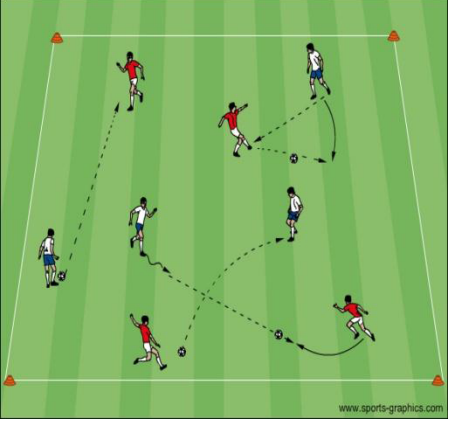
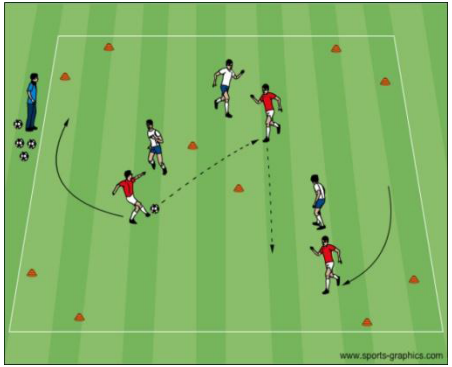
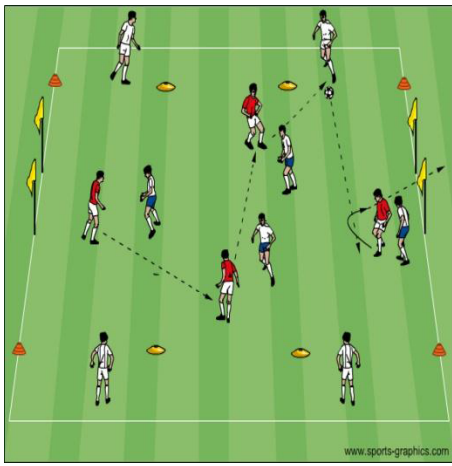




# 2011 - U10 - Lesson Plan - Week Twelve

Topic: Passing and Receiving

Objective: To improve the ability of the players to pass and receive balls played on the ground

Technical Warm up	Organization	Coaching Pts.
	<p><b>Paired Passing:</b> Two players passing and moving a ball between them in a defined space. After the player passes the ball, he/she shall move into another receiving position. Players should position themselves in passing lanes to receive and return a pass.</p>	<p>Technique of passing</p> <ul style="list-style-type: none"> <li>o locked ankle, toe up</li> <li>o eyes on ball at instant of contact, follow through to partner</li> <li>o strike ball solid through the middle, knees bent and balanced</li> <li>o receiving first touch – directional</li> </ul> <p>Communication to ask for the ball</p> <p style="text-align: right;"><b>Time: 10 minutes</b></p>
<p>Small Sided Game</p> 	<p><b>3v3 5 Goal Game:</b> In a 20x50 yard grid, five 2 yard goals are spread out throughout the grid. The teams score by passing and receiving through any of the goals to a teammate. First team to get 10 points wins. <b>Coach:</b> First have the players receiving with inside of foot, outside, and weak foot.</p>	<p>Coaching Pts.</p> <p>Tech of passing and receiving Finding the open gate or goal Pace of the pass First Touch – Directional Clear Communication (demand the ball) Supporting Shape</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p>Exp. Small Sided Game</p> 	<p><b>4v4 with Bumpers:</b> In a 20x30 yard grid, two teams of 4 players each will try to score. Standing on each sideline will be 2 bumper players with 2 touches each who can be used at any time by the attacking team. If a team gets scored upon, they become the bumper players and the outside team plays on the field. Keep score and make the game competitive. <b>Coach:</b> Stress correct technique, receiving sideways on, and facing where they wish to play.</p>	<p>Coaching Pts.</p> <p>Soft 1<sup>st</sup> touch receiving into space, away from pressure Proper weight, accuracy and timing of passes Possession vs. Penetration Proper angle and distance of support off the ball Communication between players</p> <p style="text-align: right;"><b>Time: 25 minutes</b></p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<p>All of the above</p> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching &amp; review session – <b>Time 10 min.</b></p>	