



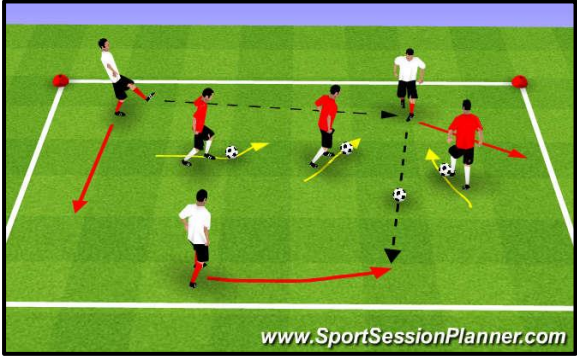
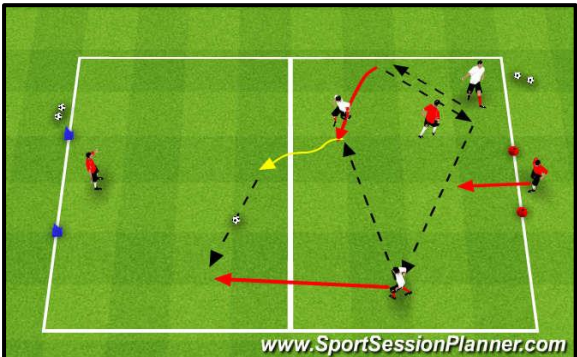
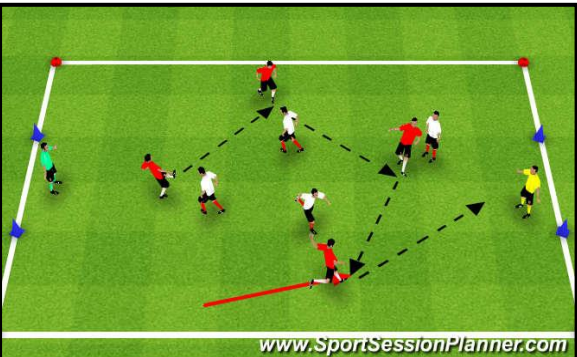
# 2013 - U10 - Spring Lesson Plan - Week Four



Module 2: Passing and Receiving

Topic: Passing for Possession

Objective: To improve the team's ability to retain possession of the ball

Stage	Organization	Diagram	Key Coaching Points
<p><b>Stage I</b> <b>Technical</b> <b>Warm up</b></p>	<p><b><u>3 Passers and 3 Dribblers:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 15x15 yard grid</li> <li>• Start the activity with 3 players passing the ball and one dribbler trying to get in their way as the players are connecting passes</li> <li>• Add dribblers as the players continue to connect passes               <ul style="list-style-type: none"> <li>○ 1-5 passes: 10 points – 1 dribbler</li> <li>○ 6-10 passes: 10 points - 2 dribblers</li> <li>○ 8+ passes: 10 points – 3 dribblers</li> </ul> </li> <li>• If the passers lose possession 3 times, switch roles</li> </ul>	 <p>www.SportSessionPlanner.com</p>	<p><b>Passing</b></p> <ul style="list-style-type: none"> <li>• Toe up (inside) or down and turned in (outside)</li> <li>• Placement of the non-kicking foot and good balance</li> <li>• Surface of the foot and Surface of the ball to strike</li> </ul> <p><b>Receiving</b></p> <ul style="list-style-type: none"> <li>• Keep your feet moving before the ball arrives and go to it</li> <li>• Keep ankle of receiving foot locked and body behind ball</li> <li>• Eyes on the ball at instant of reception</li> <li>• First touch is directional away from pressure</li> </ul>
<p><b>Stage II</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>3v1(2) to One Goal and Small Goal:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 30Lx20W yard grid – Big Goal 6 yards – Small Goal 2 yards</li> <li>• 3 players are keeping possession of the ball and need 4 passes to go to goal; meanwhile, a defender is trying to get the ball and score in the small goal. After the attacking team makes 3 passes, a second defender comes in</li> <li>• When the defenders get the ball, they need to complete two passes before scoring</li> <li>• The attacking team will switch after three attempts</li> </ul>	 <p>www.SportSessionPlanner.com</p>	<p><b>Support</b></p> <ul style="list-style-type: none"> <li>• Before and after the pass, move and create new passing lanes for your teammates</li> <li>• Do not stand behind a defender</li> <li>• Get in good supporting positions</li> <li>• Ask for the ball – Do not say HERE!</li> <li>• Play the way you face</li> </ul>
<p><b>Stage III</b> <b>Expanded</b> <b>Small Sided</b> <b>Activity</b></p>	<p><b><u>5v5(GK+4v4+GK) Everyone Touches the Ball:</u></b></p> <ul style="list-style-type: none"> <li>• Area: 35Lx30W yard grid with two 6 yard goals</li> <li>• Two teams playing to score in the opponent's goal</li> <li>• All the players in the possession team must touch the ball before scoring. If they lose possession they need to start the sequence again</li> </ul>	 <p>www.SportSessionPlanner.com</p>	
<p><b>Stage IV</b> <b>Game</b></p>	<p><b><u>5v5 or 6v6:</u></b></p> <ul style="list-style-type: none"> <li>• Two teams with a specific formation</li> <li>• Play the game and encourage the players to recognize the moments to keep possession and when to penetrate</li> </ul>		