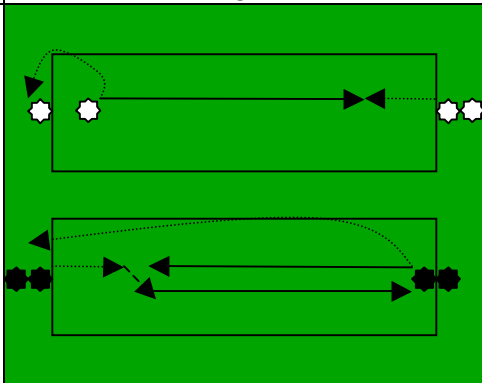
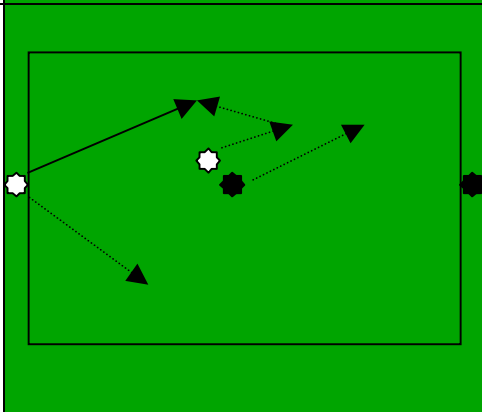
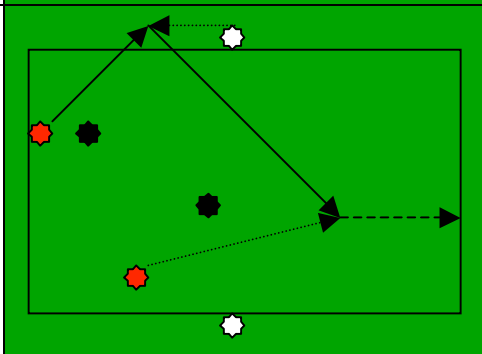
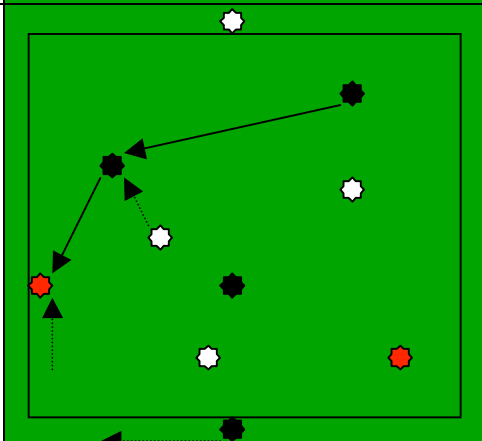



Age	U9 & U10
Season & Session	Fall – Week 2 - Session 2
Topic	Passing for possession

Activity Description	Diagram	Coaching Points
<p>Activity: Passing, Receiving and Moving</p> <ul style="list-style-type: none"> Area: 10 x 15 per group. Activity: Place players into groups of four. Place two players on each end line: <ol style="list-style-type: none"> Pass to teammate and move to back of line. Pass and move to the back of opposite line. Pass and run at teammate. 		<ul style="list-style-type: none"> Passing Technique. <ul style="list-style-type: none"> Pass to feet of opposite player. Weight of pass. Take a step forward when receiving the ball, don't wait for the pass. <p>Receiving Techniques: Inside of the foot, toes pointing up, ankle locked, heel off ground, meet ball with foot and cushion as the ball strikes it.</p> <ul style="list-style-type: none"> Receive away from pressure by angling receiving foot.
<p>Activity: Showing, Shielding and Passing</p> <ul style="list-style-type: none"> Area: Same as above. Activity: Groups as above. Place players into two teams of two. Place two players in the center who play 1 v 1 and their teammates on opposite end lines. Player on outside plays into teammate and then joins to create a 2 v 1. Team in possession is trying to maintain possession and get the ball past the opposite end line. Restart the game same way but alternate attacking team. 		<ul style="list-style-type: none"> Attacking player in the center should create space to receive by taking the defender away and then showing for the ball at pace. Communication: Player wanting the ball should ask for it. When receiving you must take a receiving touch and then shield the ball so the defender cannot steal it. Support: Help teammates by moving to spaces where you can receive ball.
<p>Activity: 2 v 2 with Neutrals</p> <ul style="list-style-type: none"> Area: 20 x 25. Activity: Split group into three teams of two. Play 2 v 2 in the middle with the resting group acting as neutrals on the side line. Players defend and attack one end line. Teams can use neutral players to keep possession. Score: players score by dribbling over the opposition's end line. 		<ul style="list-style-type: none"> All Above. When in trouble shield the ball. When a teammate is shielding provide a supporting angle where they can see you. Decision: Pass vs. Dribble. Communication: supporting player must let the player with the ball know where they are: square, fwd, behind.
<p>Activity: 3 v 3 + 2 to targets</p> <ul style="list-style-type: none"> Area: 40 x 50. Activity: Split players into two teams with 2 neutral players (permanent attackers, who always help the team in possession). Each team defends a target player. Score by passing to the target your opposition is defending. 		<ul style="list-style-type: none"> All above. When to dribble? In tight spaces to relieve pressure. When to turn and shield? 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.