

Training Session Plan



Age Group: U10G Topic: Passing into Directional Receiving

Activities and Progressions

Activity Diagrams

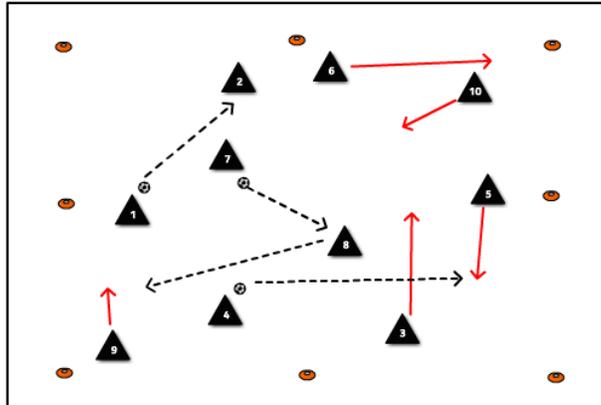
Coaching Points

Technical Warm-up

Activity: Numbered Passing

Players numbered 1-10,11,etc.
Pass in sequence with last player playing to first.

- Unlimited Touch to 2 Touch.
- Odds have 2 Touch, Evens 1 then switch restriction.



Tech. - balance foot = middle of foot, middle of ball, big toe pointed at target, balance knee bent, striking ankle locked = heel down toe up, strike through middle of ball. Punch it

Tact. - see where ball comes from and where it goes

Phys. - supporting movements

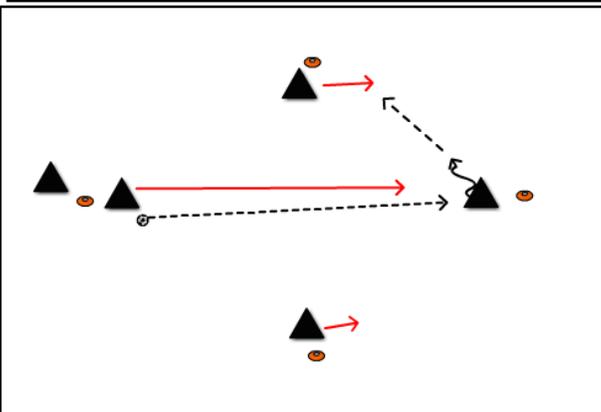
Ment. - creation of angles

Small Sided

Activity: Diamond Passing

Pass, follow pass, 2nd player receives away and plays new direction. Repeat.

- Light Pressure to Realistic Pressure



Tech. - weight and accuracy of pass, self analyzing tech. mistakes, opening hips to receive directionally

Tact. - adjusting position to create angle for pass, when to play ahead, when to play wider

Phys. - movements sideways, playing ball on the run to next target

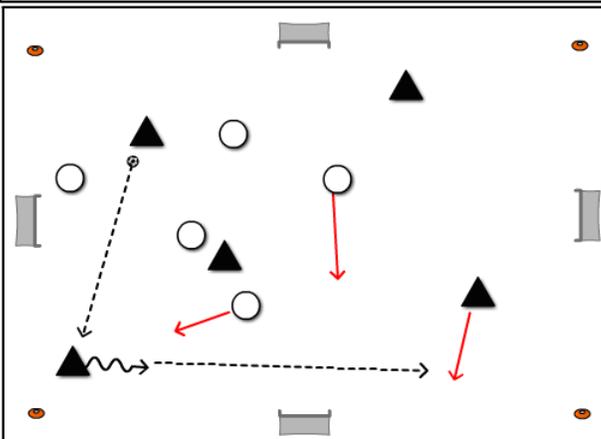
Ment. - staying engaged, movements to anticipate when ball may be played to you

Match Related

Activity: 5v5, 4 Goal Game

Goals on each line of field. Score in any goal. May not score in same one twice in a row.

- Unlimited Touch to 3 Touch
- Make game directional, attacking opposite goals



Tech. - directional receiving away from pressure, weight and accuracy of passes to lead player away from pressure

Tact. - early movement to create supporting angles, first touch forward whenever possible

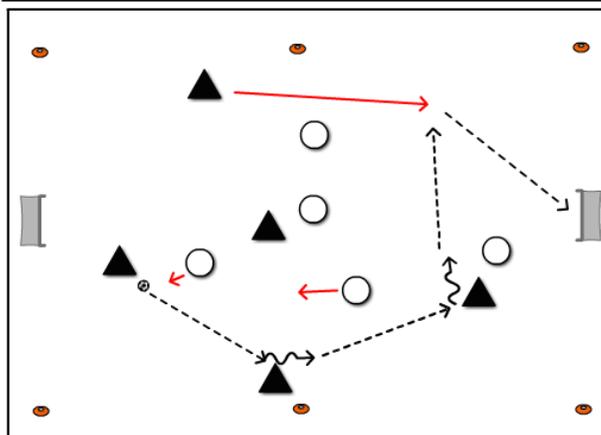
Phys. - constant sideways adjustments, individual possession under pressure

Ment. - no defenders between you and ball, look early to play faster

Match Condition

Activity: 5v5 to Goal

Unlimited Touch to 3 Touch Max



Tech. - points from above, specifically weight of pass, directional receiving forward

Tact. - how the weight of our passes varies based on teammates location/condition on field

Phys. - Individual possession, creation of supporting angles with movements

Ment. - Looking forward first, wide second, back third