



2014 - U10 - Spring Lesson Plan - Week 6



Topic: Passing for Build up

Objective: To improve the player's and team's ability to build up the attack when in possession of the soccer ball

Stage	Organization	Diagram	Coach Interventions
Stage I Technical Warm up	3v1 Keep away: In a 12Lx10W yard grid have 3 players passing and receiving and keeping the ball away from the defenders	www.SportSessionPlanner.com	• What surface of the foot should you use to pass the ball? To receive it? • Where should you first touch go? • Where should you support the player with the ball? • What is the position of your body when supporting the player with the ball?
Stage II Small Sided Activity	3v3 To Goals (Number of Passes): • In a 30Lx20W grid, play a 3v3 game to score in the opponent's goal. Scoring: • A goal value is equal to the passes completed before scoring in one possession. i.e. 4 passes and a goal scored – Goal is worth 4 points.	www.SportSessionPlanner.com	• Where is the angle of support? • What is the distance of support? • What does your supporting body shape look like? • What ways can you demand or ask for the ball?
Stage III Expanded Small Sided Activity	4v4 to Two Goals (Midfield Number Passes): In a 40Lx30L grid divided into 3 thirds, play a 4v4 game to score in the opponents goal. Scoring: • A goal value is equal to the passes completed in the midfield before scoring in one possession. i.e. 4 passes and a goal scored – Goal is worth 4 points. • A goal after any combination is 10 more points	www.SportSessionPlanner.com	• When should you play the way you are facing? • When should you work to possess the ball? • When should you look to penetrate forward?
Stage IV Conditioned Game	5v5 or 6v6: • Two teams with a specific formation • Play the game and encourage the players to recognize when to possess and when to penetrate and create a rhythm of play		