

# TRAINING PLAN U-10 PASSING/RECEIVING

CREATED BY  
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U.S. Soccer

## TECHNICAL WARM-UP

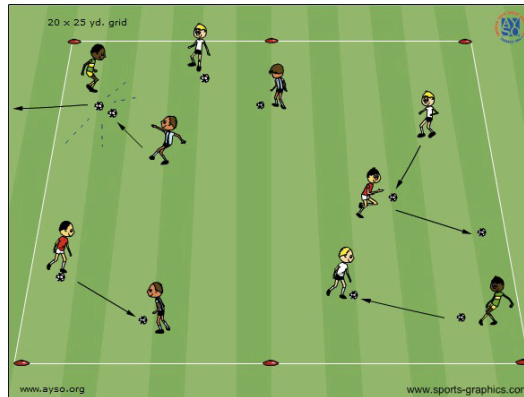


To see this activity in action visit <http://bit.ly/11FmdWq>

### ORGANIZATION/RULES

- 20x25 grid. Players in pairs, ball per player.
- Pairs compete against one another by attempting to pass their ball and strike their partners ball.
- > Attempt to pass ball at a stationary ball (partners alternate attempts).
- > Attempt to strike partners ball as they dribble throughout playing area.
- > Attempt to knock partners ball out of the playing area.

Player leads stretching (light at this age but teach proper form).



### COACHING POINTS

- Quality and specific mechanics of striking a ball for accuracy and pace.
- Quality and disguise in passing.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY I

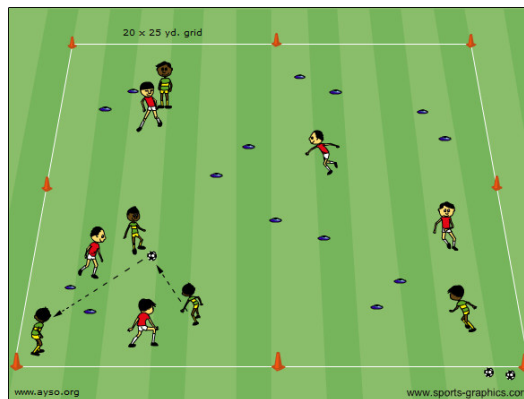
Individual & Pair Work  
Competition & Teamwork  
2v2 & 3v3



To see this activity in action visit <http://bit.ly/Sg6HME>

### ORGANIZATION/RULES

- 20x25 grid.
- Divide team into two groups.
- Set up 6-8 windows arranged randomly throughout the training grid (each window is approximately 1-2 yards wide).
- The two teams compete to score points by a progression of methods:
  - > Dribbling the ball through a window.
  - > Passing the ball through a window.
  - > Passing the ball to a teammate on the opposite side of a window.



### COACHING POINTS

- Mobility & Support among teammates.
- Quality and disguise in dribbling (changing pace, manipulating the ball).
- Quality and disguise in passing.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY II

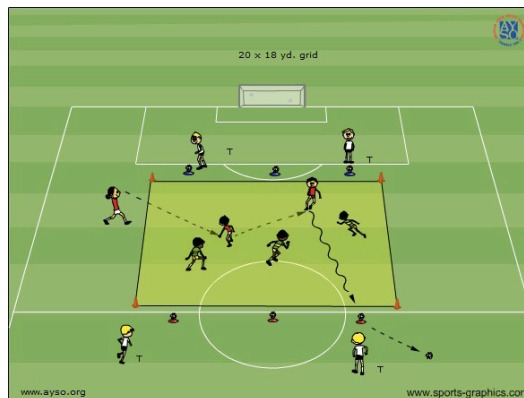
Opposition (attack & defense)  
Directional Play (w/goals or targets)  
Expanded Num. (3v3 to 6v6)  
Most Game Aspects



To see this activity in action visit <http://bit.ly/Sg6MzO>

### ORGANIZATION/RULES

- 2 teams play 3v3 or 4v4 to within the boundaries of 20x18 grid. Each team places 3-4 balls on top of a field marker disc. The balls are 5-10 yards behind each end-line of the playing area.
- A 3rd team of 4 serve as "targets" behind each set of balls. Targets role is to return ball to the serving team on the 1st touch (2nd touch pending age/ability level).
- Each team tries to displace the other teams' balls from the top of the disc.
- The three teams rotate.



### COACHING POINTS

- Accuracy, pace and quality of passing mechanics.

PSYCHOSOCIAL   
PHYSICAL   
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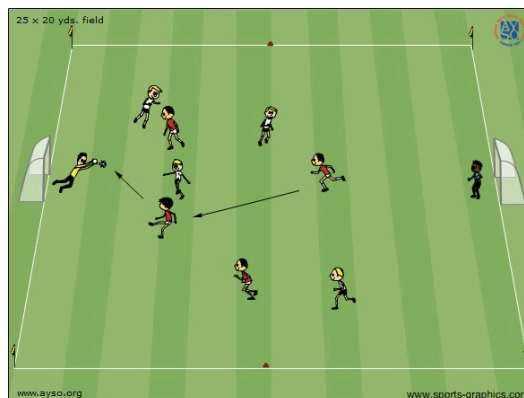
## SMALL-SIDED MATCH

Cool Down/Debrief

### ORGANIZATION/RULES

- Two teams w/ GKs play 5v5 in a field approximately 25x20.

Player leads stretching (light at this age but teach proper form), *brief* review on lesson and any announcements.



### COACHING POINTS

- Accuracy, pace and quality of passing mechanics.
- Group shape to reflect essential principles of attack-width, depth, support and mobility of players and the ball.
- Emphasize effective group attacking shape- triangle (3) & diamond (4).

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL