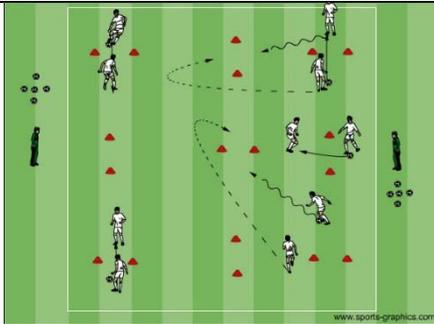
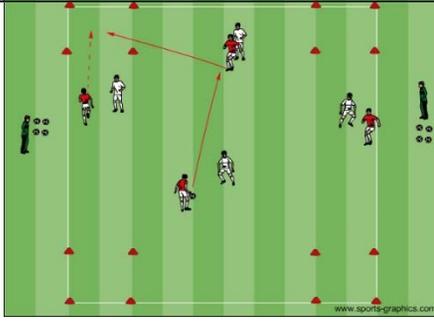
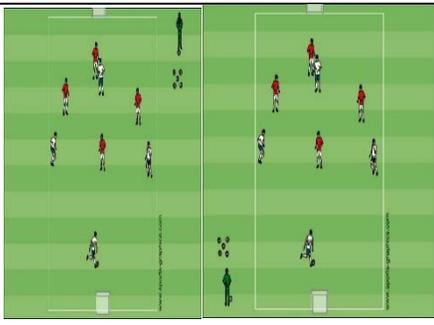
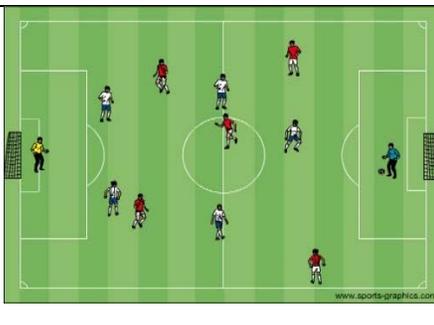


Age Group: U10 Week # 7		Passing to Penetrate	Coaching Points
Technical warm-up	<p>Gates Passing---This game will start out as a review of dribbling. Dribble through as many gates as you can in an allotted amount of time. Then, a similar game will be played, where the players are now paired up and must successfully pass the ball through the cones to their teammate to earn a point. Again, players try to accumulate as many points as possible in the time allotted. Similar to previous game, have they pass only with their left foot or right foot, or the outside of their foot. They cannot go back through the same gate twice in a row.</p>		<p>The focus will shift from dribbling to passing. However, the dribbling theme will continue during the activity 1, and then the practice will transition to passing. The dribbling will emphasize touches on the ball, and comfort with the ball, along with movements to beat people and turn away from pressure.</p>
Small-sided Activity	<p>Four Square Passing---Form a grid 35x35 with squares roughly 4 yards across in each corner. Two teams of 4 to 6 players try to score by passing the ball to a teammate who makes a run into one of the four squares. Players in the squares cannot be defended against they can pass or dribble the ball out. Balls out of play can be passed or dribbled back into play. This game concentrates on the tactical aspects of finding open spaces, and creating good angles of support for the player with the ball.</p>		<p>Passing will focus on the technical aspects of passing, and will begin to teach angles of support, and spacing/shape as an attacking entity. The following technical points should be emphasized: Players will have correct body positioning in preparation for the ball to arrive by; 1) bouncing on the balls of their feet, 2) their hips will face their target. When striking the ball, players will; 1) balance on one foot, 2) will use the inside of the foot as the correct surface that contacts the ball, 3) will point their kicking foot toe up and out at a 45 degree angle to the ball, while keeping the kicking leg knee bent, 4) will point their non-kicking foot in the direction they are passing the ball. Additionally, players will be able to; 1) contact the ball in the top half, 2) follow through in an upward direction before their kicking foot goes to ground. Players will also be able to receive the ball with the inside of the foot, with a first touch that moves the ball forwards and away from their body at a 45 degree angle to either side.</p>
Expanded small-sided Activity	<p>4v4 To Goals (Dual Field) --- Players will be divided up into 4v4 teams, and will be required to pass using the inside of their feet only in order for a goal to count. Five consecutive passes will also equal a goal. Make one or two physical demonstrations about the attacking four players being in a diamond shape.</p>		<p>Tactically, players should be able to give short and long support, and understand how to create a diamond attacking shape. Timing of the runs, angles of support, supporting runs and penetrating runs.</p> <p>Technical-continue to reinforce the technical points from the Activity 1 and Activity 2.</p>
Match /Game	<p>6v6 game with Goal keepers --- Use a 2-1-2 Formation</p>		<p>Reinforce all coaching points from all activities</p>