



GOAL	Passing Basics				
PLAYER ACTIONS	Passing with Both Feet, One-Touch and Two-Touch Passing				
KEY QUALITIES	Being Comfortable Passing and Receiving Ball with Both Feet				
MOMENT	All	DURATION	90-Min	PLAYERS	10 to 12

U9

SKILL ACQUISITION: Ball Mastery: Being able to be comfortable with the ball; Being able to receive short and long passes; setting up for return passing; Being comfortable with both left and right feet; **Vision:** Being able to look up to see where the place the pass; **Movement:** Not being flat-footed when receiving pass; Being able to make adjustments to position

1st PLAY PHASE (Passing in Pairs) **DURATION: 30-MIN - INTERVALS: 3 ACTIVITIES: 28-MIN - REST: 1-MIN**

Activity 1 and 2

#	TOUCH ACTIVITY	MINUTES	INTERVALS
1	Two-Touch Passing	4	2
2	One-Touch Passing	4	2

OBJECTIVE: This is a warm-up to get players warmed up for passing.

PLAYER ACTIONS: Players are to complete the three main passes for the session, two-touch, one-touch, and long ping.

ORGANIZATION: Set up a passing lane for two players. The passing lane will be about 3-meters by approximately 10-meters. Players are at each end of the lane. **Activity 1:** First passing activity will be a two-touch pass. Players are to make passes within the passing lane. Passes are to be direct. Focus on good control of the ball when receiving the ball and setting up for the next touch to be the pass back to the player on the other end of the passing lane. **Activity 2:** The next drill will be one-touch passing. Ball is to remain inside the passing grid. **Activity 3:** Have a grid set up 15-meters x 10- meters. Divide the team into two groups. Group one has a ball on the outside (servers). Group two are inside the grid (receivers). Players on outside will pass the ball to a player that calls for the ball. When the player receives the ball, they are to complete the first ball control skill, then pass the ball back to the server on the outside; then move to another server to call for the ball and continue with the skill. After a couple minutes, switch the servers and receivers, then continue with the same skill. Once the first skill has been completed by both groups, move to the second skill, rotate players, and continue. **RULE:** The focus is to be on the quality of the pass.

KEY WORDS: Being in a ready position to receive the ball. Good touch to set-up the pass after receiving the ball.

GUIDED QUESTIONS: What is the "ready position" for receiving the pass?

Activity 3

#	TOUCH ACTIVITY	MINUTES	INTERVALS
3	Pass and Ball Control Grid	4	2
	Piston (10-second count)		
	Toe-Touch (10 second count)		
	One-Touch Pass		

ANSWERS: Don't stand on the ball of feet. Need to be on the front of feet ready to be able to move and react to receiving the pass. If flat-footed, the player receiving the ball may lose possession in games.

Note: Players are to call for the pass each time they are ready. This is to get players used to communicating instructions with other players.

4-CORNER DEVELOPMENT SUMMARY

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Passing with both legs - Balance - Coordination - Agility 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Difference in two-touch and one-touch - Pinging the ball to get distance - Learning which area of the foot to pass with 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Focus on the path of the ball to prepare to receive - Being able to understand passing technique



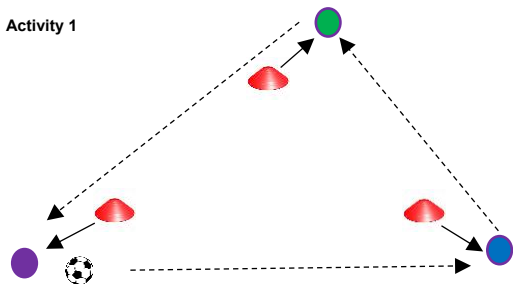
GOAL
PLAYER ACTIONS
KEY QUALITIES
MOMENT

Passing Basics			
Passing with Both Feet, One-Touch and Two-Touch Passing			
Being Comfortable Passing and Receiving Ball with Both Feet			
All	DURATION	90-Min	PLAYERS
			10 to 12

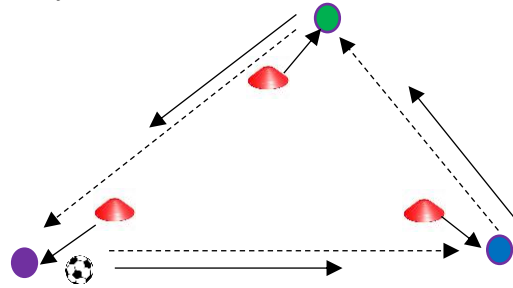
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CORE ACTIVITY: Passing Triangle **DURATION: 36-MIN - INTERVALS: 3 ACTIVITIES 10-MIN - REST: 1-MIN**

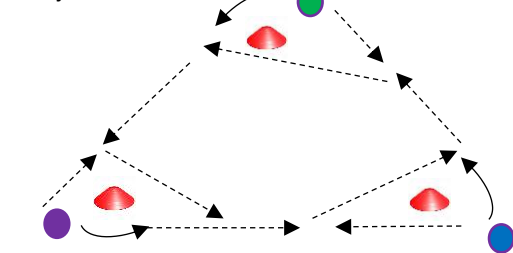
Activity 1



Activity 2



Activity 3



OBJECTIVE: Passing using the triangle shape.

PLAYER ACTIONS: Being able to pass and move that will include a phase of a give-n-go pass and movement.

