



U9-U10 Passing Finishing (2) - J. Sells

Category: Technical: Passing & Receiving

Difficulty: Moderate

Am-Club: New Mexico Rapids Soccer Club
Technical / Coaching Directors, Albuquerque, United States
of America

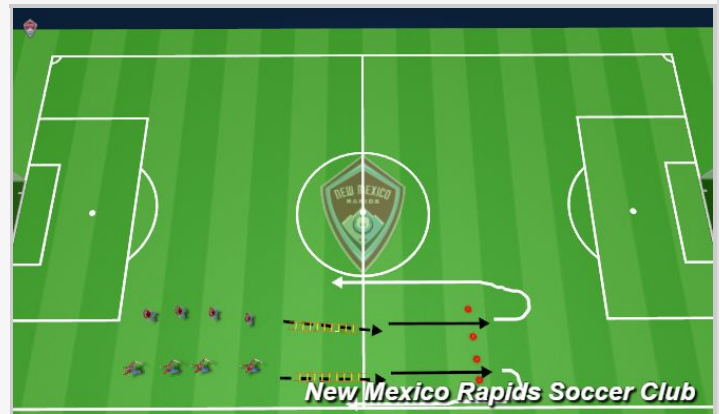
Activation: Agility Ladder (10 mins)

DESCRIPTION/ORGANIZATION: Agility Ladder

COACHING POINTS:

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



Receiving and Passing 135 In Line (20 mins)

Set up

. Player 1 passes to player 2.- Player 2 positions himself "forward" to receive the ball.- Player 1 kicks the ball with the inside of the right foot.- Player 2 is open to receive the ball with the inside of the right foot. B. Player 2 passes to player 1.- Player 1 positions himself "to the right" to receive the ball.- Player 2 kicks the ball with the inside of the right foot.- Player 1 is open to receive the ball with the inside of the right foot. C. Player 1 passes to player 3 with the instep of the right foot, etc. D. Player 3 dribbles the ball to player 8.- Player 3 goes to the back of player 8. E. Same on other side going the other direction.

Attention! The same on the other side for players 5 to 8.

CP's:

- Timing
- Technical quality
- Communication
- Movement



Cone Knock-Off (6v6) (25 mins)

Set-up:

2 Teams play 6v6 possession game to knock opposing teams endline cones down with the game ball. Once ball goes out of play coach plays a new ball in.

Coaching Points:

- Technical quality (passing, shooting and dribbling)
- Team shape and structure both offensively and defensively.
- Communication



6v6 Endzone Soccer (30 mins)

DESCRIPTION/ORGANIZATION:30x44

Six attackers keep possession against 6 defenders by a combination of passes or an individual action, eventually scoring by dribbling the ball over the opposite base-line. After taking possession the defenders may then score by dribbling the ball over the opposite base-line. Attention! The attackers may not go off-side. The off-side line is stipulated by the last defender (or first line of end zone - applies only to 11-11 teams) If the ball goes off the field the coach send in a new ball. Variation: Teams can pass into a teammate or dribble into zone

COACHING POINTS:

- Disciplined shape - Prevent forward passes.
- Recognize moment to GO. Step as a team.
- Once win ball, look to score quickly or keep the 1st pass (good in transition moments).

