



Date: 05/10/21
Length: 60 mins
Start Time: 12:00am
End Time: 1:00am
Group: Grade 3 & 4
Focus: Passing and Combinations
Level: U10

Length	Start	Drill Name	Category	Notes
10	12:00am	Technical Warm Up	Warm Up	
10	12:10am	Gates passing	Passing/receiving	4 cones for field area 2 cones per gate (goal) 1 ball per pair
10	12:20am	Combination Passing & Receiving	Passing/receiving	Min 6 players to start this drill. 4 cones 10X10 yard grid 2 balls. For U10 & above
10	12:30am	keep away big square	Passing/receiving	+ older kids play 3 in the middle + side players can be challenged + side players can pass to each other
15	12:40am	Game Play	Game play	

Notes: Focus on passing, passing combinations, and basic possession.

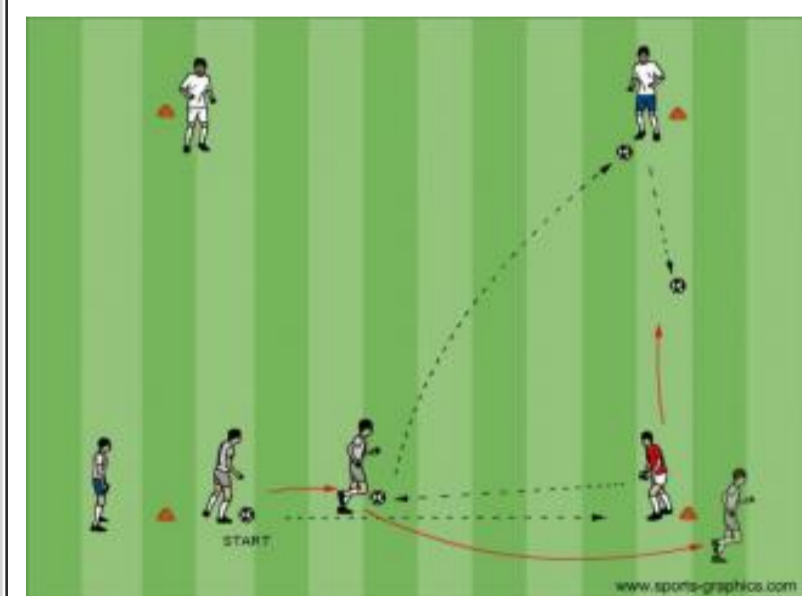
Drill Title: Gates passing



In a 25x30 yard grid, set up many gates(two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point.
 Coach: Players count how many points they score in a minute. Have them pass only with their left foot or right foot, or the outside of their foot.

Key Points: locked ankle toe up eyes on ball at instant of contact follow through to partner

Drill Title: Combination Passing & Receiving

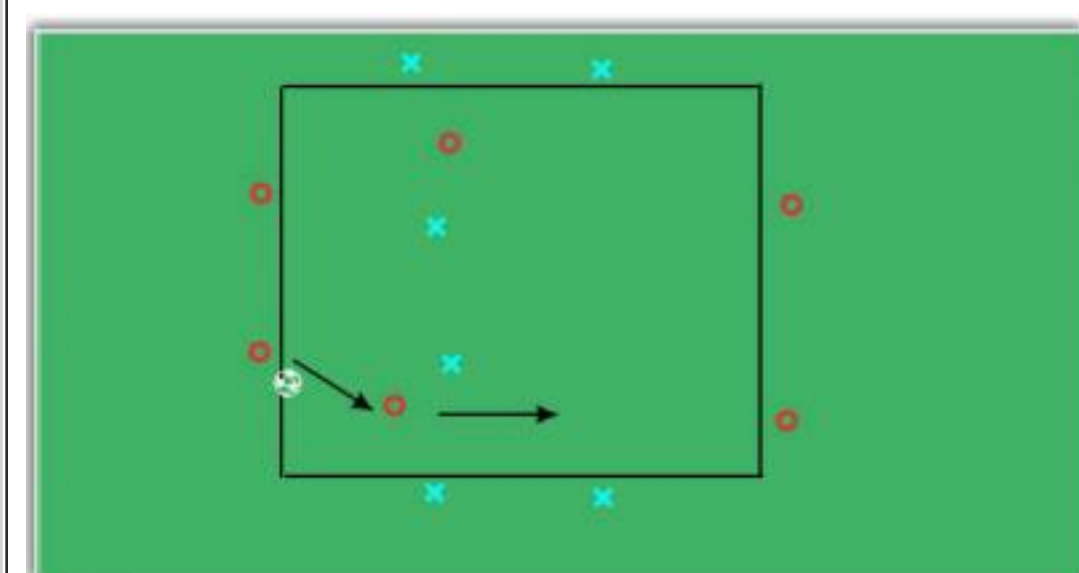


Red player starts with the ball and passes to the player in the corner to their right. Red player checks to the player they passed to and gets the pass back and immediately passes across the field to the player at the other corner and the red player goes to the next cone.
 All players move in a counter clockwise direction.
 This pattern continues-pass, check to the ball, pass across. This is a continuous drill.

Progress: two balls at once. Start with a ball in opposite corners and make sure the players start at the same time.

Key Points: Passing and receiving, you need thinkers to get this one.

Drill Title: keep away big square



O play O with x play with x. Play with 6 players on the side and 4 in the middle keep away. To score a point players have to get the ball from one side to the other.

Key Points: Passing tech Movement(rotation) awareness