ORGANIZATION: Set up triangle shape as shown in the diagram approximately 5-meters between cones. Have players on each set of cones. **Activity 1:** players will make a pass to the next player who will motion for the pass by pushing off the cone. Players will receive the ball and set-up for the pass on the second touch. Players are to follow their pass. After a period, players will switch direction. **Activity 2:** same as Activity 1, only this time, players will follow their pass to the other cone. **Activity 3:** Play starts with a pass to the next player who will pass back and move around cone where the player will one-touch the ball to the moving player. Passing and movement will continue. After a period, the direction will switch so players will be able to work in both directions. **RULES:** Players are to communicate throughout the drill. Touch is important to not slow the play down. Depending on the skill of the group, they are to try and do Activity 3 through one-touch passing. Look to change direction after each break to get players used to using both feet but also used to working in opposite viewpoints.

KEY WORDS: Need to be ready for the ball. Touch needs to be clean and pass to be accurate. Movement is to be crisp to simulate game movement.

GUIDED QUESTIONS: What can you tell the player with the ball when you are ready to receive a pass?


ANSWERS: Come up with the words to use for receiving ball like "ready", "yes", "send", etc.

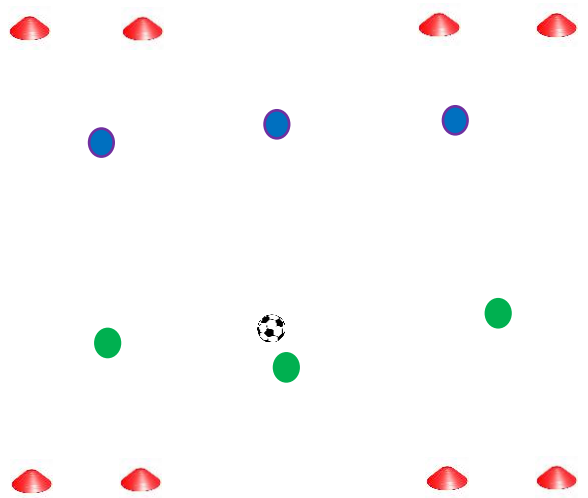
Note: If players find the drill too simple, shrink the triangle down. This will speed up the drill being closer together and force the players to be better on their touch, more accurate on their pass, and crisp on their movement.

#	TOUCH ACTIVITY	MINUTES	INTERVALS
1	Two-Touch Pass	5	2
2	Two-Touch Follow Pass	5	2
2	One-Touch Diagonal/ Follow Pass	5	2

4-CORNER DEVELOPMENT SUMMARY





Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reaction - Passing with both legs - Balance - Coordination - Agility - Tight turns and movement 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Difference in two-touch and one-touch - Learning which area of the foot to pass with - Learning body posture for receiving pass - Working up to one-touch passing to speed up the drill 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Focus on the path of the ball to prepare to receive - Being able to understand passing technique - Seeing the drill executed correctly and with pace

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	MOMENT	All	DURATION	90-Min	PLAYERS	

GAME ACTIVITY: Attackers Open Play	DURATION: 30-MIN - INTERVALS: 1 ACTIVITIES 25-MIN - REST: 1-MIN
	<p>OBJECTIVE: Open scrimmage (passive defending with no tackling)</p> <p>PLAYER ACTIONS: Players are to use various touch and pass opportunities to try and score on any of the two goals they face.</p> <p>ORGANIZATION: Players are to be set-up in two groups. Depending on the number of players, divide the players into as many teams. Teams not in play are to be used as a support to the teams in possession in the game. Once a team has scored, teams are to switch on the field. RULE: Players are not to tackle. This is a pass and movement drill so players without possession are to be passive defenders. The focus is on the team in possession. If there is a struggle, add more attackers in order to get a flow in the game. Additionally, the coach can identify the minimum amount of passes a team must complete before they are able to score the goal.</p> <p>KEY WORDS: Pass and movement, look for angles and opportunities to give and go.</p> <p>GUIDED QUESTIONS: When a player has the ball, how do you support the player?</p> <p>ANSWERS: Look for space that the player with the ball can see and use by giving a pass. Once ball is passed, the initial player should then look to move to help provide support to the player who now has the ball in order to continue the play.</p> <p>Note: Stop the play and look for coaching moments to reinforce the skills used during the session.</p>

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<ul style="list-style-type: none"> - Quick reaction - Passing with both legs - Balance - Coordination - Agility - Tight turns and movement 	<ul style="list-style-type: none"> - Being able use both left foot and right foot - Difference in two-touch and one-touch - Learning which area of the foot to pass with - Learning body posture for receiving pass - Working up to one-touch passing to speed up the drill 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Positive comments to players 	<ul style="list-style-type: none"> - Focus on the path of the ball to prepare to receive - Being able to understand passing technique - Competition and success when scoring goal

FIVE ELEMENTS OF TRAINING EXERCISE	TRAINING SESSION SELF-REFLECTION QUESTIONS
<ol style="list-style-type: none"> 1. ORGANIZED: Is the exercise organized the right way? 2. GAME LIKE: Is the exercise game like where the skills being coached are applicable to the player and their game? 3. REPETITIONS: Are there repetitions when looking at the overall goal of the session? 4. CHALLENGING: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) 5. COACHING: Are the coaches comfortable with the session and able to present the details to their players? 	<ol style="list-style-type: none"> 1. What was the goal of the training session? 2. What did you do well in the training session? 3. What could you do better?

SESSION PLAN SYMBOLS	
	Training Disc
	Pass Ball
	Running w/o Ball
	Run with Ball