



U10 Passing (long)

by Mario Prata, MYSA Development Coach

OBJECTIVE: Improve long passing technique (using different techniques).
Recognize the correct timing and opportunity to pass long versus short.

Low drive

- Approach the ball from a slight angle.
- Place the non-kicking foot alongside the ball, pointing in the direction of the target.
- Drive diagonally through the ball, kicking the ball with the inside of instep (laces).
- The knee and body are over the ball at the time of contact.
- Follow through low with the kicking foot.

Lofted pass

- Approach the ball from a slight angle.
- Place the non-kicking foot alongside but towards the back of the ball, pointing in the direction of the target.
- Drive diagonally through underside of the ball using the upper instep above big toe.
- Lean back slightly at the moment of contact to impart loft on the ball.
- Follow through towards target.

1) Inter passing in 2's (10 minutes):

Short Passing & moving in 2's (10-15 yards)...insides, outsides and laces/instep

Gradually increase the distance between the 2 players (20-30 yards)...focus on laces/instep

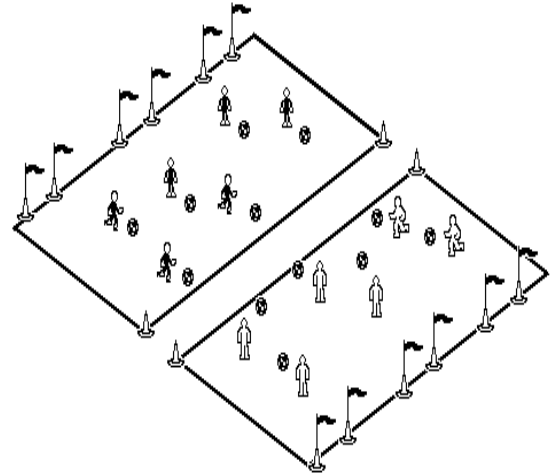
The purpose of this warm-up activity is to clean up the mechanics of passing & receiving, allow lots of repetition and increase the players' technical speed.

Coaching Points:

- Stress passing techniques
- Survey the playing area at all times so that you can anticipate what to do next with and without the ball.
- Keep body open to as much of the field as possible based on where you are on the field.
- Take first touch toward the target.
- Strike ball with proper weight and proper surface.

2) Clean Your Backyard (10 minutes)

Break the group into two teams and have each team stay only on their own half of the field. Place a 15 yard buffer zone between halves so that no one can enter or cross. Each player needs a ball. Place three small (3-5yd) goals at the far end of each side of the field. Have both teams shoot balls at the other team's goals in an attempt to score through any one of the small goals (below knee height). Players cannot cross the buffer zone or go into the other half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense but no use of hands. Only shots (or passes) with laces count as goals.

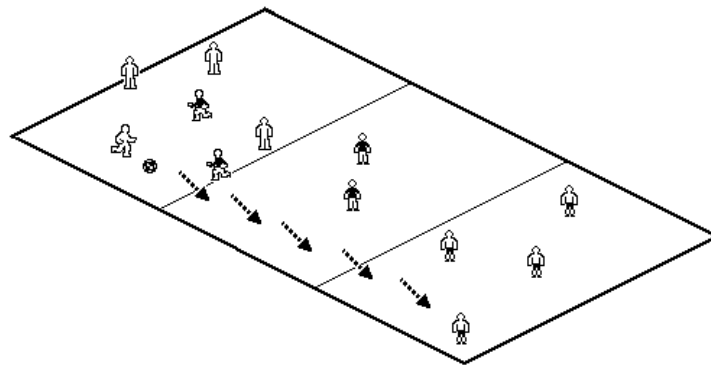


Coaching Points:

- Stress long passing technique
- Point your toes down and lock ankle
- Placement foot pointed to target and behind the ball, pay attention to proper weight and angle (for air ball pass)
- Placement foot pointed to target and parallel to ball, pay attention to proper weight and angle (for low ball pass)
- Strike the middle of the ball
- Follow thru and land on your kicking (passing) foot

3) Three Zone Game (15 minutes):

Split grid into three even zones (zone 1, 2 and 3). Split team into three even teams (3 to 6 players in each zone). Each team occupies a Zone. The Team in Zone 1 starts with the ball. The team in Zone 2 sends two of their players into Zone 1 to defend. The team in Zone 1 tries to possess the ball a minimum of 3-4 passes before attempting to play the ball to the team in Zone 3. If the two defenders win the ball in Zone 1, they turn and attempt to play it down to Zone 3 and then switch zones with the team in Zone 1 (the team in Zone 1 then has to then send two defenders into Zone 3 and try to win the ball back). If the team in Zone 1 is able to play it down to team in Zone 3, they get a point. That means the other two players waiting in Zone 2 are entering into Zone 3 trying to win the ball back. The team that gets to 5 points first, wins. *Variation:* Make a restriction in which the ball played into the other zone has to be in the air.

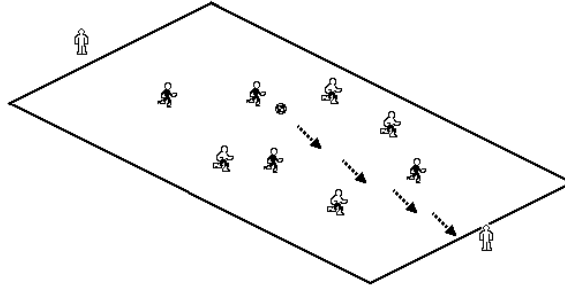


Coaching Points:

- Stress the proper technical points as well as the proper timing of the passes
- Read the situation. Read the game
- Supporting players must get to an angle that provides a good passing option
- Proper communication by supporting players

4) 4v4 + 2 Targets (15-20 minutes):

In a 50x40 yard grid, 4 red versus 4 yellow with targets on opposite end lines. In order to get a point, team must find the Target. *Version 2:* Team must look to find a Target, get the ball back and attack the opposite end and try to get the ball to the other target. Three points if a player finds the Target in one long penetrating pass *from their own half* and one point if a player finds the Target through shorter combinations.



Coaching Points:

- Stress on the quality of the pass (which surface of which foot, which direction and why)
- Stress communication and organization.
- Reinforce the coaching points listed in activity #1 and #2 and #3
- Encourage finding the end line/target as quickly as possible.

5) 8v8 regular game (30-40 Minutes)

On a 70x50 yard field with goalies and large goals, play a regular match. This is the US Youth Soccer recommend field size and numbers.

6) Cool Down (6 minutes)

Controlled juggling (thigh-thigh-foot-foot) or any combination of 4-6 juggles that will challenge the players. Statically stretch the large muscle groups.