Organization: **Lucan Soccer Club** Week: **Week 2**

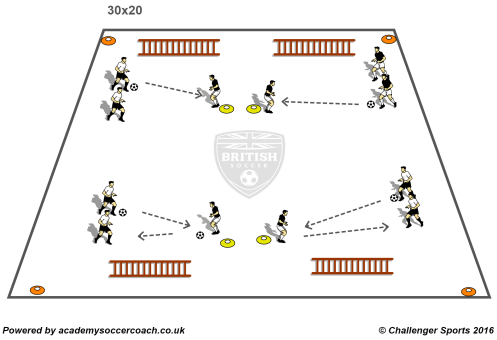
Age Group: **U10/U11** **60** Minutes

Category: **Competitive**

Topic: Passing & Receiving

Objective: To develop passing & receiving the ball techniques in attacking areas.

Session Part: Technical Warm-up

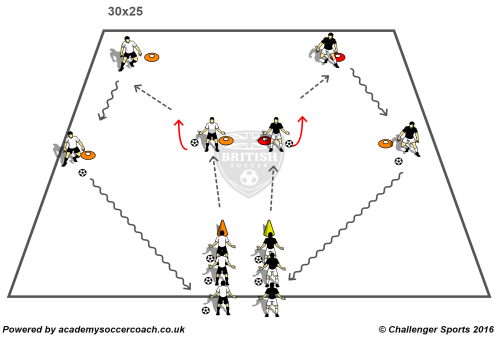


Organization	Time: 10
Area:	30x20
Numbers:	12 Players

- Players in groups of 3 - 1 ball per group.
- Player 1 passes the ball to Player 2 at the disc cone. Player 2 passes to Player 3.
- The player who passes the ball works through the ladder before receiving another pass.
- Footwork through the ladder includes; 1 foot only, 2 feet, hopping on 1 foot.

Progressions	Coaching Points
- One touch passing if possible. - Increase the distance of passing. - Only use a certain part of the foot to receive the ball for a set amount of time. e.g. - outside only.	- Quick feet and good technique through ladder. Movement and body shape to receive the ball. - Soft first touch to receive the ball. - Good weight of pass to team mate. - Communication and timing of the pass.

Session Part: Small Sided Game

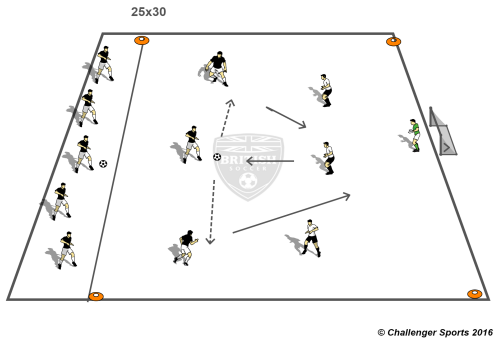


Organization	Time: 20
Area:	35x30
Numbers:	12 Players

- 2 equal groups working side by side.
- 1 player starts at each disc cone without a ball, the rest begin in 2 groups with a ball at the tall cones.
- Player 1 passes to player 2 who receives with the back foot and passes to player 3 at the top.
- Player 3 passes to Player 4 who then dribble to the back of the line.
- All players follow their pass and replace the player at each cone.

Progressions	Coaching Points
- Increase area size and passing distances. - Receive using the outside of the foot. - One touch passing when & where possible. - Change sides to encourage using both feet.	- Movement to receive the ball. - Open up body when receive pass with back foot. - Communication & timing of the pass. - Communication and awareness of team mates.

Session Part: Expanded Small Sided Game

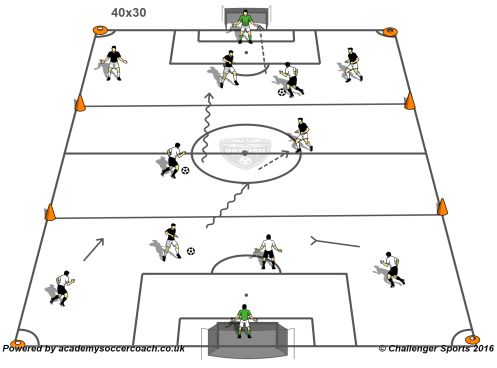


Organization	Time: 15
Area:	25x30
Numbers:	12 Players

- 3v3 towards goal with a goalkeeper.
- Attacking team start in the end zone and begin attacking 3 defenders.
- If the attacking team score they go to the back of line in the end zone.
- If the defending team steal the ball, they aim to work the ball into the end zone.
- If the defending team are successful with this - the attacking team now become the defenders.

Progressions	Coaching Points
- Increase area size. - Increase overloads to develop confidence. - Min./Max amount of passes before scoring. - Set a time limit to make passes and score a goal.	- Movement to create & exploit space. - How to receive the ball. - Accuracy and weight of the pass. - Communication and team work.

Session Part: Game



Organization	Time: 15
Area:	50x30
Numbers:	12 Players

- Field split into 3 equal sized zones.
- Players are free to move into any zone and attempt to pass through the all three zones.
- Team #1 Formation: GK-2-2-1
- Team #2 Formation: GK-2-1-2
- Switch team formations half way through the game to increase options and understanding.

Progressions	Coaching Points
- Limit touches. - Set amount of passes before being allowed to - score. - Add a neutral player to team in possession. - End with free play and rotate goalkeepers.	- Movement off the ball - passing angles. - Support around, ahead and behind the ball. - Good first touch and awareness of options. - Communication & Teamwork.

Email Session Print Session

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