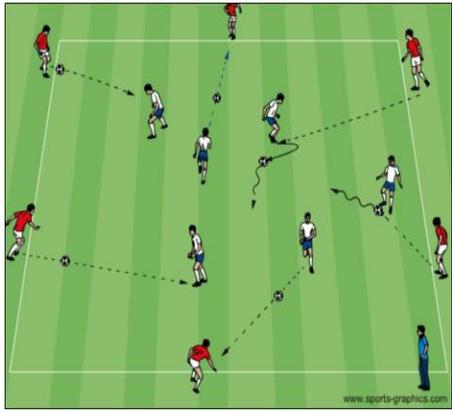




2011 - U10 - Lesson Plan - Week Twenty

Topic: Combination Play (Wall Passes and Take -overs)

Objective: To introduce players to combination play, improve their passing abilities and recognize the correct timing & opportunity to pass

Technical Warm up	Organization	Coaching Pts.
	<p><u>Dutch Square:</u> Half the players create a square in a defined space with a ball. Players without balls are in the middle and check to receive a pass from outside players. Once they are inside, players have the ball and they look to connect a pass with another outside player. Review technique of passing & receiving Introduce wall passing Introduce take-overs</p> <p style="text-align: right;">Time: 15 minutes</p>	<p>General Quality technique while passing and receiving Be patient & let opportunities develop Encourage finishing off of combination opportunities Positive environment to encourage creative and instinctive play Communication</p> <p>Wall Pass 1st attacker dribbles at 1st defender 2nd attacker is slightly ahead of defender in good supporting angle turned sideways on 1st attacker reads defenders and supporting cues; decide to dribble or play a wall pass Disguise, deception of pass and runs Accuracy and quality of pass Look for opportunities to create numbers up situations (2v1, 3v1 etc.)</p> <p>Takeover 2nd attacker runs directly at the 1st attacker from the opposite direction 1st attacker protects the ball from the 1st defender by keeping body between ball and defender 1st attacker leaves the ball and 2nd attacker takes the ball using same foot (right to right or left to left) Simple communication: "take" or "leave"</p>
Small Sided Game	<p><u>2v1 to Small Goals:</u> In a 15x 20 yard grid, two players are trying to score after they have combined and put the ball through the small goals. The exercise starts with the defender passing the ball to any of the attackers at the opposite end. If the ball goes out of bounds or the attackers score, re-start a new game and change the defender. If the defender scores, he and his partner become the attackers.</p> <p style="text-align: right;">Time: 15 minutes</p>	
Exp. Small Sided Game	<p><u>3v3 or 4v4 to End Zones:</u> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score 5 points when a team penetrates the End Zone by performing a wall pass or take over. One point if just pass or dribble into the End-Zone Coach: Encourage players to recognize opportunities to combine to penetrate.</p> <p style="text-align: right;">Time: 20 minutes</p>	
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	All of the above Time: 30 minutes
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	