



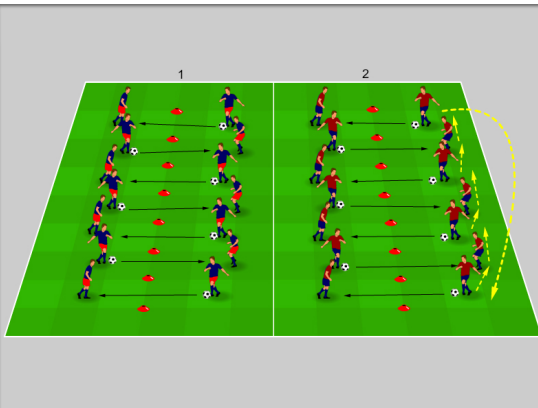
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

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

Session Passing
Objective:

U9/10 Week 8

Line Pass



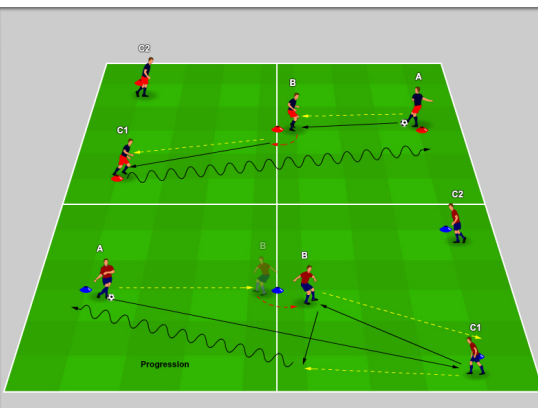
Description:

1. Players are in 2 lines facing each other as shown. Players pass the ball back and forth through the cones, checking back to attack the ball before receiving.
2. Same as 1 except one of the lines move to the next player after passing the ball. Once a player reaches the end of the line, they must sprint back to the beginning. Work for 2 minutes and then have the other side move.

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

"Y" Passing



Description:

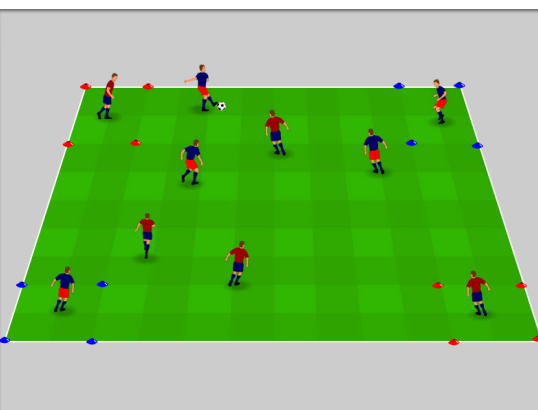
In a 35X20 grid, divide players into 2 groups. 4 cones are set up in a "Y" shape as shown. Player A passes to B. B receives, turns and passes to C1/C2, alternating each time. C dribbles back to the first cone.

Progression: A plays C, B supports C and combines with a wall pass

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

Game with targets in diagonal corners



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 small square in diagonal corners. Players are not allowed to stand in the squares just waiting for a pass. Just let the players play and have fun.

Coaching Points:

Just let them play and have fun