



ACTIVITY PLAN

Age Group: U10

<p>Week 7</p> <p>Passing</p> <p>Warm up</p> <p>Objective:</p> <p>To improve general Passing.</p>	<p>Organization:</p> <p>20 yard x 20 yard area</p>	<p>Procedure:</p> <p>Each player has a ball. As they move around the grid they try to hit another player's ball with their own ball. 1 point for each successful try.</p> <p>Who can get 5 points?</p> <p>1 minute rounds – include stretching movements.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Accuracy of pass - Weight of pass - Timing of pass - Disguise your pass - Inside of foot- Use the inside part of the foot - Push through the ball - Outside of foot (Good for disguise) 	
<p>Week 7</p> <p>Individual Activity</p> <p>Objective:</p> <p>To Improve individual passing skills.</p>	<p>Organization:</p> <p>20 yard x 20 yard area. Players get into pairs at opposite ends of the grid.</p> <p>Cones are randomly spread out in the middle of the grid</p>	<p>Procedure:</p> <p>Players try to knock down as many cones as they can. The ball must be moving at the time of the players pass.</p> <p>1 point for each cone knocked down.</p> <p>Which pair can get the most points?</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Accuracy of pass - non kicking foot - Weight of pass - Part of foot? - Hit through the middle of the ball - Body position - Pass through the ball <p>Progression:</p> <p>Variation- Ball must first be passed to you by your partner</p>	



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<p>Week 7</p> <p>Small Group Activity</p> <p>Objective: To improve individual passing skills under pressure.</p>	<p>Organization:</p> <p>20 yard x 20 yard area.</p> <p>One 2 yard goal on each of the 4 sides.</p> <p>Players are put into pairs.</p>	<p>Procedure:</p> <p>4 pairs try to pass their ball through any of the 4 goals to each other.</p> <p>2 pairs act as defenders and try prevent any goals being scored. A pair can not score two consecutive goals on the same goal. 1 point per goal, 2 minute games, who can get the most goals?</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Accuracy of pass - Weight of pass - Timing of pass - Movement - Disguise your pass <p>Progression: If the defenders kick your ball out of the grid your team must make 5 passes before you can come back in to play.</p>	
<p>Week 7</p> <p>6 v 6 Small Sided Game</p> <p>Objective: To improve game understanding.</p>	<p>Organization:</p> <p>30 x 50 yard area Play a 6 v 6 match</p> <p>2 Goals</p> <p>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>	