



u10 Passing

Category: Technical: Passing & Receiving
Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Stationary Gate Pass

Set Up

Make a 2 yard gate and have 5 yards in between each gate so players know what is a gate and what is not a gate. Players will be 3 yards from the gate on either side so they are a total of 6 yards apart.

Instructions

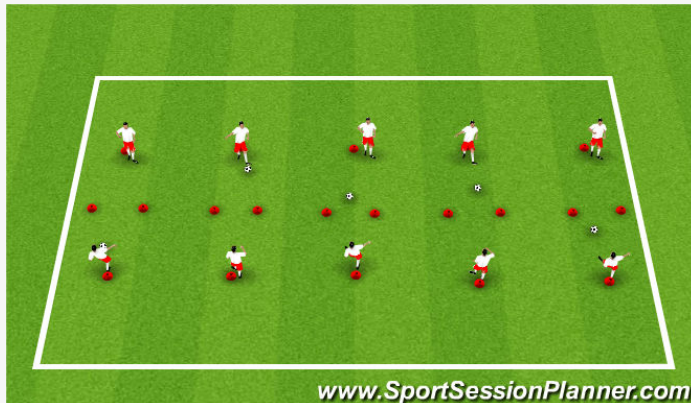
Players will pass the ball through the gate to their teammate using good passing technique. Each time the player passes through the gate they get a point. To start the focus should be on the technique. If that is really easy have players take two steps back.

Coaching points

1. Inside the foot
2. Ankle locked, toe up
3. plant foot beside the ball pointing at target
4. Pendulum swing from the hip
5. Contact point in the middle of the ball

Progressions

1. Move player back to 8 yards apart
2. Make a two touch restriction that they must receive then pass
3. One touch



Gate Pass

Set Up

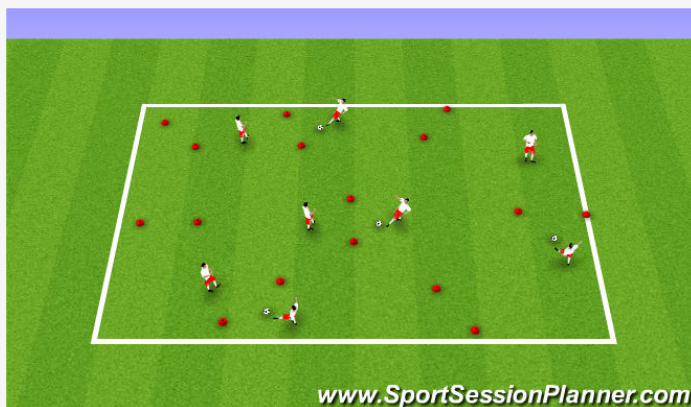
Scatter 8-10 two yard gates around a 20x20 grid.

Instructions

With a partner players will pass through a gate and then move to another gate. See how many gate they can get through in one minute.

Coaching Points

1. Passing technique
2. Receiving with the inside of the foot
3. First touch towards the next gate
4. Vary the passing distance



Gate Pass & Turn

Set Up

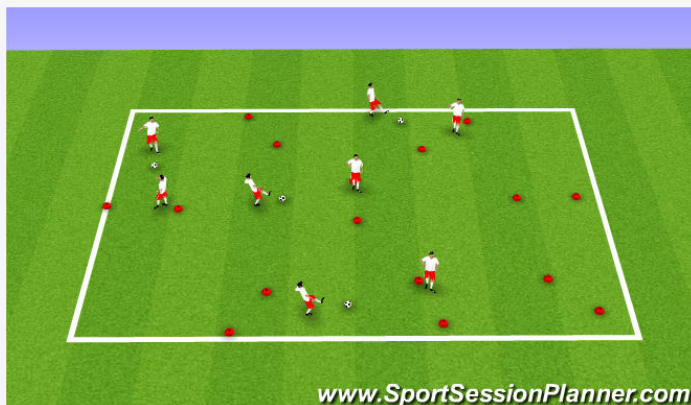
Same as before

Instructions

In partners, one player will show between the gate while the other plays the ball. The player receiving should pick one side of the gate and have their back to the cone so they can open up when they receive the ball. Once receiving the ball they will dribble through the next gate while their partner goes to now become the receiving player in another gate.

Coaching Points

1. Passing technique and accuracy
2. Receiving technique
3. Opening up so the player receiving can turn quickly and dribble to the next gate



Gate Pass Combinations

Set Up

Same

Instructions

If players are doing well with this try these passing combinations

1. Bump

Player will receive the ball between the gate and play it directly backward back to the same player

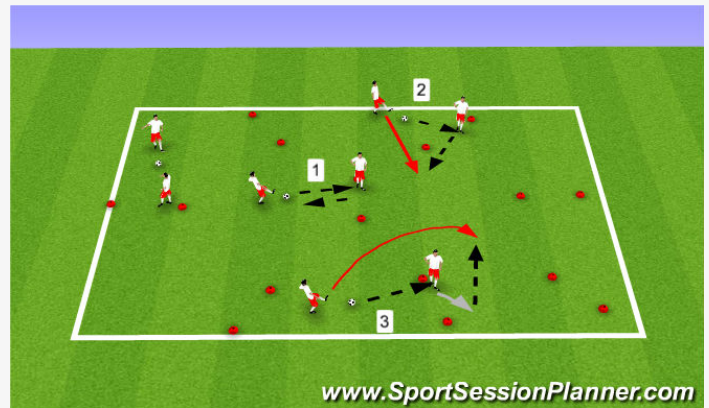
Progression- 1 Touch

2. 1-2

Player will play the ball to their partner between the gates, that same player then **makes a run on the outside of the gate across from their partner** and receives the ball again. For this you will have to switch after a couple minutes because it won't naturally switch who is between the gates and who plays the ball in.

3. Overlap

Player will play the ball to their partner between the gates, that same player then **makes a run on the outside of the gate behind their partner** and receives the ball again. For this you will have to switch after a couple minutes because it won't naturally switch who is between the gates and who plays the ball in.



3v3 gates

Set Up

2 15x20yd fields

Instructions

3v3 with gates. Players score a point by passing through a gate to a teammate. Play 3 minute games then switch up the teams.

Coaching Points

1. Not always going for a point through the gate

2. Utilize the option to dribble to create space

Regression

1. Players can dribble or pass through the gate for a point

2. If you need to make it a numbers up situation, make 3 teams of 2 on each field. One team defends for the entire two minutes while the other two teams work together as a team of 4. If the defending team wins the ball they try to keep it as long as they can.

Remember this is a 4v2 scenario so when the defending team wins it they shouldn't be keeping it for long. After 2 minutes switch out the defending team.

Progression

1. 3 touch restriction

2. 2 touch restriction

