



2014 - U10 - Spring Lesson Plan - Week 5



Topic: Passing for Penetration

Objective: To improve the player's and team's ability to make penetrating passes

Stage	Organization	Diagram	Coach Interventions
Stage I Technical Warm up	<u>Receive, Dribble, Pass & Combine:</u> In a 40Lx20W yard grid with a midline, put the players in pairs. The players must use a minimum of 3 touches. The Pairs must complete 5 passes on one side of the grid and then move to the opposite side and do the same. Pairs must complete a combination play (overlap, wall pass, give-n-go) with their partner within their 5 passes Pairs must use a combination play as the way to advance into the opposite half	www.SportSessionPlanner.com	• What surface of the foot are you using to receive the soccer ball? • What surface of the foot are you using to pass the ball? • Where should you be to create passing lanes? • What should be your body position when supporting your teammate?
Stage II Small Sided Activity	<u>3v3 to 6 Goals:</u> In a 40Lx30W yard grid with a midline and 3 goals on each end-line. Two teams play to score in the opponent's goals. The attacking team must pass to a teammate in the attacking half of the field. The attacker must time his/her run to receive the ball as the ball arrives. Scoring: • Timed pass after a combination into the offensive half and score: 500 points • Receive a timed pass in the offensive half and score: 100 points • Receive a pass, dribble and score: 5 points • Dribbling into the offensive half and score: 1 point	www.SportSessionPlanner.com	• What runs should the front attacker make to receive a pass? • Where should you support the attacker? • Why will the attacker pass back? • When will you make forward runs into the attacking zone? • When should we dribble or pass?
Stage III Expanded Small Sided Activity	<u>4v4 (GK+3v3+GK) to Goal:</u> In a 40Lx30W yard grid with a midline and goals on the end line. Two teams try to score in the opponent's goal. Any goal resulting from a pass or combination play that arrives in the offensive half at the same time as the receiver is worth 1000 points. Any other goal is just 1 point. Play a game to 3000 points	www.SportSessionPlanner.com	• Where is your teammate supporting you? • What can we say to pass the ball back? Forward? • When do you penetrate vs. possess? • When should we get involved into the attack? • What combinations should we attempt with two players involved? Three players?
Stage IV Conditioned Game	<u>5v5 or 6v6:</u> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to make penetrating passes		