



Woods Soccer Club :: U10 Practice Plan :: WEEK 6

Module 2: Passing and Receiving

Topic: Passing for Build up

Objective: To improve the player's and team's ability to build up the attack when in possession of the soccer ball

Stage	Organization	Diagram	Guided Questions
Stage I Technical Warm up	<p>3v1 Keep away:</p> <p>In a 12Lx10W yard grid have 3 players passing and receiving and keeping the ball away from the defenders</p>		<ul style="list-style-type: none"> • What surface of the foot to use? • What surface of the ball to strike? • Which direction for the first touch? • Where are you looking to play the pass or the ball next? • Where and what is the angle of support? • Where and what is the distance of support?
Stage II Small Sided Activity	<p>3v3 To Goals (Number of Passes):</p> <p>• In a 30Lx20W grid, play a 3v3 game to score in the opponent's goal.</p> <p>Scoring:</p> <p>• A goal value is equal to the passes completed before scoring in one possession. i.e. 4 passes and a goal scored – Goal is worth 4 points.</p>		<ul style="list-style-type: none"> • What is your Supporting body shape? • How to use Mobility to get in good positions or to open passing lanes? • What ways can you demand or ask for the ball? • When to play the way you are facing? • When to possess or penetrate?
Stage III Expanded Small Sided Activity	<p>4v4 to Two Goals (Midfield Number Passes):</p> <p>In a 40Lx30L grid divided into 3 thirds, play a 4v4 game to score in the opponents goal.</p> <p>Scoring:</p> <p>• A goal value is equal to the passes completed in the midfield before scoring in one possession. i.e. 4 passes and a goal scored – Goal is worth 4 points.</p> <p>• A goal after any combination is 10 more points</p>		<ul style="list-style-type: none"> • When should we play fast or slow down the game? • Tempo and rhythm of play • How much of the field should we use? <ul style="list-style-type: none"> ◦ Width, Depth and Height
Stage IV Conditioned Game	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when to possess and when to penetrate and create a rhythm of play 		