

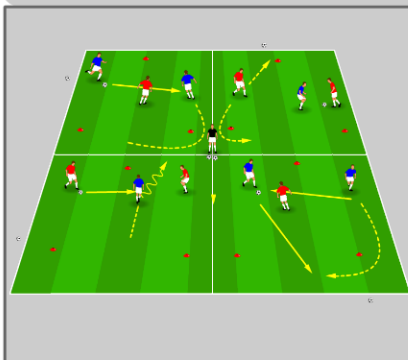
VLSC U10 Passing and Receiving Session

Date : 13/Oct/2014
Time : N/A

Duration : 1:30 hour
Age/Level : U8 - U10

Session Objective: Improve players ability to individually maintain possession

2v1 - Passing and Receiving



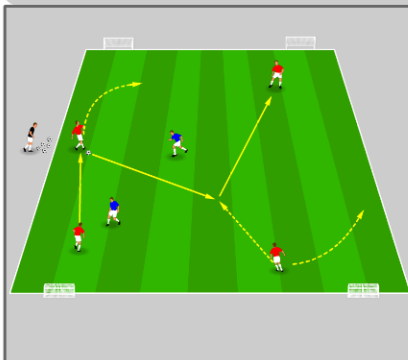
Description :

Two attackers may freely move on the outside of the triangle, but may not go inside. The attackers earn points by passing the ball through the grid without the defender touching the ball. The defender must stay inside of the grid to try and intercept the pass. If the defender wins the ball they then try to dribble out of the grid to earn a point. At that time the attackers may enter the grid to try and win the ball back from the defender.

Coaching Points :

- Emphasis on proper technique of striking,
- Knees bent, ankles locked, chest ovetop of the ball,
- Strike through the middle of the ball.
- Stay balanced. Push your body weight through the ball.
- Strike and then quickly move to receive the ball again.

4v2 - Passing and Receiving



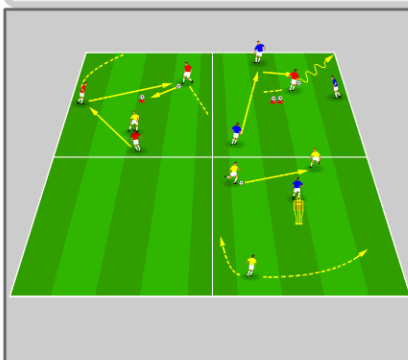
Description :

In a 20x30 field there are 4 attackers playing against 2 defenders. The attackers are trying to maintain possession and score a point by connecting a designed number of passes. If the defenders win the ball they gain points by scoring in any of the 4 goals. Rotate players when you have reached a designed number of points or a time limit.

Coaching Points :

- Proper weight of the pass.
- Body mechanics to maintain balance and coordination.
- Supporting angle off the ball to maintain possession.

Barrel Ball



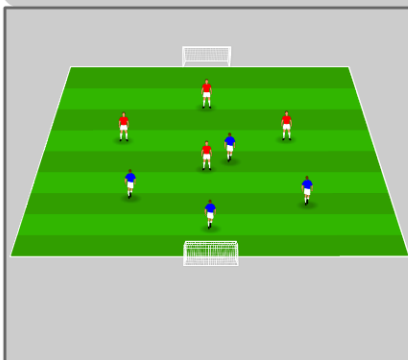
Description :

In a 20x20 grid there are 3 attackers vs 1 defender. The attackers objective is to keep the ball away from the defender while trying to not the soccer ball off the cone in the middle. If the attackers are able to knock the ball off the cone then they are awarded a point. If the defender wins the ball and is able to dribble out of the grid then they are awarded a point as well.

Coaching Points :

- Drive through the middle of the ball (technique of a long ball).
- 1st touch away from pressure (defender).
- Receive the ball in a position to see target and the ball.
- Strike the ball with the inside of the foot.
- Quick movement after your strike (Don't watch your pass).

4v4 to Goal



Description :

- Normal match to goal.
- Normal game rules apply.

Coaching Points :

- Coaching points should be made through the run of play with only nature stoppages interrupting the flow of the game.