



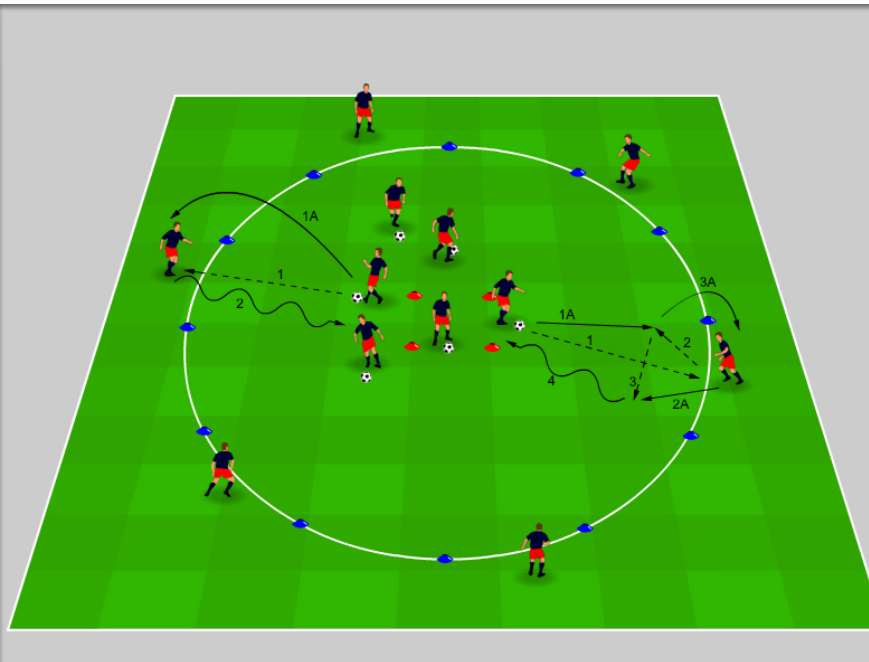
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Duration: 00:30 min
Time: 18h 00m
Age/Level: U8 - U10

Session: Passing
Objective:

U9/10 Week 10

Windows



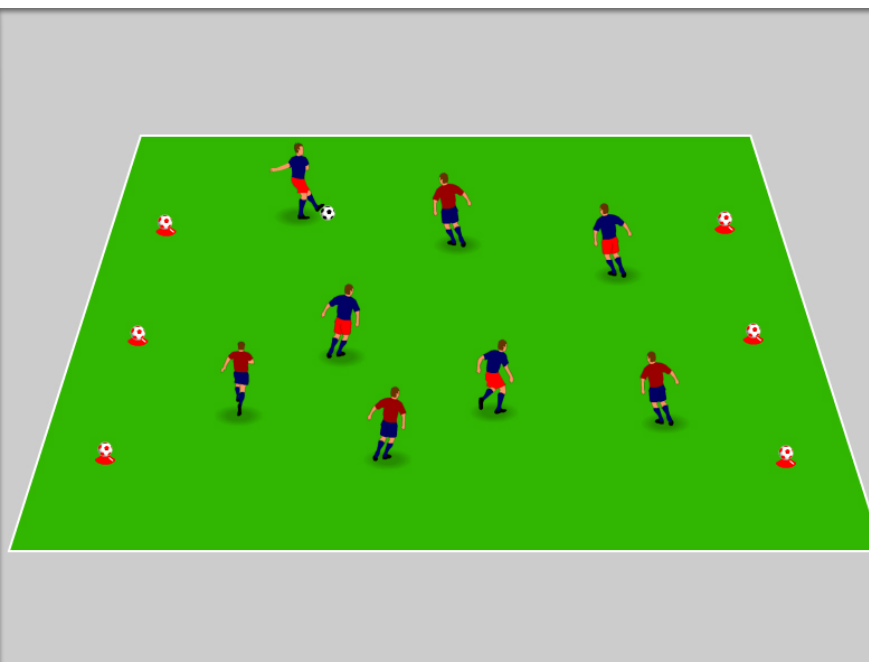
Description:

Create a circle 30 yds in diameter. Half the players outside circle. Half the players with a ball in the middle. Inside players pass a ball to a player on the outside and take their spot. Receiving players dribble to the middle square before looking for an outside player to pass to. Add a 1-2 and/or a dribbling move inside the square.

Coaching Points:

Passing: Eye on the ball, Follow through towards target, Strike pass with pace, Accuracy in pass
 Receiving: Eye on ball, Open body position, Body behind the ball, 1st touch control

3 Target Game



Description:

Set up the game as shown in your half of the field. Divide your players into 2 teams. In order to score, a player must strike the game ball to knock a "target" ball off of the cone. Just let the players play and have fun.

Coaching Points:

Just let them play and have fun