



U10 Passing 2

Category: Technical: Passing & Receiving
Difficulty: Beginner

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

Passing Warm Up

Split into two groups so lines are no larger than three. Players will pass across then perform the specified SAQ exercise the coach has instructed.

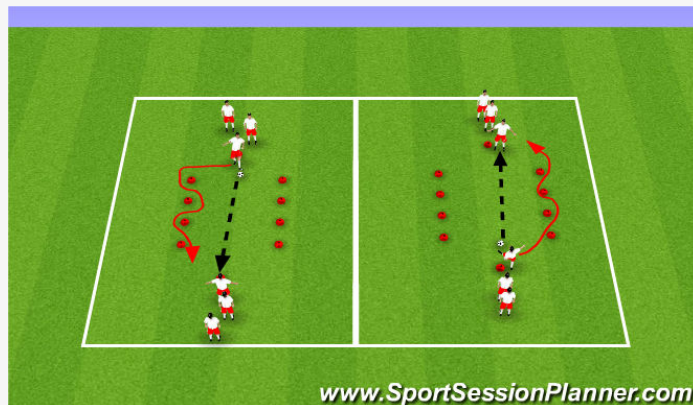
During this warm up focus more on the passing technique than the SAQ exercise.

Coaching Points

1. Good first touch
2. Inside the foot, ankle locked, toe up
3. Plant foot beside the ball pointing toward the target

SAQ Exercises

1. Two feet beside each cone
2. Two foot hops
3. Shuffle between the cones
4. Two hops forward, one backward
5. Backpedal beside the cones



Pass and move to 3v1 Possession (20 mins)

Set Up

2- 10x20 grids with a line marking half way on each one

1. Pass and Move

Each team has a ball is going to pass and move on their own half of the field.

Coaching Points

1. No standing
2. Vary passing length from short to long
3. Passing on the ground
4. Technique, technique, technique
5. First touch

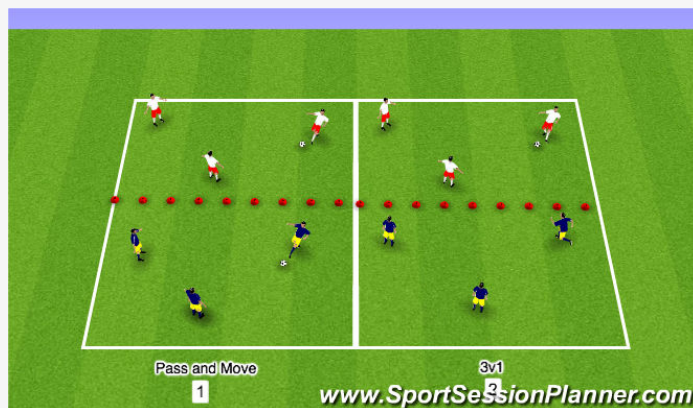
Progression

1. 3 touch (receive, touch and pass)
2. 2 touch (receive and pass)
3. See how many passes each team can get in 1 minute
2. 3v1

One team starts with the ball. The defending team sends one player across to try and win the ball back. The attacking team is trying to complete 3 passes and then pass it across to the other team. When they do that they get a point and send a defender across and now the other team is trying to get three passes and pass the ball across for a point.

If the defending team wins the ball or the ball goes out of bounds then the ball goes to the defending team.

Play for 5 minutes then switch the groups up.



3v2

Set Up

25x25

Instructions

Defending team passes out to one of the three attacking players. The defender that passed the ball and one more defender step out to defend in a 3v2 scenario. The attacking team can pass or dribble through the gates and if the defending team wins the ball they can pass through the other set of three gates.

Once a point is scored or the ball goes out of bounds those teams go off and a new pair of defenders play a ball out to a new set of attackers.

Coaching Points

1. Having a good first touch
 2. The various combinations we can use to get by defenders
- Overlap
- 1,2
3. Having balance



Conditioned 3v3

3v3 Conditioned Game

In order to score a team needs to complete two passes and they can pass through the gate on the ground to score. Play 3 minute games then switch the teams up.

Regression

1. Team needs one pass before scoring

Progression

1. Team needs 4 passes to score
2. Touch restriction

