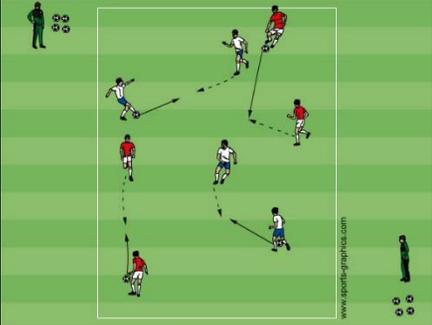
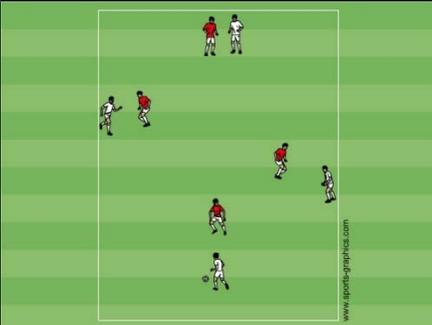
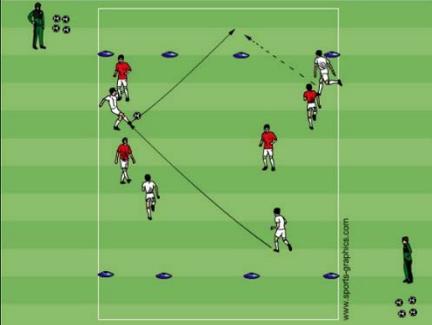
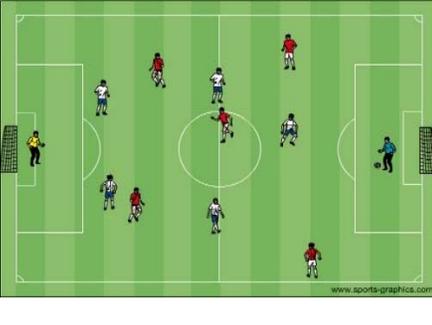


	Age Group:U10 Week # 8	Passing to Possess and to Penetrate	Coaching Points
Technical warm-up	<p>Colors Passing---Divide the team in two and give each team a different color pennies, half of players for each team with the ball and the other half without a ball, players move around, but can only pass the ball in between the same color. Make sure the ball never stops, players never stop moving, and the ball never leaves the grid you have set. Try to add balls to add challenge to the activity. <i>Version 2:</i> You may tell players to pass with a certain foot or a certain part of their foot as the activity continues. <i>Version 3:</i> As players get comfortable, you can limit their touches to 2 touches.</p>		<p>The following technical points will again 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>
Small-sided Activity	<p>Possession Game --- Form two teams of 4 to 6 players depending on numbers and space. The team in possession attempts to keep the ball away from the team without the ball, and tries to score by getting 5 consecutive passes for a point. <i>Version 2:</i> As players get comfortable, you can limit their touches to 2 or 3 touches Balls out of play can be passed or dribbled back into play.</p>		<p>Stress proper passing and receiving technique as well as having receiver's show for the ball and communicate. Stress recognizing opportunities and timing of passes. Timing of runs also. This game concentrates on the tactical aspects of finding open spaces, and creating good angles of support for the player with the ball.</p>
Expanded small-sided Activity	<p>End zone Game---Teams comprised of 4-6 players depending on numbers and space. To score you must pass the ball to a teammate into the opponent's end zone (created with discs). The player cannot go into the end zone until after the ball has been passed.</p>		<p>Passing, receiving, mobility, defending and combination play. Stress recognizing opportunities and timing of passes.</p>
Match /Game	<p>6v6 game with Goal keepers (on a 2-1-2 Formation)</p>		<p>Reinforce all coaching points from all activities</p>