



U10 Passing (Short)

by Mario Prata, MYSA Development Coach

OBJECTIVE: Improve passing technique with the inside and outside of their feet.
Recognize the correct timing and opportunity to pass.

1) Gates Passing (10 Minutes)--- Randomly place many pairs of cones making small goals (1 yard wide) in a large space (30 x 20 yards). Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Have them pass only with their left foot or right foot, or the outside of their foot.

Coaching Points:

Kicker

- Stress passing techniques
- Point your toe side-ways and with up locked ankle
- Strike the middle of the ball
- Follow thru to partner
- Knees bent
- Head down...eyes on ball at moment of contact
- Placement foot pointed to target and parallel to ball; pay attention to proper weight and angle

Receiver

- Support – get to an angle at which passing lane is clear and have your hips open to the playing field
- Communicate...call for the ball
- Head up
- Move toward pass (check to ball)

2) 3 vs. 1 keep away (10 Minutes)---In a grid 10x15 yards, play 3 vs. 1 continuous keep away. Three attackers combine to keep the ball away from one defender. When the defender wins the ball, he or she immediately combines with the attackers he or she did not win the ball from and the attacker who lost the ball becomes the defender. Balls out of play are dribbled in or passed in. **Version 2:** Add another defender and play 3v2 keep away.

Coaching Points:

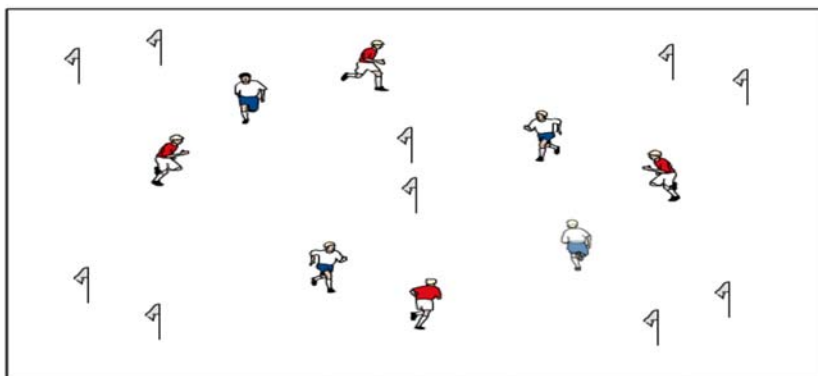
- Stress coaching points from above
- Read the situation

Receiver

- Support – position yourself at an appropriate angle and distance so that you are a good option for the passer



3) 5 Goal Game (10 Minutes)---4v4 in 25x30 grid. Five 2-yard goals are spread out throughout the grid. The teams score by passing through any of the goals to a teammate. First team to 10 points wins.



Coaching Points:

Kicker

- Players need to be able to see where the open goals are

Receiver

- Receive with a “picture” of what is around them.

4) 4 vs 4 To Four Small Goals (10 Minutes)---In a 35 X 30 yard grid with a small goal in each corner teams attack the two opposite goals and defend their two goals. The coach will set up as many grids as needed to accommodate the players. When the ball goes out of bounds it can be passed or dribbled in to play. The teams should be rotated every three minutes until all groups have played against each other.

Coaching Points:

- Stress recognizing opportunities
- Timing of passes
- Playing away from pressure by changing the point of attack
- Efficiency of touches

5) 5 vs. 5 + GK's Game(30 Minutes)

Coaching Points:

- Stress passing technique
- Stress recognizing opportunities
- Timing of passes
- Playing away from pressure by changing the point of attack
- Efficiency of touches
- Movement of the ball

6) Cool Down (10 minutes) – Juggling,” in the next two minutes, let’s see who can juggle the most touches without letting your ball hit the ground. If hits the ground, start a new count.” . Statically stretch the large muscle groups.