

ACTIVITY PLAN

Age Group: U10

Week 3
Passing.

Warm up Objective:

To improve general coordination.

Organization:

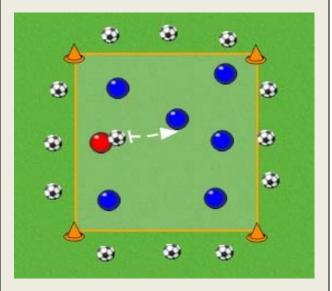
20 yard x 20 yard area. Balls are placed around the outside of the area.

Procedure:

Players jog without a ball inside the area. One player (pacman) dribbles in the area and tries to pass the ball to hit the other players below the knee. When a player gets hit below the knee he joins the (pacman) team.

Key Coaching Points:

- Change of direction
- Ball Control
- Correct passing technique
- . Head, Body, Foot Ball
- Fun



Week 3

Passing.

Individual Activity
Objective:

To improve individual passing skills.

Organization:

30 yard x 30 yard area. Various 5 yard goals positioned around the area. Groups of 2 with 1 ball at each of the 5 yard goals.

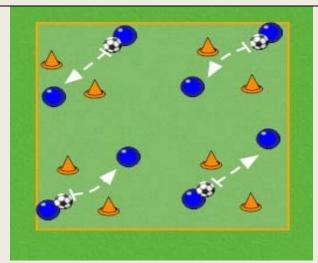
Procedure:

In pairs, players pass the ball back and forward through their 2 yard goal. The ball must never stop and must stay on the ground and must pass cleanly through the 5 yard goal. Players have a maximum of 2 touches to get the ball back to their partner.

If a player commits any of the above fouls they get 1 point. The first player who gets five points loses. Players can go against other team mates.

Key Coaching Points:

- Alert and on your toes
- Pass with Inside of the foot and be aware of your positioning of your non – kicking foot
- Strong ankle and hit through the middle of the ball to keep low
- Use both feet & go to the ball.





ACTIVITY PLAN

Age Group: U10

Week 3 Passing. Small Group Activity Objective: To improve individual passing skills under pressure.	Organization: 40 yard x 30 yard area. In groups of 2 with 1 ball. Various 2 yard goals are placed in and around the area	Procedure: In pairs players have 1 minute to pass the ball through as many different goals as they can. Players must find the open goals and work together to get as many points as they can. 1 point per successful pass through an open goal. Progress: - Inside foot only - Outside foot only - Alternate feet at each goal - 3 passes at each goal	Key Coaching Points: - Head up and communicate - Passing technique - Receiving touch to find next goal - Accuracy of over power	
Week 3 6 v 6 Small Sided Game Objective: To improve individual & small group game understanding.	Organization: 30 x 50 yard area Play a 6 v 6 match 2 Goals Size 4 ball	Procedure: Free Play!	Key Coaching Points: Summation of all challenges for the players. Stay out of their way and let them play.	