 2		
<ul style="list-style-type: none"> What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Dribbling, Shooting Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When? 						
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 Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.				