

**Week 4: Passing**

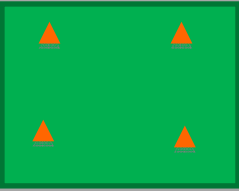
October 10, 2011

Community Soccer U-10 Boys  
 Coordinator: Kirk Lindblom  
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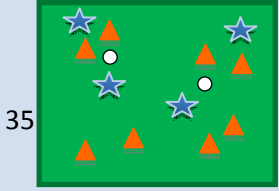
**Coaching Points**

- ☉ Lock ankle, toe up (shape of a check-mark)
- ☉ "Plant foot" next to ball, points at target
- ☉ Hit center/middle part of ball

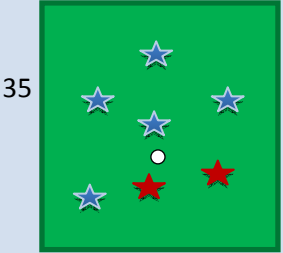
6—6:10 p.m.

<b>1. Warm Up: Knock-In</b>	Coach Kirk will have all the players in an area, one-third of the players with a ball at their feet. He will demonstrate the correct passing technique with inside/in-step part of the foot. Then the players with a ball attempt to hit players with a pass (knee or lower) to knock them into game (grab a ball and become tagger).		<b>Progressions:</b> <ul style="list-style-type: none"> <li>○ 2-3 quick rounds</li> <li>○ Fake before a pass</li> <li>○ Corral players into a space</li> </ul>
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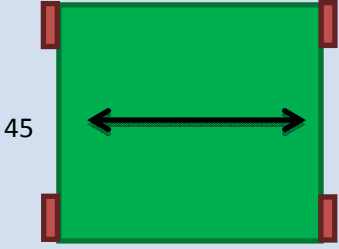
6:15—6:25 p.m.

<b>2. Gates</b>	<ul style="list-style-type: none"> <li>• Have players partner up with one ball.</li> <li>• Create 4 sets of gates (2 yards apart) around the grid.</li> <li>• Pairs pass through gate, then find a new gate to pass through</li> <li>• Teams get 1 point for each gate they pass the ball through</li> <li>• Must go to a new gate each time</li> <li>• Make each round 1 minute</li> <li>• Play multiple rounds</li> </ul>	<p>35yd</p>  <p>35</p>	<ul style="list-style-type: none"> <li>• Encourage players to discuss strategy:           <ul style="list-style-type: none"> <li>○ one partner must hit the pass with pace/accuracy</li> <li>○ while other must get behind target into space to receive.</li> </ul> </li> <li>• Encourage players to coach one another ('not that gate it's too crowded, over here next')</li> </ul>
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6:25—6:35 p.m.

<b>3. Bull Dogs</b>	<ul style="list-style-type: none"> <li>• Divide players into two teams:           <ul style="list-style-type: none"> <li>○ Defending team (bulldogs) has fewer players</li> <li>○ Ex: play 7 vs. 3 or 5 vs. 2, depending on your numbers.</li> </ul> </li> <li>• Offensive team tries to connect a total of 10 passes.</li> <li>• Switch bulldogs (defenders) each round.</li> </ul>	<p>35yd</p>  <p>35</p>	Provide positive reinforcement to players on using proper technique: Inside of foot, strike center of ball, foot in the shape of a checkmark
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6:35—6:45 p.m.

<b>4. 4v4 to 2 goals</b>	<p>Create goals using cones (see red boxes in diagram)</p> <p>Split your team into two fair teams (preferably 4 vs. 4, depending on your numbers)</p> <p>Play to two goals at each end.</p>	<p>40yd</p>  <p>45</p> <p>40 x 45 yard field, play to 3 goals at each end, play 4v4</p>	<ul style="list-style-type: none"> <li>• Encourage players to pass to teammates into space</li> <li>• Keep your head up, when one goal is blocked you must find a route to other side.</li> <li>• Emphasize having enough spacing between players, so teammate can make a good pass.</li> </ul>
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6:45— 7 p.m.

<b>5. 4v4/5v5 Scrimmage</b>	<p>Divide group into even teams (no subs) and play on the width of each field. Play again same color team, or switch &amp; play a different color team.</p>	<ul style="list-style-type: none"> <li>• Execute what we did in training during the scrimmage</li> <li>• Ask the trainers questions about game-time tactics.</li> </ul>
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**Homework:** Find a neighbor, friend or family member to practice passing with this week.