



U10 – Session 3

Passing / Receiving

Intentional Free Play:

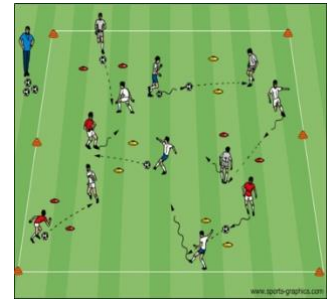
Have a field set up for players to scrimmage in. When they start arriving, have them join the field and play anywhere from 1v1 to 4v4. If you have more players, set up a second field and have them start off with playing 1v1 to 4v4.



Gate Passing:

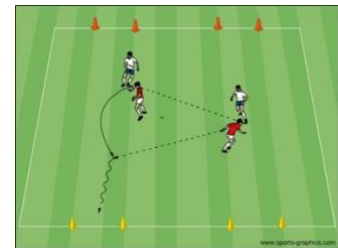
In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point.

Coach: Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.



2v2 to 4 Goals:

In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals.



3v3 to End Zones:

In a 25x30 yard grid, make an end zone along each end line. Players will score by passing into and stopping the soccer ball in the end zone. Defenders can't defend in the end zone.

Scoring:

1 point: Dribbling into the end zone.

2 points: when a player passes the ball to a player making a run into the end zone to receive the soccer ball.



Scrimmage:

Create field based on playing numbers and size of area.

