



U9 & U10 Wall Passes (TM)

Category: Technical: Passing & Receiving

Difficulty: Beginner

Am-Club: F.C. Stars
FC Stars Central Boys, Maynard, United States of America

Give N Go Free

Set Up -

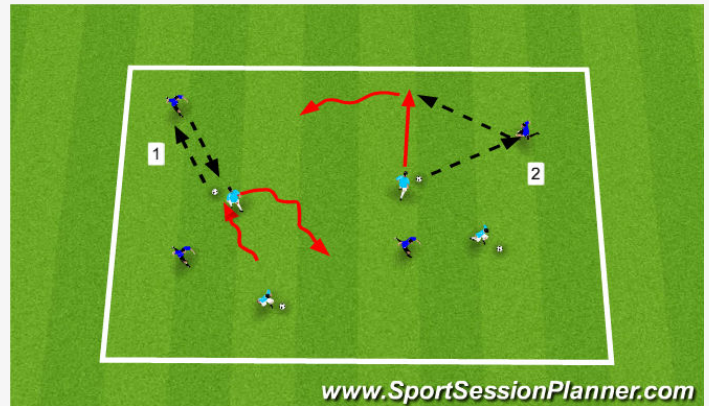
- Half in one color, half in the other.
- Half with balls, half without.
- Everyone moving.
- "Dribblers" play double pass with players without balls, then dribble away.

Coaching Points

- Passes on the ground.
- One touch "pass back" as much as possible.
- Heel down, toes up and to the side.

Progressions

1. See above. Get ball back and turn.
2. See above. Pass, run at angle. "Wall" passes to space.



Around Mann.

Set Up -

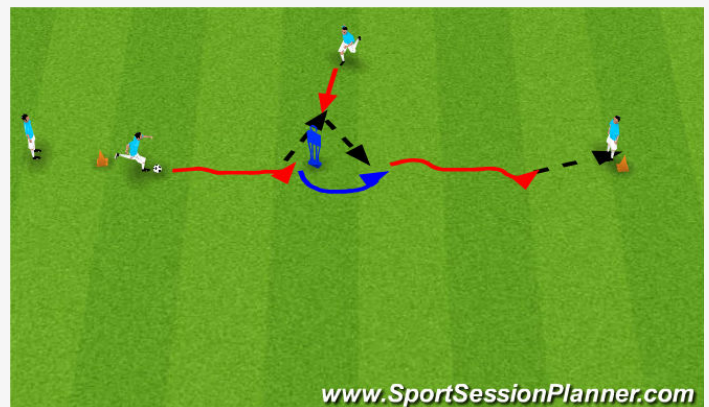
- Cones about 10 yards away from mannequin.
- 4 players, one ball.
- As dribbler approaches the mannequin the supporting player steps closer to support for the give and go.

Coaching Points

- Pass the ball with the outside of the foot nearest the supporting teammate.

Progressions

- Make the first ball a no look pass.
- 2nd attacker passes with the back foot on a Cruyff turn.



Games

Set Up -

- 2 grids if needed.
- 4v4 or 3v3 whatever is best for your level.
- Regular goals are 1 point.
- Goals scored off a Give n Go are worth 3 points.

Coaching Points

- Movement and communication of supporting players.
- Willingness of 1st Attackers to try and combine with teammates.
- Short and quick passing.
- Wall pass must be one touch!

