PASSING

AGE LEVEL: U10   TIME: 60 MINUTES

2 VS. 2 PLAY

TIME: 10 minutes

SETUP

» Make two (or more) fields at 20x10 yards.
» Place 2 yd goals on each endline.
» Players play 2v2 on field.
» If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).

COACHING POINTS
None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

3 VS. 1 RONDO

TIME: 15 minutes

SETUP

» Create several grids that are 10x10 yards.
» Play 3v1 to teach the players how to support the player with the ball.
» 3 players try to connect as many passes as they can.
» If the defender gets the ball, they dribble outside the grid for a point.
» Play for 1 minute and switch defender.

COACHING POINTS
» 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.
» Movement off the ball. Can you find space when you don’t have the ball, so you’re easier to pass to?

4 VS. 4 TO 4 GOALS

TIME: 15 minutes

SETUP

» 20x30 yard field with 2 small goals on each end line.
» Play to score in the opponent’s goal.
» The GK defends their team’s 2 goals.
» When a team makes 2 passes or more without losing possession and then scores a goal, the goal is worth 10 points!

COACHING POINTS
» Accuracy and pace of pass. Is the pass played in a way that helps the receiver control the ball and get out of pressure?
» Encourage the use of the inside of the foot while passing to the next grid (Toe up, heel down).
» Encourage players to open up their body when receiving. Receive the ball with the inside of the foot in the direction you want to do next.
» Encourage players to look to play into the space in front of their attacker rather than to foot when able.
6 VS. 6 SCRIMMAGE

**TIME** 15 minutes

**SETUP**
- Play 6v6 with no restrictions. Full goals with GKs.
- 60 x 40 yards.

**COACHING POINTS**
- None! Just sit back and let them play. Can expand field for numbers.

**END OF PRACTICE QUESTIONS:**

Bring your players in for the last five minutes of practice and recap your session using open-ended questions.

- What part of our foot should we use to be accurate in a pass? (inside…there’s more surface area to strike with!).
- Why should we open our body when receiving a pass? (because it allows us to see more of the field. Seeing more of the field = seeing more passing options!)
- Why do we sometimes want to play the ball into space rather than to their feet? (if there is space behind the defenders, we want to attack that space!)

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