

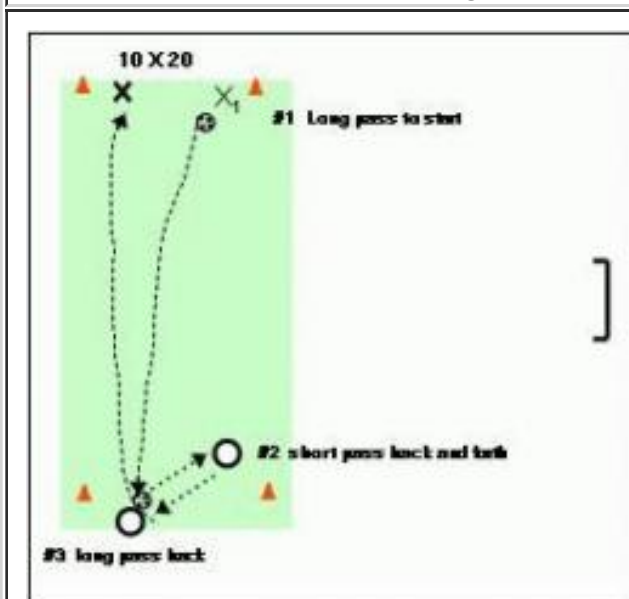


<b>Date:</b>	<u>05/24/21</u>	<b>Group:</b>	<u>Grade 3 &amp; 4</u>
<b>Length:</b>	<u>60 mins</u>		
<b>Start Time:</b>	<u>12:00am</u>	<b>Focus:</b>	<u>Attacking and Combination Play</u>
<b>End Time:</b>	<u>1:00am</u>	<b>Level:</b>	<u>U10</u>

Length	Start	Drill Name	Category	Notes
8	12:00am	<b>Technical Warm UP</b>	WARM UP	
10	12:08am	<b>2 pair passing</b>	Passing/receiving	Length of drill: 15 mins One ball per grid 4 cones per grid
10	12:18am	<b>Groups of 3 passing/receiving</b>	Passing/receiving	1 ball per group
13	12:28am	<b>2v1 to goal</b>	Attacking/Dribbling	If not enough numbers adapt by giving each player a number and when the team is on defense that player drops into the goal.
15	12:41am	<b>Game Play</b>		

**Notes:**

**Drill Title:** 2 pair passing



Groups of 4 in pairs. Start with a long ball to the player across from them who immediately traps the long ball and plays a short pass to their partner who gives it right back for the partner to play a long ball back to the other pair. This sequence continues.

Start with a short practice area then make it longer as the players make good passes.

Duplicate this depending on how many players you have at practice.

**Key Points:** Focuses on short passing the switching the ball to another area.

**Drill Title:** Groups of 3 passing/receiving



Each group of 3 passes the ball between the players while moving inside the practice area. Move to the different restrictions below.

- 3 touch: receive, set & pass
- 2 touch: receive & pass
- 1 touch: pass

3 seconds maximum in one location. Throughout this exercise all players shall be in constant communication.

**Key Points:** Groups of 3 Players pass and move with one soccer ball. Keep your head up Communicate with your group Passing accuracy and weight of passes

**Drill Title:** 2v1 to goal



- play 2v1 with two GK,
- + can play with one neutral player.
- +players have to have a shot before shot clock expires
- + players have to shoot within so many passes.

**Key Points:** Movement Speed of play Communication