

Author: JW



Passing Session 1 Lesson Plan



Topic: Passing

Age: U9/10

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1. Warm-up</p> <p>Push passing through 2 yard goals with inside of foot</p> <p>(10 minutes)</p> <p>2v1/3v1 to goal</p> <p>3v2 to goal (15 Minutes)</p>	<p>Players in pairs, passing through 2 yard goals with correct technique.</p> <ol style="list-style-type: none"> 1. Face target 2. Plant foot pointed to target 3. Shoulders and hips square 4. Arms provide balance 5. Ankle locked 6. Contact center of ball 7. Receive ball to space <p>2 attackers with 1 defender to goal. 1st defender does not move. Then defender tries to win ball. Change to 3v1 when defenders start to cheat to the receiver.</p> <p>3 attackers against 2 defenders to goal.</p>		<ol style="list-style-type: none"> 1. Correct technique 2. Weight of pass 3. Accuracy <ol style="list-style-type: none"> 1. When to pass/timing 2. Dribble right at the defender 3. Accuracy and weight of pass <ol style="list-style-type: none"> 1. When to pass 2. Identify options 3. Dribble right at defense 4. Disguise 5. Split defenders and dribble to goal if not challenged
<p>2. Small-Sided Activity</p> <p>Goal Game (15minutes)</p>	<p>3v3 with 5 2 yard goals. 4v4 with 7 goals. Teams score by passing through a goal to a team mate. 1st team to 10 wins.</p> <p>Variations: Limit to 2 or 3 touch. Only dribble to relieve pressure. Everyone on team must touch before goal can be scored. Must take on opponent before goal can be scored. Passes must be at least X number of yards or ball is given to opposition.</p>		<ol style="list-style-type: none"> 1. Vision 2. Visual agreement between passer and receiver 3. Movement off ball 4. Verbal Communication <p>When in possession – make field as big as possible/ use of space</p> <p>When ball is lost – immediate pressure (delay) by closest player and support from team mates in cover and balance (depth).</p> <p>Mistakes to watch for: 1st defender not pressuring after turnover</p>
<p>3. Expanded Small-Sided Activity</p>			

Author: JW




Passing Session 1
Lesson Plan



Topic: Passing

Age: U9/10

<p>6 goal game with "keeper" (15 minutes)</p>	<p>6 goal game where each team has a "keeper" that can protect 1 of the goals their team is defending. Opposition cannot score in a goal occupied by a "keeper". Keeper is free to change what goal he blocks.</p> <p>Variations: Remove keeper for normal 6 goal game. Must complete X# of passes before scoring. Everyone must touch ball before goal can be scored.</p>		<ol style="list-style-type: none"> 1. Good passing 2. Vision 3. Possession 4. Movement off ball 5. Switching point of attack 6. Back passes to relieve pressure or switch fields 7. Use of space
<p>4. Match Conditions</p>			
<p>6v6 (Rest of practice)</p>	<p>Split players in 2 teams and play.</p>		<p>Looking to reinforce points above.</p>
<p>5. COOL-DOWN</p>			
<p>Crossbar game</p>	<p>Players hit chip shots from the penalty spot and try to hit the crossbar. Player who hits 1st or most wins</p>		<ol style="list-style-type: none"> 1. Hit ball low of equator 2. Lean slightly back at contact 3. Plant foot to target 4. Arms out for balance