

U-10 PRACTICE #2 - PASSING / MAKING SPACE / FORMATION

START WITH 5 MINUTE WARMUP.



1/3 - 1/3 - 1/3 ZONE EXERCISE.

- TWO TEAMS OF 8 (▲ AND ●)
- EACH HALF OF THE FIELD IS MARKED INTO THIRDS.
- PLAYERS MUST HOLD POSITION IN THEIR 1/3 ZONE.

~ 40 MINUTES

TEAMS MOVE THE BALL BY PASSING TO THEIR TEAM MATES.

DEFENDERS MIDFIELDERS AND ATTACKERS MUST STAY IN THEIR 1/3 ZONE.

ENCOURAGE PENETRATING PASSES THAT GOVER 2 ZONES.

REGRESSION #1

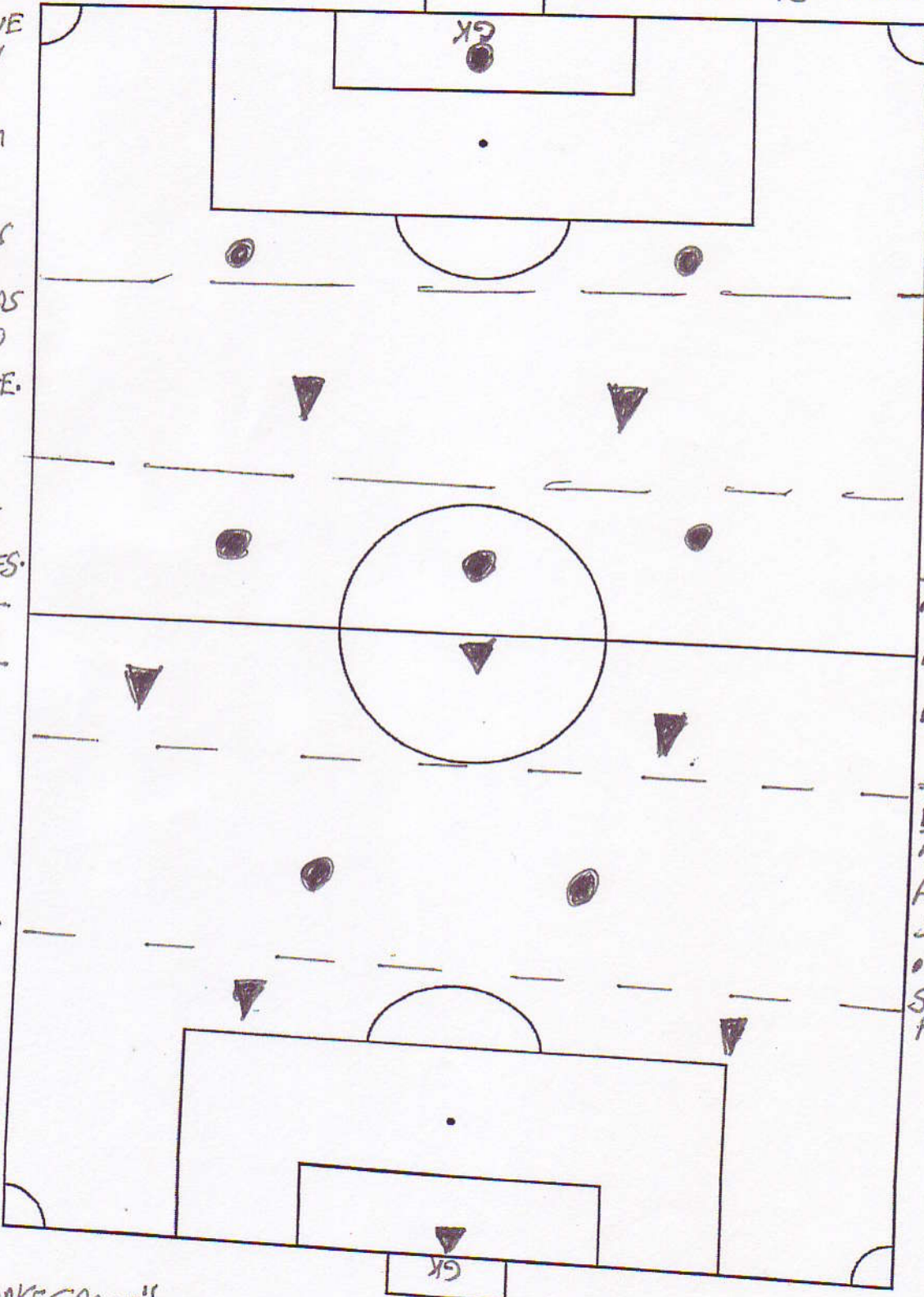
ENABLE FREE PLAY W/ NO GOALS AND USE 3 TOUCH LIMIT

CRIMMAGE 20 MIN

COACHING POINTS

PENETRATING PASSES ON THE ATTACK DEFENSIVE COVER.

MOVING TO "MAKE SPACE".



COACHING POINTS

- POSITION & FORMATION
- THROW-INS
- MAKING SPACE
- LATERAL MOVEMENT
- FIRST TOUCH EMPHASIS

PRACTICE 20 min SET PLAYS

- CORNER KICK
- THROW-INS
- DIRECT FREE KICKS

DISCUSSION 2
40% OF GOALS ARE MADE ON SET PLAYS
• DIAGRAM SET PLAYS FOR PLAYERS