MASSACHUSETTS YOUTH SOCCER

U10 Session Plan

Season Spring 2016 **Topic** PASSING BASICS 1

Objectives (5 W's)

Who: #6, #8, #9 **Where:** In the defensive and attacking half of the field
What: Passing, Receiving, Shooting, Penetration, Support, Mobility
When: The team is building up the attack
Why: To penetrate the opponent's defense

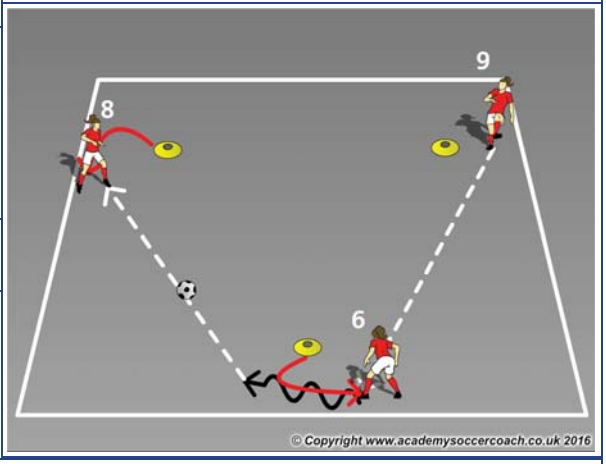
Stage 1 — Passing Triangle

Organization Duration 12 mins Intensity Med-High

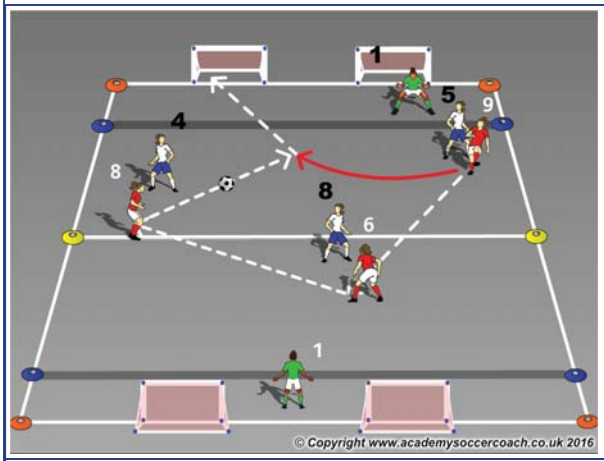
- Area: In a 15x15x15 yard triangle. Players #6, #8, and #9 on each cone. #9 starts with the ball. #6 checks away from the cone then back, receives a pass from #9 with the front foot, #6 then pushes the ball past the cone to make the next pass to #8, continue. Intervals-1: Receive, dribble, pass. 2: Receive with one foot, pass with the other. 3: Reverse passing direction

Coaching Points Activity Time 2 mins Rest 1 min Intervals 4

- 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



Stage 2 — 4 v 4 to 4 Goals



Organization Duration 15 mins Intensity Med-High

- Area: In a 20Wx30L yard field with 2 small goals on each endline
- Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #8
  Play to score in the opponent's goal. #1 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 Activity Time 4 mins Rest 1 min Intervals 3

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

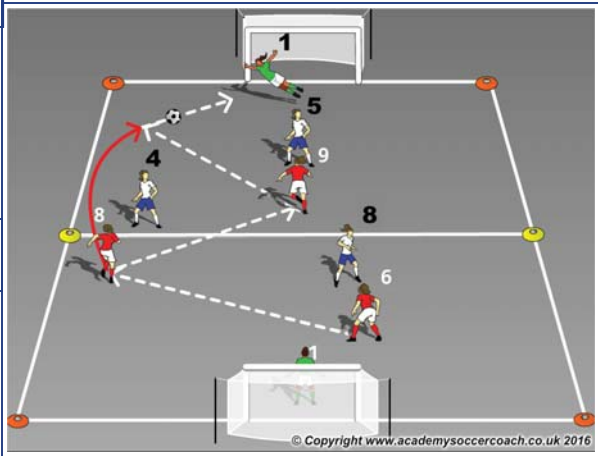
Stage 3 — 4 v 4 to Goal

Organization Duration 18 mins Intensity Medium

- Area: In a 20Wx30L yard field with goals
- 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

Coaching Points Activity Time 7 mins Rest 2 mins Intervals 2

- What? Technique ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface Selection of the foot and ball, First touch direction and distance ~ Shooting: Accuracy and Power
- 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 yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to pass & support each other

Coaching Points Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.