



**Session: #4: Passing**  
**Coach Name: Mike Smith Age Group U10**

*(Activities should be developmentally appropriate.)*

<b><u>(WARM-UP)</u></b>	<b><u>ORGANIZATION</u></b>	<b><u>KEY COACHING POINTS</u></b>
<b>Math Dribble</b>	Start with a 20x15 area, each player inside with a ball Players dribble ball & practice turns (no walking) Coach stand on side and calls a number Players get in groups of that number as quickly as possible (take ball with them). Last group gets exercise Advance game by calling math problems	Good technique of turns Keep head up to avoid other players Speed dribble
<b><u>INDIVIDUAL ACTIVITIES</u></b>	End math dribble in pairs!	Good technique, toe up ankle locked Play pass then move Get chin up and head to open goals Peripheral vision, take first touch towards partner Challenge pairs to beat own previous score
<b>Windows Passing</b>	Set up a series of small goals (at random angles) Passing ball through goal earns 1 point. With partner, see how many gates players can pass through in 45 seconds. Play twice (add 15 seconds second time and coach for success!) Advance, left foot pass worth 2 points!	Good technique, toe up ankle locked Play pass then move Get chin up and head to open goals Peripheral vision, take first touch towards partner Challenge pairs to beat own previous score
<b><u>SMALL GROUP ACTIVITIES</u></b>	Put group of 4 players in 20x30 grid with one ball The players pass ball between them. The ball and players cannot stop moving Then the coach steps in as the defender. The 4 try to complete as many passes as they can without the defender intercepting or touching ball  Is major breakdown technical or tactical? Passing and receiving must be addressed. If players cannot keep ball 4v1... how will it be at 8v8!!	Ask players what shape the 4 end up in? What is the average distance of each pass?  First touch Weight of pass On toes and moving to get behind line of ball  Move to create good angles of support Maintain team shape
<b><u>LARGE GROUP ACTIVITIES</u></b>	Make 2 teams of 6 players Set up 3 flags in a triangle in middle of 30x40 area One team defends with 3 goalkeepers, one in each goal It is 6v3 around goals, attackers try to score Ball can score through either side of all goals! Coach plays ball in to attacking team. If defending team clears ball outside of boundaries then coach calls 'switch' The 2 teams change roles Coach plays ball to new attacking team Play for 5 minutes	Speed of Play Angles of Support Communication and calling when open Taking opportunities to shoot! Win ball back before they get it out of bounds
<b><u>THE GAME</u></b>	Appropriate sized field and goals for league play  Regularly switch goalkeeper and field positions	Stop and make relevant points for first few minutes, then...  Let kids play uninterrupted!
<b><u>COOL DOWN</u></b>		