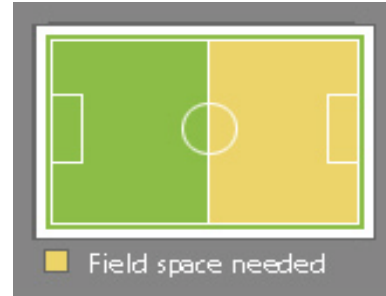


**Materials Needed**



- Open playing area
- One ball per player

**Passing in Pairs** (Passing)

**Description:**

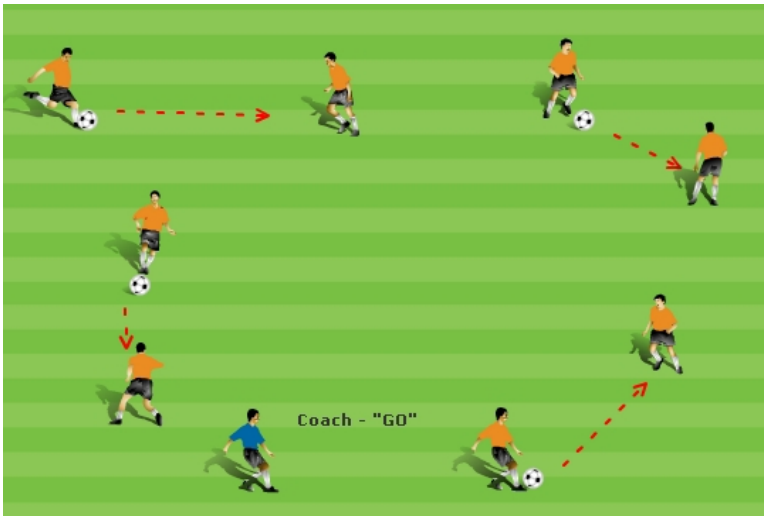
Each pair passes their ball on the ground to each other freely. They must keep their feet and the ball moving. They remain in a specified area. They can 1-touch the ball (pass immediately without controlling the ball) or 2-touch the ball

**Coaching Points**

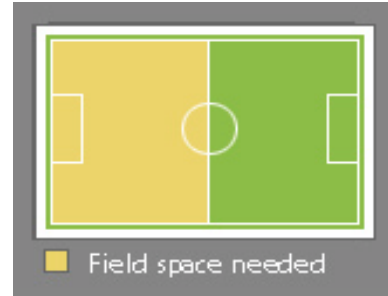
- Fun
- Passing and dribbling
- Changing direction
- Simple decision making
- Timing

**Progressions:**

Variations: Passing competition – when the coach says, “GO!” each pair counts how many passes they can complete in a specified time (30-60seconds).



### Materials Needed



20 yard x 30 yard rectangular grid

- Soccer Balls
- Pennies (2 or 3 different colors)

## Paint the Fields (U10) (Passing)

### Description:

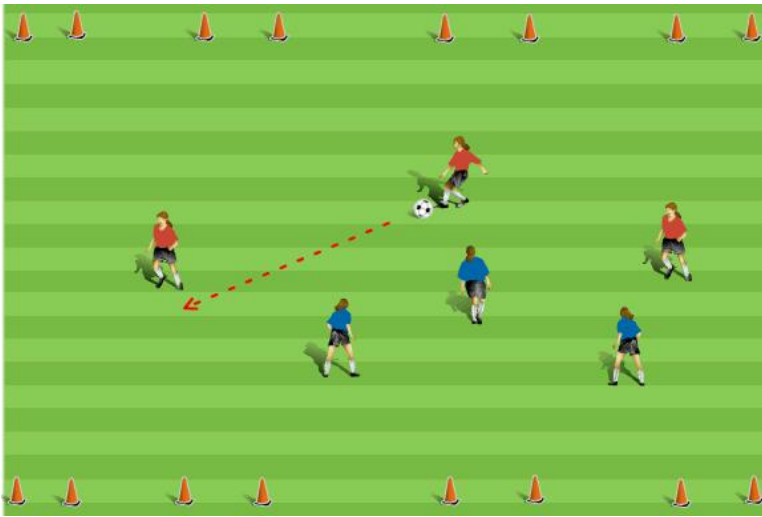
Players pass the ball within their group inside the grid. They pretend that their feet represent paint brushes and, as a group, they must paint the complete grid area as they pass and move.

