



ACTIVITY PLAN

Age Group: U10

<p>Week 3</p> <p>Passing.</p> <p>Warm up</p> <p>Objective:</p> <p>To improve general coordination.</p>	<p>Organization:</p> <p>20 yard x 20 yard area. Balls are placed around the outside of the area.</p>	<p>Procedure:</p> <p>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.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Change of direction - Ball Control - Correct passing technique . Head, Body, Foot Ball - Fun 	
<p>Week 3</p> <p>Passing.</p> <p>Individual Activity</p> <p>Objective:</p> <p>To improve individual passing skills.</p>	<p>Organization:</p> <p>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.</p>	<p>Procedure:</p> <p>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.</p> <p>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.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - 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. 	



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<p>Week 3</p> <p>Passing. Small Group Activity</p> <p>Objective: To improve individual passing skills under pressure.</p>	<p>Organization: 40 yard x 30 yard area.</p> <p>In groups of 2 with 1 ball. Various 2 yard goals are placed in and around the area</p>	<p>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.</p> <p>Progress:</p> <ul style="list-style-type: none"> - Inside foot only - Outside foot only - Alternate feet at each goal - 3 passes at each goal 	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Head up and communicate - Passing technique - Receiving touch to find next goal - Accuracy of over power 	
<p>Week 3</p> <p>6 v 6 Small Sided Game</p> <p>Objective: To improve individual & small group game understanding.</p>	<p>Organization: 30 x 50 yard area Play a 6 v 6 match</p> <p>2 Goals Size 4 ball</p>	<p>Procedure: Free Play!</p>	<p>Key Coaching Points:</p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	