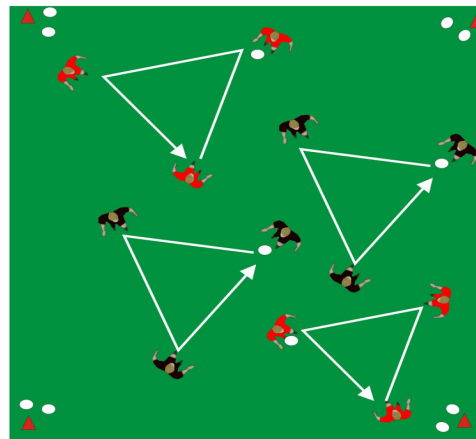
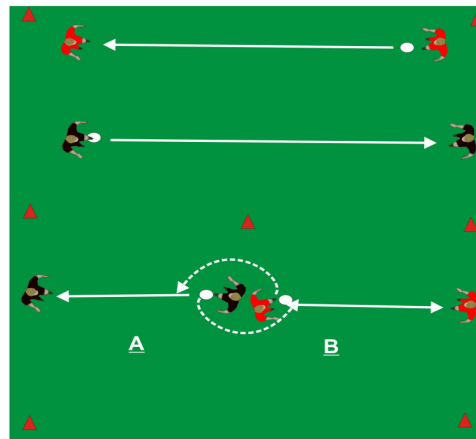


Age Group	U10	Warm Up	Passing /Receiving in groups
Technical Objectives	Passing/receiving	Technique Training	Passing and Receiving Long and short
Individual Objectives	Individual support		
Tactical Objectives	Switching play	Situational Play	3v2+1 for a shot on goal
Groups Objectives	Support	Theme Game	4v4 on two goals

Warm up
Passing and Receiving in groups Followed by <u>dynamic stretches</u>
Duration 10-15m Area Size As needed Players groups of 3
Organization
<ul style="list-style-type: none"> • Mark-out grid and place two extra balls at each cone • Split teams in two equal groups. • Work on a ratio of one ball per 3 players
Coaching Points
Encourage players to:
<ul style="list-style-type: none"> • Pass the ball within their own group • Continue moving between passes • Reinforce correct technique using the key factors of coaching for passing • Remember to give a demonstration of the correct technique before progressing

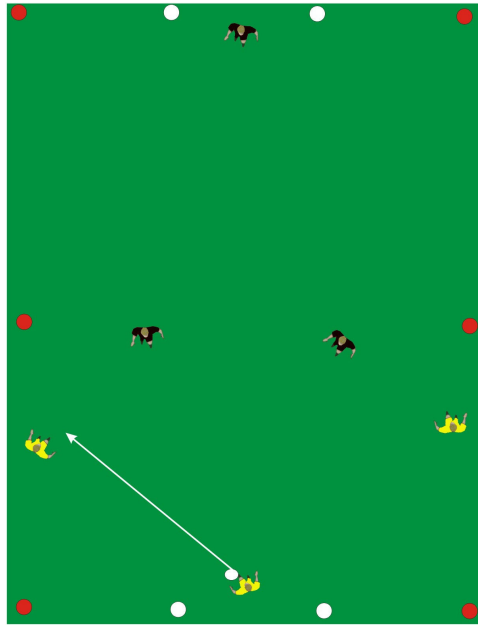


Technique Training
Passing and receiving around a square
Duration 15m Area Size 10x10 Players 14
Organization
<ul style="list-style-type: none"> • Mark-out grids • One ball between two players and 2 pairs in each grid • Longer passing practiced in the top grid • Shorter passing with player A and B changing places after each pass
Coaching Points
Encourage Players to:
<ol style="list-style-type: none"> 1. Communication by making Eye contact then calling the receiving player's name 2. Demonstrate then allow lots of repetition 3. Progression 4. Select one of the key factors 5. Demonstrate then allow lots of practice /repetition 6. Continue

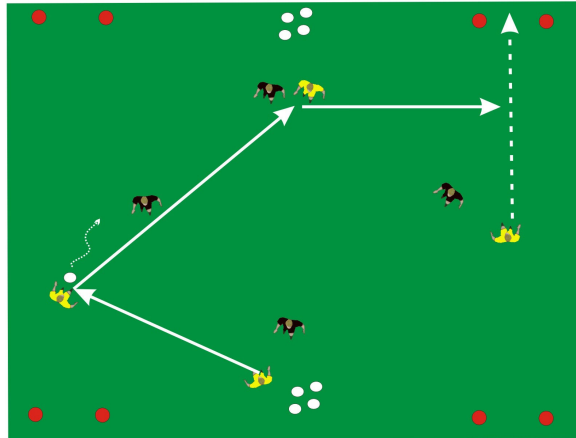


Key Factors
<ol style="list-style-type: none"> 1. Accuracy/Eye on the ball 2. Pace/timing. 3. Part of the foot

Game		
3v2+1		
Duration: 15m	Area Size 20x30	Players 6
Organization		
One of the defenders play as keeper whilst the other two play against 3 attackers		
Encourage players to		
<ul style="list-style-type: none"> Attacking player 3 to set up triangle to keep possession of the ball with the focus on first being on how the player receives the ball away from pressure (opposing player) 		
Progression		
<ul style="list-style-type: none"> When defending team wins possession switch team roles. Defenders and goalkeeper now attack 		



Final Game		
4v4 on two goals		
Duration 20	Area Size 40x35	Players 14
Organization		
2 teams of 4 play against each other. The team in possession will try to score a goal by passing the ball through one of the two goals		
Coaching Points		
<ul style="list-style-type: none"> Look to switch the ball away from pressure Quality of passes Support player with the ball Keep triangle shape 		



This session was presented by
Mark Hearn
 during the
 2005 Ontario Soccer Association Conference
 Mark has passed on December 25,2008

