

# Passing on the Move

**Age: U10**

**Level: Warm Up with Ball**

**Objective: Passing and receiving the ball in motion.**



Scan the code to see the practice:



## Organization:

Set out a 30x20 playing area.

Players are put into pairs with one ball each. Spread the pairs out along one side of the grid.

Player 1 passes the ball to player 2 who starts about 5 yards away. After making the starting pass, player 1 moves towards player 2 who lays the ball back to player 1, who then runs backwards another 5 yards to keep a similar distance from the start.

Both players continue moving across the grid to the opposite side.

When the pair reach the end of the grid they come back in their new positions.

## Coaching Points:

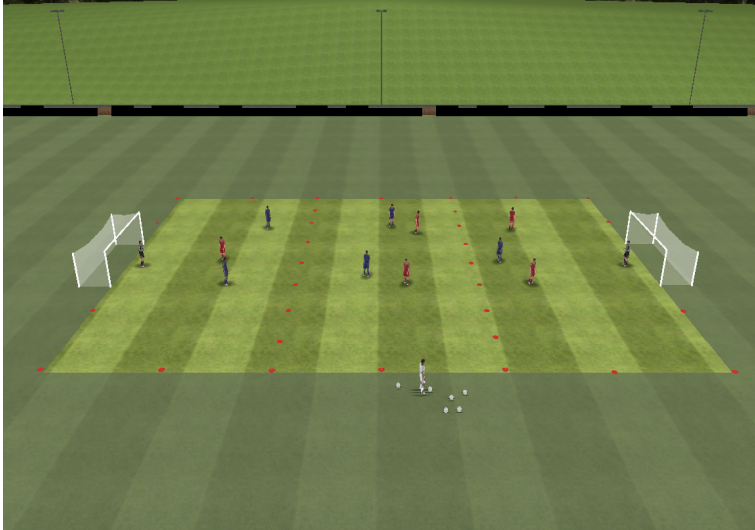
- 1: Approach to the ball - Line up with where the ball is going
- 2: Cushioned control in front of your body towards the foot you want to pass with
- 3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through the ball
- 4: Follow through on pass and use body to generate power
- 5: Focus on weight and accuracy of pass, both are very important

# Playing Through Zones

**Age: U10**

**Level: Technique with Passive Pressure**

**Objective: Penetrative passing**



Scan the code to see the practice:



## Organization:

Mark out a 45x30 area with three divided sections of equal width. Station players as shown in the picture so that you have two defenders, two midfielders and one striker in the appropriate sections. Each team passes to keep possession and play the ball through the zones. Each pass must enter a new zone and can go backwards or forwards but cannot jump from the defending zone to attacking zone in one pass. Develop the exercise by allowing players to follow their pass into the next zone and therefore creating numbers up in the middle zone and even numbers in the end zones.

## Coaching Points:

- 1: Make simple passing and control look easy - Concentration
- 2: Team mates need to create passing options using width and depth on the field away from defenders
- 3: Correct passing technique is important for accuracy and weight of each pass.
- 4: Players have to make the correct option, do not pass to somebody who has limited time.
- 5: Look for combination passing.

# Send Them In

**Age: U10**

**Level: Technique with Full Pressure**

**Objective: Possessing the ball.**



Scan the code to see the practice:



## Organization:

Set out an area 30 x 20 yards with a dividing line in the middle. Split group into two teams. The teams remain in their own half and try to keep possession of the ball. The defending team from side (a) send in two defenders into area (b) to win the ball and pass it back over into their own half. 2 Players from side (b) then go across into (a) to win the ball back. If the two defenders win the ball and pass it back into their area 1 pt. If a team can make 5 passes without losing possession 1pt.

## Progression:

Progress by sending additional defenders across into the other half.

## Coaching Points:

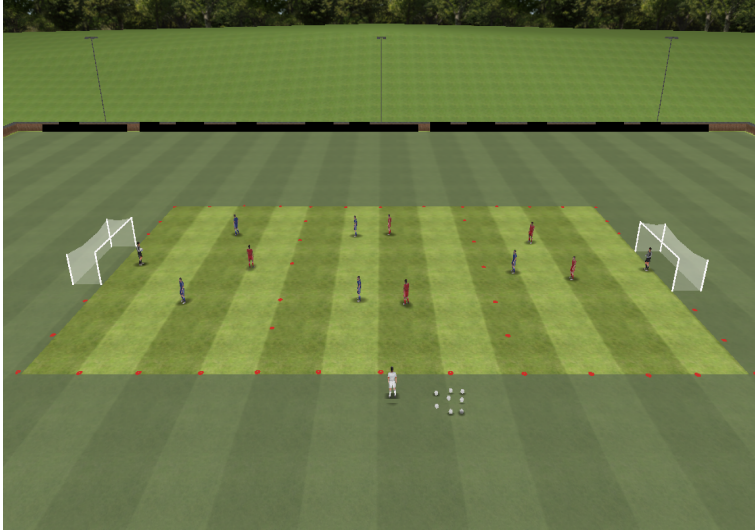
- 1: Make the game look easy, easy pass will equal easy control
- 2: Passing for possession: weight and accuracy of the passes, angles and distance of support
- 3: Passing for penetration: Commit defenders and play into space, pass to leading foot of receiver
- 4: Passing options: Team mates need to create passing angles or passing lanes through or around defenders

# Passing Through Defenders

**Age: U10**

**Level: Small Sided Game**

**Objective: Passing in a conditioned game environment.**



Scan the code to see the practice:



## Organization:

Set out a 60 x 40 area divided into thirds. Play 6 vs. 6 with goalkeepers. When the ball is played in the attacking and middle third, the defensive players are not allowed to tackle, they can only intercept passes. In the last defensive third defenders are free to tackle.

## Coaching Points:

- 1: Make the game look easy with effective passing and control. Weight and accuracy of passes
- 2: Passing options and angles from team mates - around or through defenders
- 3: Possession or penetration - selecting the correct option
- 4: Communication is key for the success in keeping possession.
- 5: Control the speed of the game. Switching the play, limiting the amount of touches and settling the play can control the tempo of the game