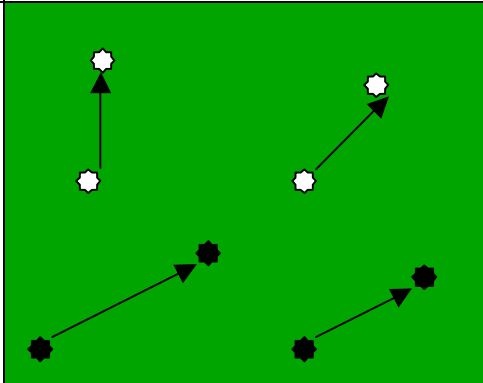
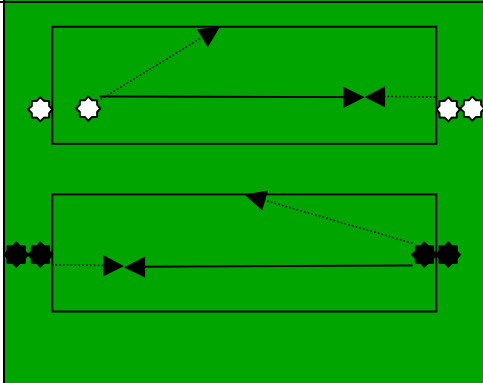
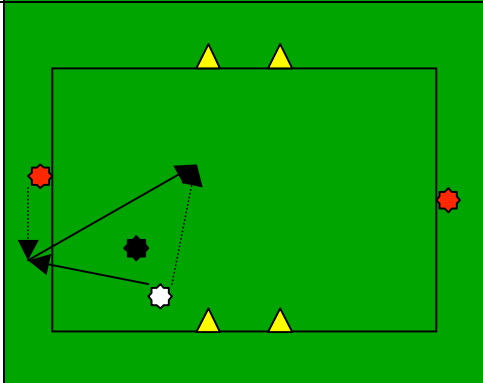
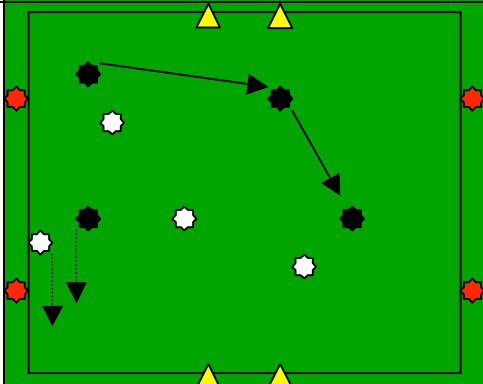
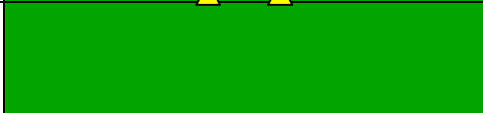


Age	U9 & U10
Season & Session	Fall – Week 2 - Session 1
Topic	Attacking Play – Passing with Give and Go

Activity Description	Diagram	Coaching Points
<p>Activity: Passing Technique</p> <ul style="list-style-type: none"> Area: Free Space. Activity: Place players into pairs: <ol style="list-style-type: none"> Pass back and forth taking two touches. Race: first team to make ten passes. Pass and Move: players pass and move around the grid. 		<p>Passing Technique: Approach the ball at a slight angle. Place non-kicking foot next to the ball with toes pointing at target. Use inside of foot to strike the ball. Point toes up, lock ankle and the heel of kicking foot should be off the ground. Strike the ball in the center and follow through with kicking foot towards target. Hips and shoulders square to target.</p> <ul style="list-style-type: none"> Pass to feet if a player moves towards you. Pass in front of players who are moving into space.
<p>Activity: Give and Go.</p> <ul style="list-style-type: none"> Area: 10 x 20 per group. Activity: Place players into groups of 3 or 4 with one ball. Place players on opposite end lines. Player 1 plays in to player 2 and then provides an angle of support. Player 2 receives the ball and then plays a pass into the feet of player 1, while doing so asking for the ball back. Player 1 plays back in front of player 2 who runs onto the ball and dribbles to the end line. 		<ul style="list-style-type: none"> Passing Technique. Provide a good supporting angle for the player receiving the ball by moving wide and placing your body with hips facing the field. First pass in a give and go should be to feet. Explode after first pass and ask for ball back. Second pass should be in front of the receiving player.
<p>Activity: 1 v 1 + 2</p> <ul style="list-style-type: none"> Area: 20 x 15 with two small goals. Activity: Place two players inside the grid who play 1 v 1 against each other. Place the other two players on the side line who act as neutral players. Players who are in the grid can use the neutral players to keep possession. Play for 1 minute then switch players. Score: players score by shooting in the goal and get 5 goals for completing a give and go. 		<ul style="list-style-type: none"> All Above. Why to do a give and go? You outnumber the defenders 2 v 1. Use it to bypass a defender with passing. How to do a successful give and go? Player with ball must make the defender come towards you. As the player moves towards you, pass quickly to supporting player and sprint around them to receive the ball.
<p>Activity: 4 v 4 + 4</p> <ul style="list-style-type: none"> Area: 30 x 40 with two small goals. Activity: Place players into three teams. Two teams play inside the area with the third team acting as neutrals on the side lines. Play 4 minute games and then switch the neutral team. Score: teams score by passing into a goal or completing a give and go. 		<ul style="list-style-type: none"> All above. When to dribble? In tight spaces to relieve pressure. When to turn? When you cannot go forward. When to pass? When you are outnumbered by defenders. Support: Help teammates by moving to spaces where you can receive a pass.
<p>Activity: 5 v 5 with GK's</p> <ul style="list-style-type: none"> Area: 40 x 50 with big goals Activity: Regular game of soccer. 		<ul style="list-style-type: none"> All Above.