



U10 5.1

Category: Tactical: Switching play

Difficulty: Moderate

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

Passing Warm Up (15 mins)

Set Up

2 Diamonds as shown above

each diamond should be 12 yards from bottom to top and 12 side to side

Instructions

Players pass and follow their pass. Once they get the ball moving with one ball add in a second ball. Start with mandatory 2 touch.

Coaching Points

1. Hit the ball with pace
2. Take your first touch across your body
3. Don't play a flat pass across the back or midfield
4. Every pass should be at an angle or vertical to target players

Progression

1 touch



2v2+ (25 mins)

Set Up

30x20 grid split in half

Instructions

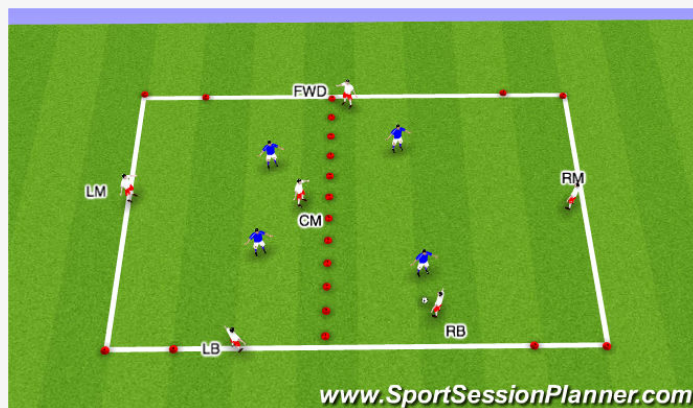
2v2 in each half of the field. The center mid (CM) and FWD are the only players that can play on both halves. Everyone else must stay on their half. If blue wins the ball they try to pass into the opposite small goals. So at any given time it could be 4v2. Central players may pass or dribble across but outside players can only pass across the vertical half way line.

Coaching Points

1. Moving the ball quickly across the back.
2. Trying to play through the CM or finding the FWD to play off of.
3. When we find the CM or FWD can we then get the ball wide to our left midfielder (LM) or right midfielder (RM)
4. No square balls from back two always be showing at a positive or supportive angle

Progression

1. Blue defenders can now cross halves so it can be a 5v4 in the half the ball is in.



6v5

Set Up

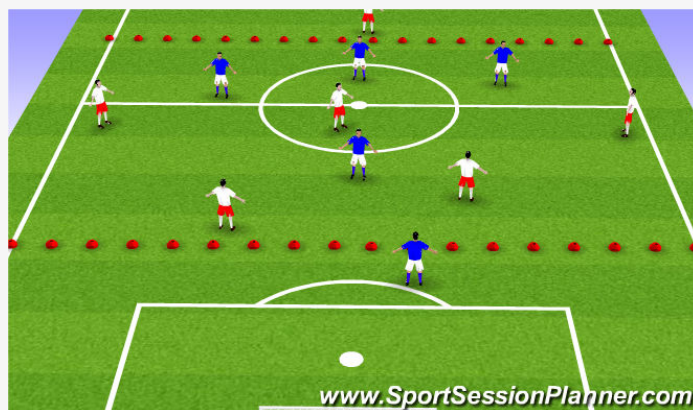
30x full width

Instructions

Have players organized by position in a formation similar to what you play. Have opposing group organized in a formation similar to what you play against. It's 5v4 in the grid with both teams trying to play to a target player for a point.

Coaching Points

1. Passing and moving the ball at angles
2. Using full width by Outside midfielders
3. Finding CM feet to distribute and move the ball.
4. Keep the ball moving



6v6 to Goal

Set Up

Remove one line of cones so opposing team can go to goal

Instructions

Same as before except opposing team is attacking a goal and the white team is trying to pass or dribble across the line of cones.

Start the play by pressing everyone high and dumping a ball overtop so white has to work the ball out.

