

# U10-U12 Passing Practice

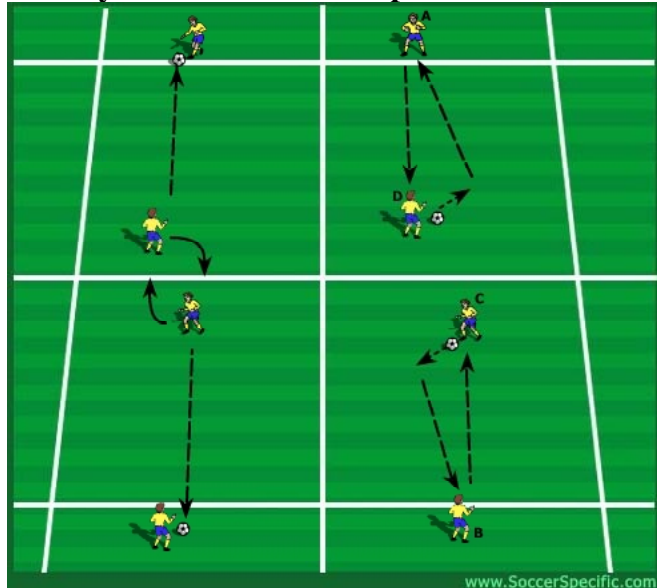
## Warmup-20 minutes

-Setup a 20 x 20 grid

In groups of 12 -15, each player will have a ball. Players will work on:

1. dribbling first with outsides of the feet only. Toes pointed down, ankles pointed in at 45 degree angle. Emphasis on changing direction and changing speed
2. dribbling with insides of feet only. Emphasis on changing direction and changing speed.
3. dribbling with right foot only. Try to alternate inside, then outside. Emphasis on changing direction and changing speed.
4. dribbling with left foot only . Try to alternate inside, then outside. Emphasis on changing direction and changing speed.
5. foot only juggling. Insist that kids alternate right foot, left foot, etc..
6. Footskills move. Now have kids dribble at high speed with all surfaces. When coach yells “now”, players must stop ball, and pull back in front of the body, and change direction. Heads must remain up during this exercise.
7. Scissors move. Now have kids dribble at high speed with all surfaces. When coach yells “now”, players will pull either a single or double scissor.
8. juggling with all body parts.

## Activity #1 –Two Touch Prepare and Pass -10-15 minutes



**Emphasis:**  
Accuracy and weight of passing. Encourages players to correctly receive the ball into space prior to passing.

**Set-up:**  
20 x 10 yard grid. Four players per grid with two balls. Two players (A,B) are positioned at opposite sides of the grid as shown. Two players (C,D) are positioned in the center of the grid.

### Objective:

Players (A) and (B) must pass the ball to (C) and (D). Players (C) and (D) must take a preparation touch and quickly return the pass to the original player. Players (C) and (D) must quickly change direction to repeat the sequence at opposite ends of the grid. Outside players must use a two-touch restriction also. Middle player should work for 40-50 seconds before switching with the outside players.

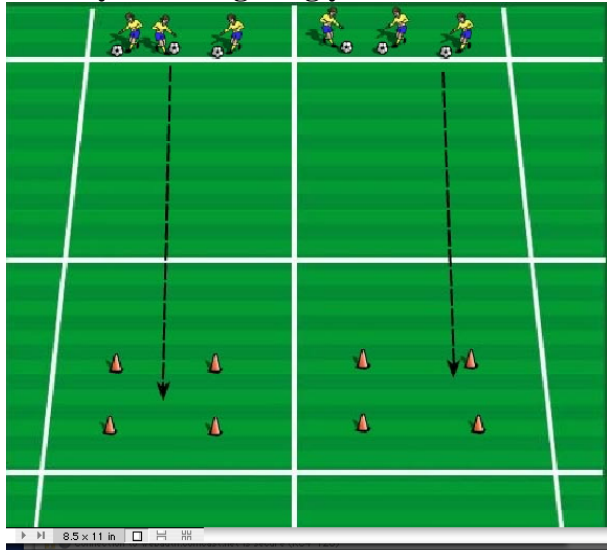
### Progression:

- (1) Create a competitive environment – how many can your group get in 30 seconds.
- (2) first time through, inside players pass with insides of feet, second time through, pass with outsides

### Coaching Points:

- \* Lock the ankle with the toe slightly pointed up when passing with inside.
- Lock the ankle with the toe slightly pointed down when passing with outside
- \* Players must take a good preparation touch at an angle to set themselves up for a successful pass.
- \* Non-kicking foot must be placed next to the ball and in line with the target.
- \* Follow through and adjust the weight as necessary.

## Activity # 2 Weighting your Pass



### Set-up:

10 x 20 yard grid. 3-4 players per grid.  
One ball for each player.  
Cones are placed to create a 3 x 3 yard target area at one end of the grid as shown.

### Objective:

Players must attempt to pass their ball with the correct weight into the target area. Points are awarded for each pass that comes to rest in the target area. Players must pass their ball from behind the line and must use the inside of their foot. Players must quickly get their ball to continue the sequence. Play is for a designated period of time or for a predetermined number of goals. \*\*\*Adjust distance from target area and size of target area depending on skill of your group.\*\*\*

### Progressions:

- (1) Introduce a competition format – first team to 15 points wins.
- (2) Players must then pass with outside of the foot

### Coaching Points:

- \* Lock the ankle with the toe slightly pointed up.
- \* Non-kicking foot must be placed in line with the target.
- \* Follow through and adjust the weight as necessary.

## Activity # 3 Four Goal Passing game (10-15 minutes)

I'm having trouble with my graphics, so visualize for me.

### Setup

Create a 30 x 30 yard grid with four (4 yard wide) goals. Each goal should be approx. five yards directly out from each corner. Divide group into two or three teams of 4-5 players and each team has one ball.

### Objective

Team scores by passing the ball through any goal to a teammate. The teammate can not run through the goal and then receive. They must run around the goal before receiving. A team can not score two times consecutively on one goal. After 5 minutes, get teams to think about how they could beat the other team(s)... One team will decide to send a defender over to disrupt the opposite team! See how this changes the game!

Advance the game to say that a player must pass through goal using outside of the foot only.

## Activity # 4 scrimmage with small goals (25-30 minutes)