



Name: Fabien Lewis	Team: U10	Day: 2	Duration: 60 Minutes
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Description: This session would help your players enhance and improve basic passing and receiving technique; while introducing basic movement off the ball and helping players make better decisions.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: “Pass & Move” - 10 minutes</p> <p>Organization: In groups of 3 with 1 ball, pass and move in 20 x 20 yard grid. <u>Progression I:</u> Introduce Sequence passing and give each player a number (i.e. 1-2-3). 1 have to pass to 2 – 2 have to pass to 3 – 3 have to pass to 1. <u>Progression II:</u> In pairs, players are passing through cones. To make it competitive, the group that can complete the most number of passes through the cones in 1 minute, wins.</p> <p>Coaching Points: (1) Strike in middle ball, using middle foot (2) Lift head before passing. (3) Standing leg next to the ball, strike in the middle of ball with middle of foot (4) Receive ball across your body</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Rondo – 10 minutes</p> <p>Organization: Using a 12 x 10 yard grid, three players are positioned on one of the three lines while one defender is in the middle. Players on the outside must move to support in relation to ball. If the defender wins the ball, he/she must dribble outside the grid. The defender, defends for 1 minute. If the offensive players successfully make 5 consecutive passes, they each 1 point.</p> <p>Coaching Points: (1) Don't be flat footed. (2) Good preparation touch (3) Quick movement to support. (4) Communicate with teammate (i.e. man on, turn).</p> <p><i>Modify to a 4 v 1 if needed.</i></p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Expanded Small Sided Game – 20 minutes</p> <p>Organization: 4 vs 4 or (4 vs 3) going to pugs in 30 x 25 yard grid. Each team gets 1 point if they complete 5 consecutive passes between themselves and 2 points if they score in the pugs. If the ball goes out from the side, the opposite team gets to pass in. There are no corners. All balls should be evenly distributed in each pug goal.</p> <p>Coaching Points: (1) Reinforce previous points (2) When to dribble, when to pass, when to shoot. (3) Body position to see entire field (4) Scan field.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage – 20 minutes</p> <p>Organization: 6 v 6 (+ 2 goalkeepers) in 40 x 35 yard grid. All game rules apply.</p> <p>Coaching Points: (1) Reinforce previous points. (2) Enjoy.</p>