

U-10 Week 2 Passing and Moving Practice

Warm Up: 10min.

Handball

Players: 6-20

Ages: 7-99

Objectives:

1. Movement, warm up.
2. Teach pass and move concept.
3. Teach importance of passing.
4. Teach importance of moving into space.
5. Improve teamwork.
6. If nothing else, the kids love this game--it can be exciting and fun.

Description:

Set-up.

This is a team game. 3v3 4v4, 5v5 etc. Set up a goal at each end of the field. Field size varies depending on number of players, for 5v5 I would suggest 40 by 30.

Procedure.

The aim of the game is to pass the soccer among your team **WITH HANDS**, keeping possession and working up the field in order to score a point. Each team scores by heading the ball in their opponent's goal.

To pass the ball you must use your hands. Once the player receives the ball they cannot run, they are frozen (or can just take one step) and then must pass to a team mate (you can use your judgment depending on kids, maybe have 1-2 or 3 steps, can enforce time, i.e... must pass within 3 seconds). The opposing team can only intercept between passes--they cannot grab the ball out of player's hands. If the ball goes out of grid award throw in to opposing team.

Team scores if they head the ball into the opposing goal. You may need to enforce a 1 or 2 defender rule, otherwise defending players tend to just crowd around the goal area.

I have been coaching for many years and the kids love this game and it is truly amazing to see how they spread out and pass and support. I have used this game as a great way to give kids a practical example of how to play "give and go" soccer.

Progression: You can have them volley the ball into the goal or if they are really do well with the game you can make them use the inside of the foot, volley the ball to each other instead of throwing it.

Skill Work: 15 to 20min.

1. Partner inside of foot tackling: (You and your partner stand with your left foot beside the ball) Use the inside of the foot, toe up ankle locked. The ball should be back by the ankle bone and plant foot should be beside the ball. On the count of 3 tackle each player using the inside of the same foot.

Coaching Point: make sure toe is up, ball placement during the tackle is back by the ankle bone.

Progression: Try tackling and lifting the ball off of the ground with your partner to about knee height. (This helps them feel the proper surface.) Then have them back up one step, step with the non-tackling foot and tackle on the count of three.

Coaching Point: Tell them that this is the same surface ie. The “Inside of foot” that you use for settling the ball, passing the ball and sometimes shooting the ball.
2. With their partner have them 3 to 5 yards apart and practice passing back and forth. Tell them to use two touches to start, settle then pass. 1 to 2min.

Coaching Points: Use the same technique that we just learned in tackling. Toe up, ankle locked, ball back by the ankle bone and pass through the middle of the ball. (Stay on your toes in ready position)

Progression: Have them take two touches across their body, whichever foot the ball comes to touch it with the inside of the foot across your body and it pass the back with the opposite foot. Ask them to keep count and see which pair can do the most passes in 30 seconds. Play 2 rounds passing with however they want, then 2 rounds touching it across their bodies.
3. One Touch Pepper – With your partner still 5 yards apart pass the ball back and forth using one touch for 2 to 3 min.

Coaching Points: You will have to stress the weight of the pass is everything and give an example. If they pass the ball too hard their partner they will not be able to handle the pass with one touch. (Stay on your toes in ready position)
4. Tunnels Passing – Two lines facing each other 10 yard apart with two to four people in each line. You only need one ball, pass the ball to the opposite line then run to the end of the line that the ball was just passed to. Repeat. Start off passing with two touches so that they can get the hang of the drill.

Progression: Go to one touch, stress passing with proper technique and passing through the middle top half of the ball to keep it on the ground. After they have done this for a while and become successful have the players sprint after they pass the ball, sprinting to the back of the line. Now you

progress to “pass and pressure”, this takes two touches. Pass the ball to the opposite line then run directly at that person on a sprint. When they receive the ball, with their first touch they need to “touch it away from pressure” left or right. Then with their second touch pass the ball and pressure the next person and play continues.

Game Using: Skill 10 to 15min.

3 v 1 Moving for Angles of Support

Setup

Set up a grid that is 10 X 10 yards. Organize the team into groups of three players per grid. Each of the three players should position themselves near 3 different corners of the grid with one ball.

Instructions

The instructions are simply to never leave an empty cone adjacent to the player with the ball. For example, say the drill begins with a player at position 1 in possession of the ball while players at 2 and 4 start at the cones adjacent to the player at 1. The player at position 1 can pass to either of the players at positions 2 and 4. If the player at position 1 passes to the player at position 2, the player at position 4 must quickly move to position 3 in order to support the player in “undefended space”. The play continues with no defensive pressure and players are allowed to pass to either supporting player. This soccer drill is simple, however, players will have to pay attention to the ball movement and often anticipate the next move in order to move to space quicker.

Variations

- Play in 1 or 2 touches.
- Add a defender, when the defender steals the ball they change positions quickly with the person they stole it from.

Coaching Points

- Make sure players are thinking and moving quickly to the next supporting position.
- Help players with good angle of support

Another Game Using Skill: 15 to 20min.

Numbers Up Keep Away

The Game

A basic keep away game, make the grid a rectangle. One team tries to keep the ball from the other team. Because the one team has an advantage, the amount of reps of the skill (i.e. passing and receiving) is increased. There are many variations; lose the ball and go in the middle, play for a time limit, if you "split" the two defenders with a pass, you get a goal, play 3 v. 1, 5 v. 2, 6 v. 3. I like everyone has to touch the ball to get a point or 5 passes is a point. The one restriction though that I want you to start off with is pass and run. After you pass the ball you must run into the open space wherever it may be. You can take this restriction off 10 minutes in or so. To be successful at this drill you need to get the proper size of the rectangle. The larger the rectangle the more successful they should be.

Coaching Points

- Angle and distance of support must be good.
- Keep hips facing the play.
- Weight and accuracy of passes.
- Good passing technique.
- Team shape, wide support and at height.
- Defending - make play predictable by being patient.

Game: 10 to 15min.

5v5 or 6v6 to goal.