



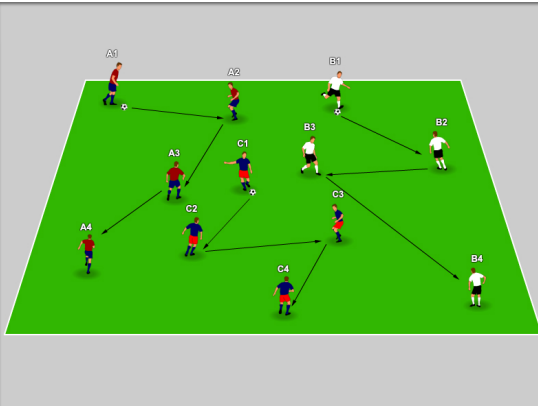
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Passing
Objective:

U9/10 Week 3

Pass in Numbers



Description:

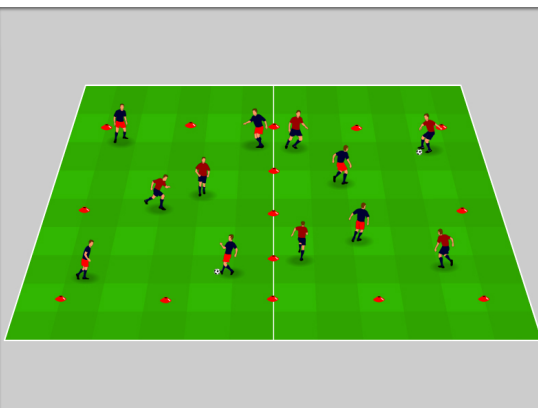
Set up a 20X20 grid. Divide players into 3 teams. In their teams, number each player 1-4. Player 1 passes to 2, 2 to 3, 3 to 4 and 4 to 1. Players should call out their number when asking for the pass. After a player passes, they need to be moving around the grid so that they can give the player that will pass them the ball a good angle. Don't allow them to call for a pass when standing behind the player with the ball.

Coaching Points:

Passing: 1. Eyes on the ball 2. Accuracy 3. Pace/Timing/Weight 4. Part of foot/ball 5. Follow through

Receiving: 1. Eyes on the ball 2. Body behind the ball 3. Attack the ball 4. 1st Touch control 5. Open body position 6. Check shoulders

4 V 2 Rondo



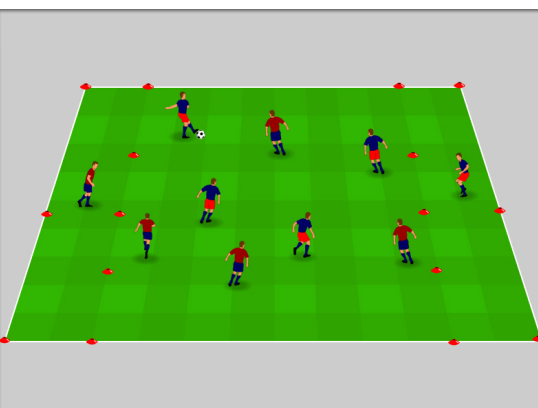
Description:

Set up 2 game grids in your half of the field. Players play 4 or 5 against 2 keep away. The team with the larger number gets a point for every 4 passes completed in a row and a point every time they make a pass that splits the defenders. Defenders get a point for taking the ball and making 2 passes. Switch the defenders every 2 minutes.

Coaching Points:

Passing: 1. Eyes on the ball 2. Accuracy 3. Pace/Timing/Weight 4. Part of foot/ball 5. Follow through Receiving: 1. Eyes on the ball 2. Body behind the ball 3. Attack the ball 4. 1st Touch control 5. Open body position 6. Check shoulders

Endzone 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 pass to a teammate in the endzone. Just let the players play and have fun.

Coaching Points:

Just let them play and have fun