



2013 - U10 - Fall Lesson Plan - Week 6



Module 2: Passing and Receiving

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	Guided Questions
Stage I Technical Warm up	<u>3v1Keep away:</u> In a 12Lx10W yard grid have 3 players passing and receiving and keeping the ball away from the defenders		• What surface of the foot to use? • What surface of the ball to strike? • Which direction for the first touch? • Where are you looking to play the pass or the ball next? • Where and what is the angle of support? • Where and what is the distance of support? • What is your Supporting body shape? • How to use Mobility to get in good positions or to open passing lanes? • What ways can you demand or ask for the ball? • When to play the way you are facing? • When to possess or penetrate? • When should we play fast or slow down the game? • Tempo and rhythm of play • How much of the field should we use? ◦ Width, Depth and Height
Stage II Small Sided Activity	<u>3v3 To Goals(Number of Passes):</u> •In a 30Lx20W grid, play a 3v3 game to score in the opponents 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.		
Stage III Expanded Small Sided Activity	<u>4v4 to Two Goals (Midfield Number Passes):</u> 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		
Stage IV Conditioned Game	<u>5v5 or 6v6:</u> • 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		