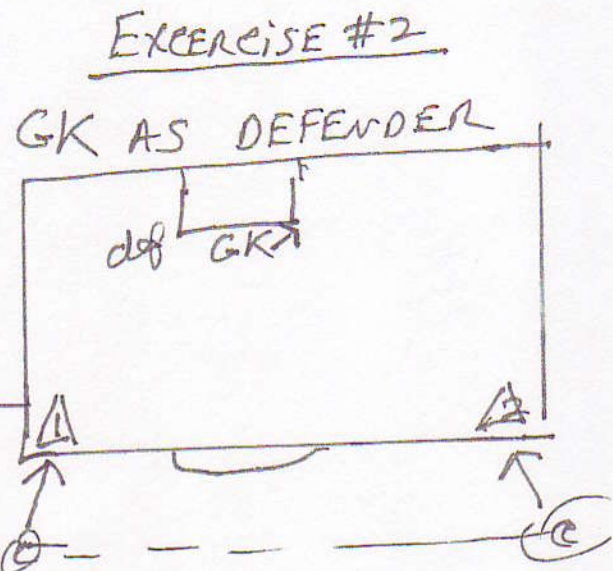
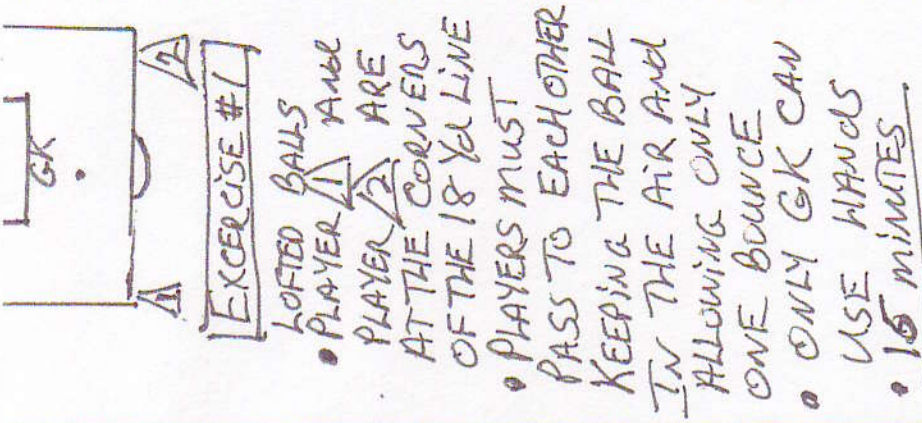


# U-10 PRACTICE #7 - THROUGH PASSES - SET PLAYS - GOALKEEPER TRAINING

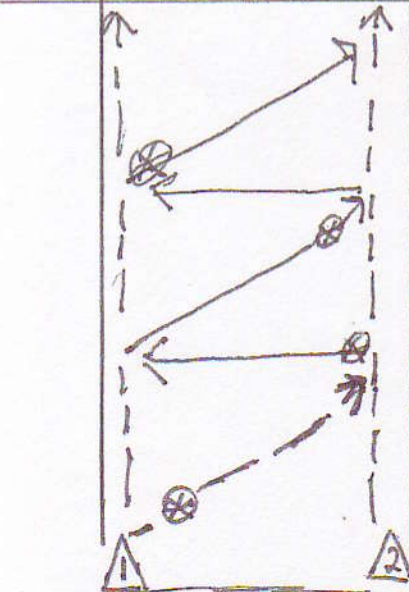
WARM-UP - 5 min. SHARKS & MINNOWS - CENTER FIELD CIRCLE.

4 GOALKEEPERS - WARM UP IN 2 PAIRS - ON KNEES FIELD THE BALL ON EACH SIDE OF BODY - SIDE TO SIDE. PRACTICE 3RD HAND SAVES.



- USE CONES (C) TO MARK FIELD & YDS AWAY FROM PENALTY AREA.
- START WITH GK ON ONE POST AND DEFENDER ON THE OTHER POST. ATTACKERS START AT CONES.
- GK IN GOAL MOUTH. DEFENDER SERVES BALL TO AN ATTACKER.
- DEFENDER CHALLENGES THE BALL AND YELLS "BALL"
- GK COMES OUT TO EITHER ~~SAVE~~ SAVE THE BALL OR CHALLENGE ATTACKER #2 WHILE DEFENDER GOES TO GOAL AREA TO SWEEP GOAL LINE.
- ROTATE PLAYERS AND POSITIONS. 15 MINUTES

## EXERCISE #3 - PASSING RELAYS - SET UP 3 LANES W/ 2 PLAYERS



#1 THROUGH PASS TO #2 & #2 SQUARE PASS TO #1



#1 PASSES THROUGH TO #2 AND RUNS OVERLAP BEHIND #2



LEAVE & TAKE  
DRIBBLES TO #2 AND SAYS TAKE LEAVES BALL FOR #2 RUNS TO SPACE

30 MINUTES TOTAL  
ROTATE PLAYERS THROUGH STATIONS EVERY 10 MINUTES

SCRIMMAGE  
45 MIN. GAME  
COACHING POINTS

- THROUGH PASS
- LEAVE & TAKE
- OVERLAP
- PRACTICE THE SET PLAY FOR DIRECT FREE KICKS WITH A WALL