### Week 3

#### Passing.

**Organization:**
20 yard x 20 yard area. Balls are placed around the outside of the area.

**Procedure:**
Players jog without a ball inside the area. One player (pacman) dribbles in the area and tries to pass the ball to hit the other players below the knee. When a player gets hit below the knee he joins the (pacman) team.

**Key Coaching Points:**
- Change of direction
- Ball Control
- Correct passing technique
  - Head, Body, Foot Ball
  - Fun

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#### Individual Activity

**Objective:**
To improve individual passing skills.

**Organization:**
30 yard x 30 yard area. Various 5 yard goals positioned around the area. Groups of 2 with 1 ball at each of the 5 yard goals.

**Procedure:**
In pairs, players pass the ball back and forward through their 2 yard goal. The ball must never stop and must stay on the ground and must pass cleanly through the 5 yard goal. Players have a maximum of 2 touches to get the ball back to their partner.

If a player commits any of the above fouls they get 1 point. The first player who gets five points loses. Players can go against other team mates.

**Key Coaching Points:**
- Alert and on your toes
- Pass with Inside of the foot and be aware of your positioning of your non- kicking foot
- Strong ankle and hit through the middle of the ball to keep low
  - Use both feet & go to the ball.
## ACTIVITY PLAN

**Author:** White  

**Age Group:** U10

### Week 3

**Passing.**

**Small Group Activity**

**Objective:** To improve individual passing skills under pressure.

**Organization:**  
40 yard x 30 yard area.  
In groups of 2 with 1 ball. Various 2 yard goals are placed in and around the area.

**Procedure:**  
In pairs players have 1 minute to pass the ball through as many different goals as they can. Players must find the open goals and work together to get as many points as they can. 1 point per successful pass through an open goal.

**Progress:**  
- Inside foot only  
- Outside foot only  
- Alternate feet at each goal  
- 3 passes at each goal

**Key Coaching Points:**  
- Head up and communicate  
- Passing technique  
- Receiving touch to find next goal  
- Accuracy of over power

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### Week 3

**6 v 6**

**Small Sided Game**

**Objective:** To improve individual & small group game understanding.

**Organization:**  
30 x 50 yard area  
Play a 6 v 6 match  
2 Goals  
Size 4 ball

**Procedure:**  
Free Play!

**Key Coaching Points:**  
Summation of all challenges for the players.  
Stay out of their way and let them play.