



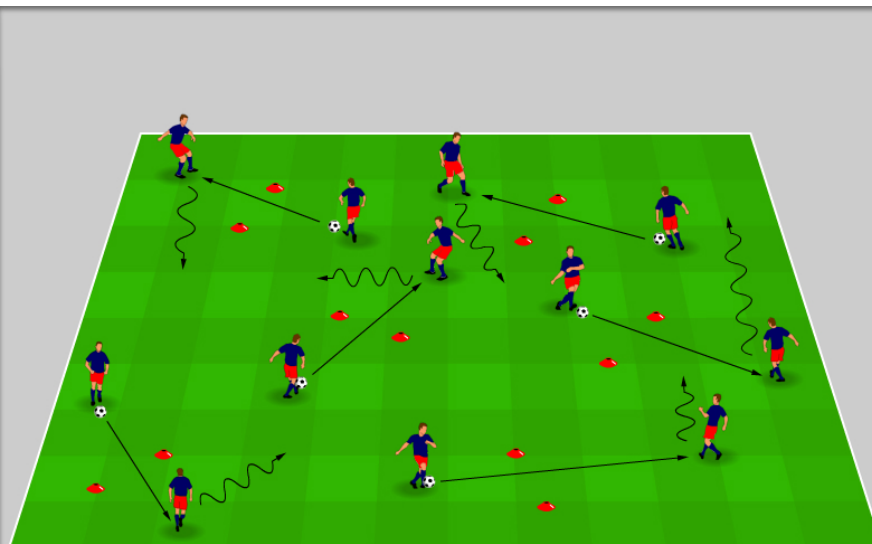
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Passing
Objective:

U9/10 Week 5

Passing Gates



Description:

Set up a number of gates spread out around the working area. Players work in pairs and on the coaches command they pass to their partners through as many gates as possible in a minute or two. Repeat a few times challenging the players to get through more gates than the last time.

Coaching Points:

Passing: 1. Eyes on the ball 2. Accuracy 3.

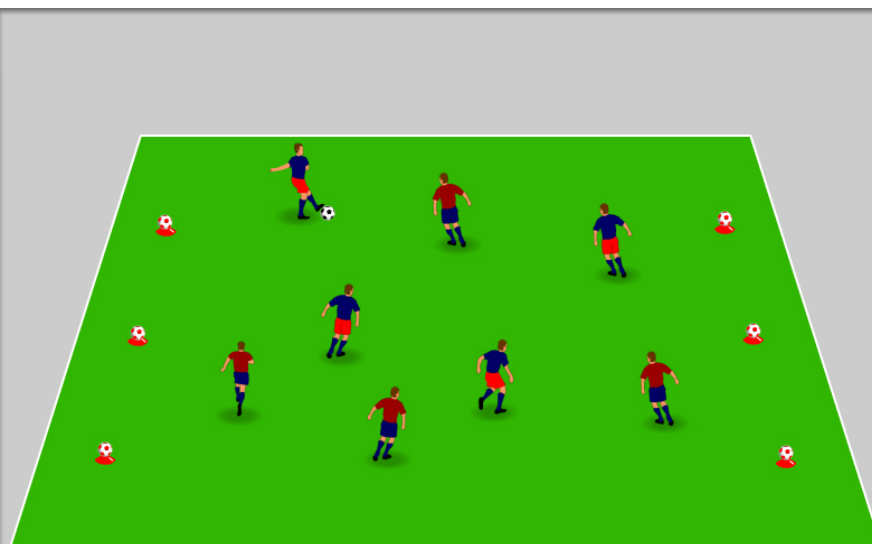
Pace/Timing/Weight 4. Part of foot/ball 5. Follow through

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

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