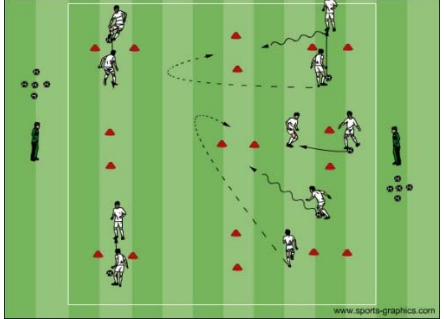

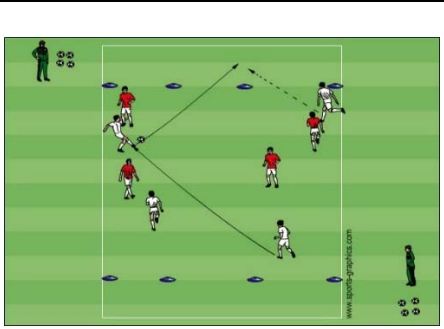



	Age Group: U10 Week # 1	Passing	Coaching Points/Key Concepts
Technical warm-up	<p><b>Gates Passing</b>---The players are paired up and move from one gate to the next and must successfully pass the ball through the cones to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Similar to previous game, have the players pass only with their left, right, or outside of their foot. They cannot go back through the same gate twice in a row.</p>		<p>The technical aspects of passing will be the focus for this practice, and some spacing/shape tactical points. The following technical points will again be emphasized: Players will have correct body positioning in preparation for the ball to arrive by; 1) bouncing on the balls of their feet, 2) their hips will face their target. When striking the ball, players will; 1) balance on one foot, 2) will use the inside of the foot as the correct surface that contacts the ball, 3) will point their kicking foot toe up and out at a 45 degree angle to the ball, while keeping the kicking leg knee bent, 4) will point their non-kicking foot in the direction they are passing the ball. Additionally, players will be able to; 1) contact the ball in the top half, 2) follow through in an upward direction before their kicking foot goes to ground. Players will also be able to receive the ball with the inside of the foot, with a first touch that moves the ball forwards and away from their body at a 45 degree angle to either side</p>
Small-sided Activity	<p><b>3v1/4v2 with two goals Possession</b>---In a 12x12 yard grid with two goals placed in diagonally opposite corners, have three players attempt to keep the ball away from one. The three are trying to get 5 consecutive passes for a point. The one is trying to get the ball and score into one of the two goals. Change the defender after 1-2 minutes. <i>Version 2:</i> if the players are successful, have them play 4v2 in a 15x15 yard grid with two goals.</p>		<p>Passing, pace and accuracy, support and receiving          Attackers-- support each other in open body position with emphasis on pre-reception vision. Good first touch away from pressure.          Defenders—The nearer defender (first defender) pressures the ball and tries to make play predictable while the covering defender (second defender) tries to prevent a penetrating pass.</p>
Expanded small-sided Activity	<p><b>4 vs. 4 End zone Game</b>---Teams comprised of 4-6 players depending on numbers and space. To score you must pass the ball to a teammate into the opponent's end zone (created with discs). The player cannot go into the end zone until after the ball has been passed.</p>		<p>Passing, receiving, mobility, defending and combination play.          Stress recognizing opportunities and timing of passes.</p>
Match /Game	<p><b>6v6 game with Goal keepers (on a 2-1-2 Formation)</b></p>		<p>Reinforce all coaching points from all activities</p>