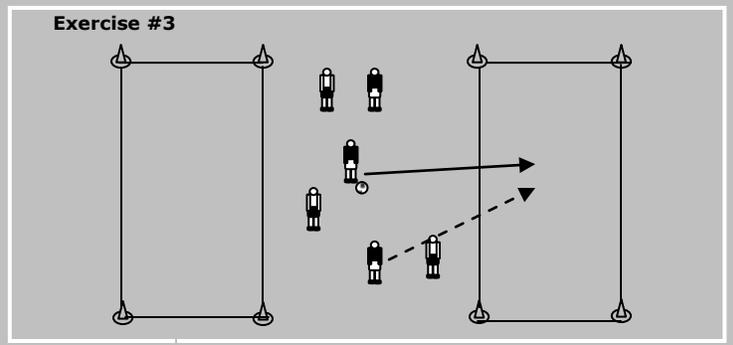
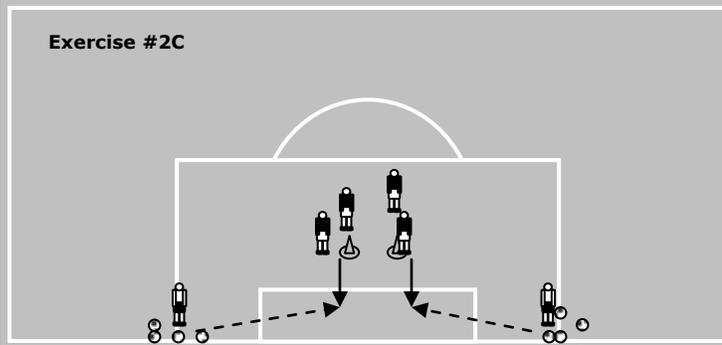
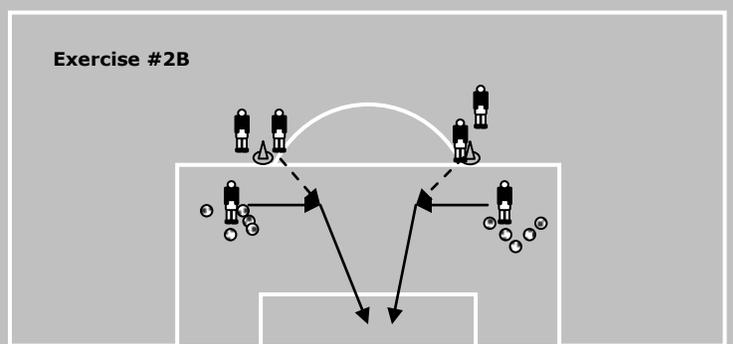
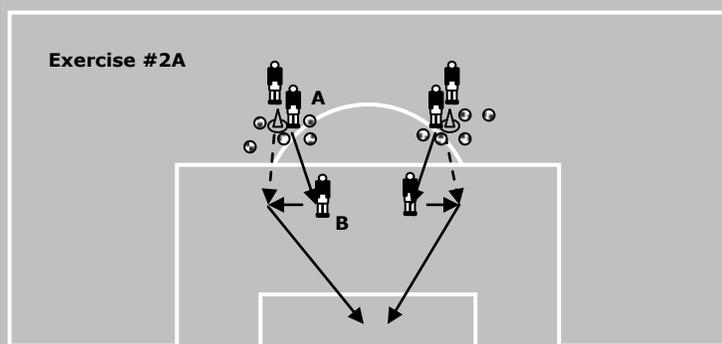


U10 PASSING SESSION (PASS AND SHOOT)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Pass and Shoot	U10	Bantam	U10D
Exercise #1	Organization	Coaching Points		
<p><u>5v2:</u> 5 attackers form circle around 2 defenders and play keep away. Unlimited touches. Attacker who loses the ball becomes new defender. 10 consecutive passes w/out def. touching the ball = defenders stay in again. <i>Time: 10 min.</i></p>		<p>Passing is done with correct technique, inside of foot, ankle locked, toes above ankle. Players off the ball must move into support of player on the ball. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
Exercise #2	Organization	Coaching Points		
<p><u>Pass/Shot 5 in a Row:</u> A) 2 lines formed at top of penalty area, 2 "bumpers" standing inside the box. No GK's. Player A performs a wall pass with Player B and shoots, then quickly runs back to repeat, 5 times in a row. Both lines shoot at same time. Other players gather balls. B) across the body shot, let ball run across body and shoot. C) Shooting from a small cross on the ground. <i>Time: 20 min.</i></p>		<p>Clean passing, clean technique (as above). Use 1-touch. Work hard when shooting. Concentrate on technique when player gets tired towards the end of 5 shots. A) and B) are executed with the laces, C) (shooting from a small cross) is done with the inside of the foot.</p>		
Exercise #3	Organization	Coaching Points		
<p><u>Zone Game (Pass in Zone for Point):</u> Set 2 fields 20x30 yards, to accommodate entire team. 7 yard end zone at each end. Teams score a point by passing the ball to a teammate in the zone they are attacking. Player can be inside zone before the ball arrives or they can meet the ball in the zone. <i>Time: 15 min.</i></p>		<p>Proper technique and proper "weight" of the pass, play ball to where your teammate will be. Movement by players off the ball, make runs into the zone. Make it a tournament.</p>		
Exercise #4	Organization	Coaching Points		
<p><u>5v5 Small Goals:</u> Field 35x45 yards. <i>Time: 30 min.</i></p>		<p>Minimal coaching. Fun and competitive</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			