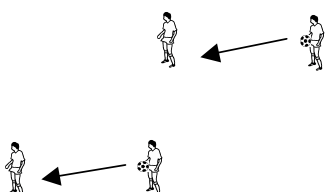
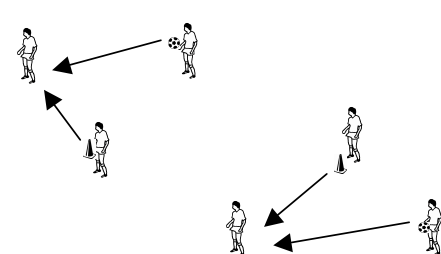
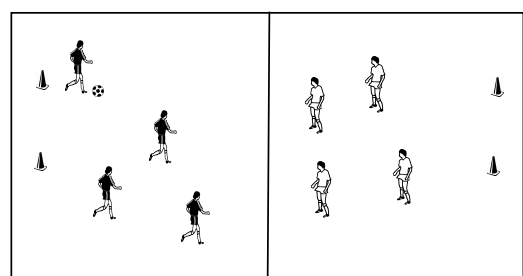




Club:	Weyburn Soccer Association
Session:	4
Team:	U10
Session Topic:	Passing and Receiving

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 minutes
Field Demo	 <p>Implementation – Players are stood with a partner and stand facing each other. One ball between two, the player with the ball gentle throws the ball underarm for his partner who controls the ball with the inside of their foot and then passes back to their partner. Progress this by player following their pass, runs around partner and back. Can introduce a bounce. Switch</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • CALL FOR THE BALL. 'PASS *NAME*' • Encourage players to control and pass using inside on their foot – Encourage first touch/control out of feet • Placement of no kicking foot – alongside ball • Face where you want the ball to go • Good weight of pass, NO TO THE TOE! 	
Stage 2: Opposed		7 Minutes
Field Demo	 <p>Implementation – Players are now in a group of 3 with an additional player standing at a cone to the left/right of play. The drill remains the same, however now, once the ball is thrown, the third player steps away from their cone and puts the player passing the ball back under pressure. Coach can adjust drill to suit each player skill level – eg Delay defender. SPACE OUT!</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Use the inside of foot to control and pass. • SAY NO THE THE TOE! • Good weight of control and pass, CALL FOR BALL!! • Strike through the ball • Make eye contact when receiving the ball 	
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo	 <p>Implementation Players are split into 2 teams. Split the field into 2 halves with cones. 1 team starts with the ball, they must pass the ball 4 times before they can enter the oppositions half and try and score a goal. No one from the opposition may enter the other teams half to try and win the ball. They may only win the ball in their own half. When/if they win the ball the drill restarts with both teams in their own half. Progress this by then allowing 1 player to enter the oppositions half to try and win the ball. If they win the ball, they kick it back to their own half where they must again make 4 passes before they can attack into the opposition half and try to score a goal.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Ensure using all previous coaching points • Players have to keep the ball moving quickly, take a good touch out of feet to keep the ball moving before passing. Short, sharp passes! • Lots of movement off the ball 	
Game Time		