



# Passing & Receiving Session U10

**Category:** Technical: Passing & Receiving  
**Difficulty:** Academy Sessions | Start Time: 26-Aug-2021 18:30h

Pro-Club: FAW Coach Ed  
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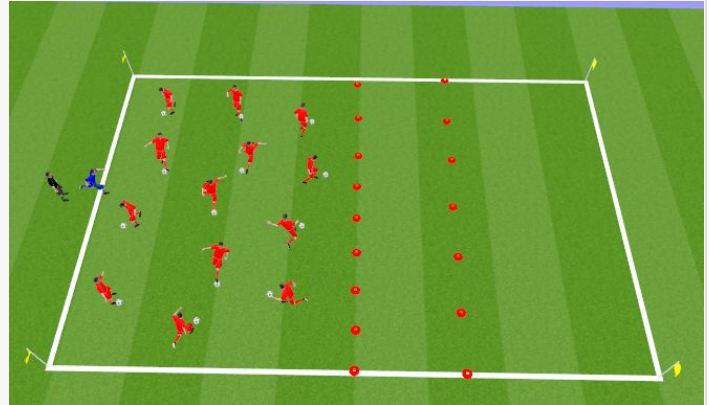
## Warmup (5 mins)

### Key Factors

- The Shark in the pool game
- 10 min warm up
- 14 player
- 13 balls
- players bibbed on arrival

### Organisation

- all players move around the pitch with there own ball trying not to bump into each other
- one player outside pitch the shark has no ball.
- on the whistle you send the shark on to win all the balls
- once tackled players leave the pool and cheer from side
- last player with ball is the shark in the next round



## Technical (10 mins)

### Equipment:

- Balls
- 3 x Bib Colours
- Cones
- Stopwatch

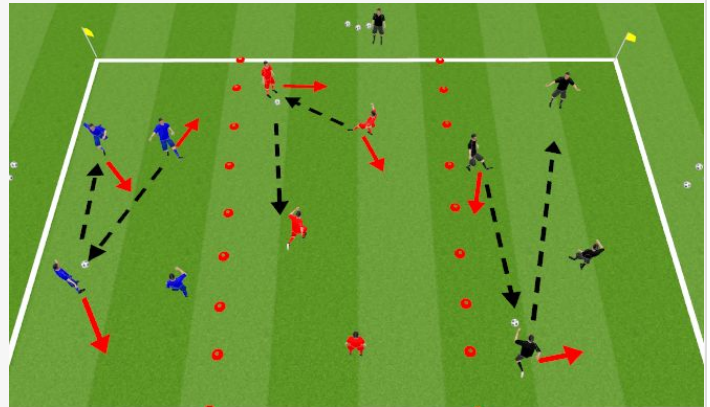
12 players needed for this drill. The grid is split into thirds and each team has 4 players on their team. The aim is to pass their ball between their own team staying in one third of the grid.

### Coaching points:

- First touch into space
- Relax on impact
- Knee and head over the ball
- Pass with the inside of the foot

### Progression:

- Number themselves 1-4 and pass to the players in number order
- Two touch only, then into one touch
- Most passes in 30 seconds wins a point



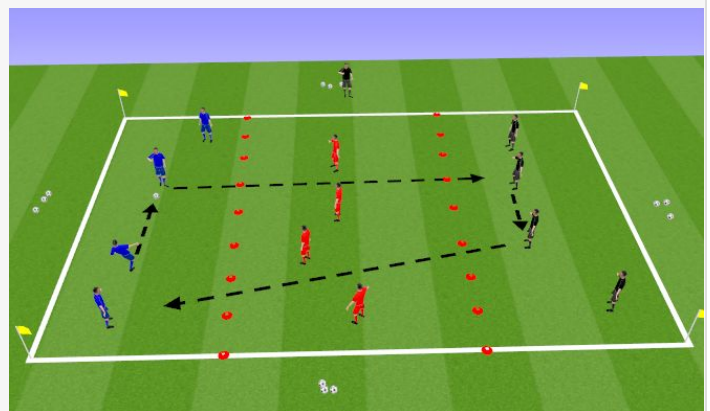
## Skill (15 mins)

Same equipment needed for the technical drill.

The aim of this drill is that one ball is needed for all of these teams. The aim of the game is to pass the ball between their own team and try pass the ball to the other side of the third without the other team in the middle intercepting the ball. Once they have intercepted the pass, whatever team gave the ball away will be in the middle.

### Progressions:

- One defender can enter the end zones while the team passes the ball to eachother
- To start off with the ball must be played on the floor but the progression can be over head height with the pass
- Time limit



## SSG (20 mins)

### Equipment:

- Balls
- 2x goal posts
- Bibs
- Cones
- Stopwatch

SSG but with the condition of thirds. As you can see each player has a zone they must stay in whilst the game is being played. The ball must be passed in every third before scoring.

### Progressions:

- Two touch
- After you made a pass into a different zone you can follow your pass and join the zone
- Last 5 minutes the zones will be taken away
- 10 passes is an extra point

