



Receiving and Passing

Category: Technical: Passing & Receiving
Skill: U10

Pro-Club: Utah Youth Soccer Association
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Warm Up (10 mins)

Set up- 15x20 Grid. All players start with a ball inside the grid. On the Coaches command the players will dribble around the grid. The coach will give out the command to follow. Perform each exercise for between 30-60 seconds. Stop if needed to give feedback if the group is struggling.

Commands:

- right foot or left foot only
- soul of the foot
- inside/outside of right foot or left foot
- scissors every 4 touch
- leave and find a new ball

Coaching points- start simple and build up, get into faster speeds and harder skills. Be creative, this exercise can work for the youngest or oldest, change commands accordingly and try to get the kids up to a couple hundred touches by the end. If players run into each other or go outside the grid make them do 20 toe touches as fast as they can then get them dribbling again.



Extended Warm Up (15 mins)

Set up- 15x20 grid. Half the players on the outside with a ball at their feet half inside the grid without a ball. First group in the middle will be receiving passes from the outside, and the playing it back. Two touches, one to control and one to play. Each group will go for periods of 60-90 seconds.

Progression:

- pass with the opposite foot you received
- receive out of the air, play back on the ground
- receive turn and find a new person to play back to
- combination play and switch places

Coaching Points- players are starting to get warmed up, expect more out of them. praise those with a great first touch that sets up the next movement. Do more building than correcting. Again be creative, this exercise has tons of different commands.



Small Groups (15 mins)

Set Up- 20x20 Grid, with 4 gates for goals. Two teams, one on offense with all their players inside the grid. One on defense with 2-3 players inside the grid. Coach will play the ball into the grid to the offensive team who will try to connect 5 passes and then they can score on any goal. Once the ball is out the 2 defenders will switch. Play 2 minute rounds and then switch the groups.

Progression- number of touches, number of passes, or number of defenders. Adjust to make it competitive while giving offense some success.

Coaching Points- first touch under control and setting up the next pass. Moving after passing to create a new option to be passed to.



Small Sided Games (15 mins)

Set Up- 25x20 Grid with 2 goals. 5v5 in the middle. Play directional. 3 connected passes before your team can go to goal. If you lose the ball you have to run around your goal before you can join back in the game, this allows the opposing team to have numbers up and get passes quick.

Progression- Take away the completed pass count and add a combination play, wall pass, overlap, one two. Play 4v4 inside the grid with one player on the outside, you must combine with that player and switch before going to goal.

Coaching Points- first touch does it set us up for the next pass or into open space to dribble. How is our movement off the ball? Are we using the in-between space or crowding areas?