### Coaching Points

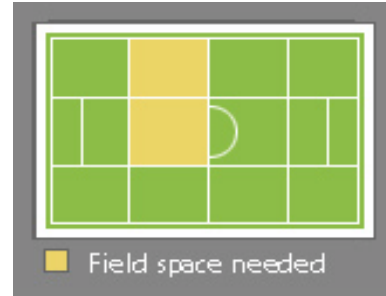
- Intelligent movement
- head up
- preparing to receive the ball
- looking for their target early
- surveying the area
- passing accuracy and pace
- keeping appropriate individual and group shape
- anticipation

### Progressions:

**Set up notes:** 20 yard x 30 yard rectangular grid. One ball per group of two (2), three (3) or four (4). Color code the groups in different colored pennies.



### Materials Needed



20 x 25 yard Grid

- 8 Mini-goals
- Group of players
- 2 sets of pinnies
- Cones
- Large supply of balls

## 3 v 3 to Eight Mini-Goals (Economical)

### Description:

Coach divides players into two teams. In a grid 20 x 25 yards with four mini goals on each side. The teams, which are broken into three's, attack the four goals and defend their four goals. Focus is on horizontal or width play

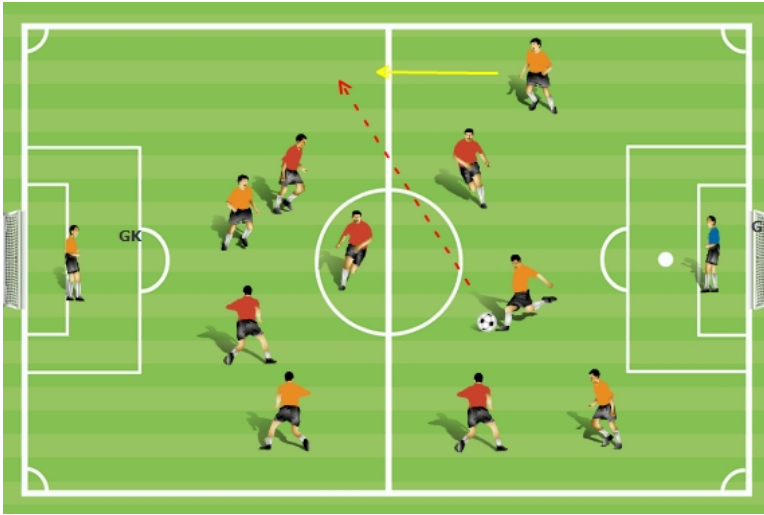
### Coaching Points

- Dribbling
- Passing
- Shooting
- Receiving
- Attacking Support and Defending
- Ball Control
- Switching the point of attack using the width
- Pressure, cover, balance

### Progressions:

Remove two goals on each side and attack and defend the two remaining goals (now a 4 goal game), located in each corner of the grid

On the attack the players will focus on the 1st attacker on the ball, the 2nd attacker in support and the 3rd attacker in a triangle shape supporting the attack. On the defense the players will focus on the 1st defender to pressure the ball, the 2nd defender to cover and the 3rd defender to provide balance. (Balance should be introduced at the U12 age group)



## 6 v 6 (Economical)

### Description:

Goals at each end made out of cones or flags, approximately 5-6 steps wide. Balls are placed outside and behind the goals. 6 players versus 6 players (6v6) on the field.

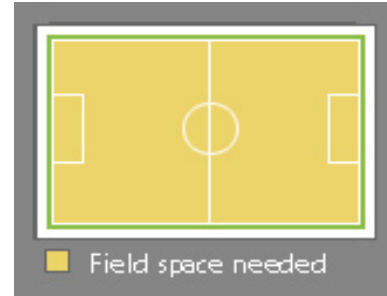
### Coaching Points

- technique under the pressure of a game
- decision making in the competitive game environment,
- triangular and rectangular shapes
- passing and receiving
- shooting
- FUN

### Progressions:

Start play with a kick-off from the center of the field.  
Play is continuous - Use US Youth Soccer modified rules.

### Materials Needed



40 yard x 50 yard rectangular grid (field)

- Balls
- cones and flags