



## U10 Week 8

**Category:** Technical: Passing & Receiving  
**Difficulty:** Beginner

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

### Description

#### Gate Dribble w/ Pass (15 mins)

**Organization: Gate Dribble Pass** 20 x 20 yard area set up; 9 players set up as shown; 3 balls

**Instructions:**

- 1.) **Takeover.** B dribbles through the middle gate to A and then A takes the ball from the foot of B to then dribble through the gate and perform a takeover with C
- 2.) **Dribble Pass Switch.** B dribbles through middle gate and then passes to A, A take a positive 1st touch and then dribbles out himself through gates and passes to C
- 3.) **1-2.** B dribbles through gates and passes to A, B opens up at an angle and A passes back to B, B touches forward and does the same exchange with C

**Coaching Points:**

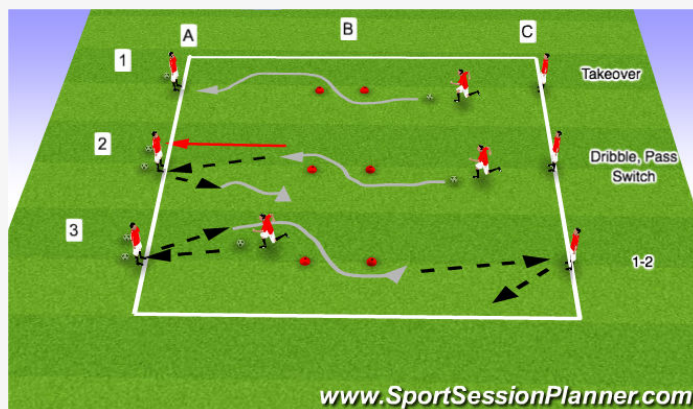
Hips square to target; Plant foot beside ball pointed towards target; Ankle locked, toe up; Follow through with pass; Strike through middle; Weight/Accuracy of passing; Movement to receive; 1st touch; Dribbling technique; Awareness

**Progressions:**

Vary the passing distance;  
Challenge player to play to a certain foot;  
Use only your weak foot

**Regressions:**

Decrease the distance



#### Passing/Turning (10 mins)

**Organization:**

10x5 lanes

3 players in each with one in the middle as shown

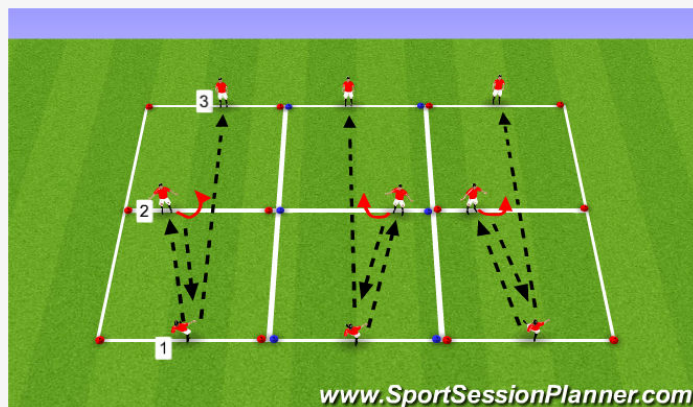
**Instructions:**

- 1 sets to 2
  - 2 sets back to 1
  - 2 rotates and moves to the side
  - 1 passes to 3
- Then reverse.

Rotate middle player on coaches command

**Coaching Points:**

Quality of pass  
On toes  
move towards the ball  
1 touch  
Weak foot only  
R- 2-3 touch



### 3 Team Possession

#### Set Up

30x30 grid

Split into 3 equal teams

#### Instructions

This is a possession game where the team with the ball is trying to keep it. Start with one of the three teams as the defending team and the other two are attacking teams. The two attacking teams want to keep the ball from the defending team. When they lose it the defending team tries to keep the ball by passing or dribbling until the attacking teams can win it back. Keep the defending team in for 2-3 minutes then switch the defending team. If the ball goes out it always goes back to the attacking team. (In the picture red and green are attacking and black is defending)

#### Coaching Points

- 1) Using the space so we don't lose the ball when we are numbers up
- 2) Can we find the areas where our teammates will have time on the ball
- 3) When we lose it how fast can we win it back.
- 4) Use combination we just worked on to move the ball

#### Progression

- Whichever team loses the ball becomes the defending team and the defending team joins the other attacking team. This becomes a transition game for the team that loses the ball and coaches need to be paying attention so teams know who they should be passing to offensively.



### Gate Possession

#### Set Up

In the same space as before lay down 7-10 2 yard gates around the field.

Split into 2 teams

#### Instructions

Players score by dribbling or passing to a teammate through the gate.

#### Coaching Points

- 1) Use the entire space
- 2) Do not stand at a gate hoping you get a pass. Move around and help keep the ball until an opportunity to dribble or pass through a gate becomes available
- 3) Where should we be to support the player with the ball? In front, to the side, and behind
- 4) Combination play to move the ball to an area where we can get a point through the gate
- 5) Are there times we can use one touch



### 6v6

#### Set Up

45x30 as before

Two cone goals 3 yards wide in the corners of the grid

#### Instructions

Play 6v6 to cone goals. If you have a regular goal use that at one end of the field. Call offsides if players are cherry picking. Use throw ins when the ball goes out.

#### Coaching Points

- 1) Using our combination play to get past defenders
- 2) Use the full width and have one player high up the field, but staying on sides
- 3) Everyone helping in the attack and on defense
- 4) Where should our supporting players be so we can keep the ball? In front, out wide, behind

