



U10 – Session 4

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.

Control Circle:

Two even groups. Players in the middle pass the ball to the players on the outside and take their place on the outside. The player on the outside who receives the ball, dribble into the middle and then connect a pass to a different player on the outside. **Variations:** one touch passing from outside players, left foot only/right foot only passes by all players, players on the outside start with the ball and the players in the middle receive and turn and pass to another teammate.

4v1/5v2:

In a 15x15 to a 20x20 yard grid, play 4v1 or 5v2 keep-away. The first pass is free. Any player who loses possession becomes a defender. Whichever defender has been in the middle the longest is the next one out OR if defenders win the ball, they can dribble outside the grid, under control for a point (If defenders dribble for pts/switch every 2 mins or so). Attackers count their passes. They receive a point for every 3 passes made (can increase number of passes to make it more challenging). Attacking players should be mobile throughout the grid, not stationary.

4v4 to Four Goals:

Play a live game to 4 goals. In a 40Lx30W have the two teams play and score in any of the opponents two goals. **Variation:** The goal is worth the number of successful passes made prior to scoring.

Scrimmage:

Create field based on playing numbers and size of area.

