



Woods Soccer Club :: U10 Practice Plan :: WEEK 5

Module 2: Passing and Receiving

Topic: Passing for Penetration

Objective: To improve the player's and team's ability to make penetrating passes

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p><u>Receive, Dribble, Pass & Combine:</u> In a 40Lx20W yard grid with a midline, put the players in pairs. The players must use a minimum of 3 touches. The Pairs must complete 5 passes on one side of the grid and then move to the opposite side and do the same.</p> <p>Pairs must complete a combination play (overlap, wall pass, give-n-go) with their partner within their 5 passes</p> <p>Pairs must use a combination play as the way to advance into the opposite half</p>		<ul style="list-style-type: none"> • What surface of the foot? • What surface of the ball? • Where is the Directional First touch? • Where are you looking to play the pass or the ball next? • Where and what is the angle support? • Where and what is the distance of support? • What is your supporting body position? • How many people are involved in the combination? • What ways can you demand or ask for the ball? • When to play the way you are facing? • When and how to possess? • When and how to penetrate?
Stage II Small Sided Activity	<p><u>3v3 to 6 Goals:</u> In a 40Lx30W yard grid with a midline and 3 goals on each end-line. Two teams play to score in the opponent's goals. The attacking team must pass to a teammate in the attacking half of the field. The attacker must time his/her run to receive the ball as the ball arrives.</p> <p>Scoring:</p> <ul style="list-style-type: none"> • Timed pass after a combination into the offensive half and score: 500 points • Receive a timed pass in the offensive half and score: 100 points • Receive a pass, dribble and score: 5 points • Dribbling into the offensive half and score: 1 point 		
Stage III Expanded Small Sided Activity	<p><u>4v4 (GK+3v3+GK) to Goal:</u> In a 40Lx30W yard grid with a midline and goals on the end line. Two teams try to score in the opponent's goal. Any goal resulting from a pass or combination play that arrives in the offensive half at the same time as the receiver is worth 1000 points. Any other goal is just 1 point.</p> <p>Play a game to 3000 points</p>		
Stage IV Conditioned Game	<p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to make penetrating passes 		