***Session: Passing and receiving (9-10 year olds)***

***Objective: To teach 1) Three ways to receive a pass: a) open up, b) outside foot c) across the body AND Properly Pass with Inside of the foot***

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| ***Warm Up:10 Minutes***  ***1.Two lines 5 yards apart No more than 6 kids 2 touch then 1 touch passing /Combination***  ***2. 3 players 2 touch passing***  ***3. RONDOs*** | ***Coaching points***  ***1.focus on technique and accuracy***  ***2.player focus with high number of touches*** | ***Progression***  ***1.Add time pressure; how many reps in 20 seconds; keep records show improvement*** |
| ***Education: 15Minutes***  ***“around the fence” Two players 1 ball 5 yards apart. 2 cones in front of each. Pass on one side of the cones , Player receives using one of 3 moves to other side of the cones and returns pass***  ***“Around the square” four players 7 yards apart in the square passing and receiving @ 90 degree angles*** | ***Coaching points***   1. ***technique of receiving back foot push open space “open up”*** 2. ***accuracy of passing*** 3. ***heals off the ground ready for a pass*** | ***Progression***  ***1.Add time pressure; how many reps in 20 seconds; keep records show improvement***  ***2. or time pressure can come in the form of a race group of players against one another*** |
| ***Reinforcement Games 15 Min***  ***1.Multiple goals***  ***6-8 goal around the field. Multiple Teams of 2 players PASS through as many goals while fending off defenders… One team of 2 defenders …rotate periodically*** | ***Coaching points***  ***1keeping head up to avoid defenders***  ***2. accurate passing will help retain the ball***  ***3. Receiving the ball to different direction to differing goals*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels***  ***2. adjust pressure based on proficiency*** |
| ***Games 15 Minutes***  ***1.Play soccer game*** | ***Coaching points***  ***1.Utilizing passing in game situation***  ***2. stimulate thought process through giving points and praise creativity*** | ***Progression:***  ***1.Begin keeping score when maturity and competency are at appropriate levels*** |
| ***Warm down/Discussion 5 min***  ***1.Review session stressing no more than 3 points*** | ***Coaching points***  ***1.attempt to get as much feedback from as many kids as possible*** | ***Progression:***  ***1.As maturity exists ask players their perception of 3 most important points*** |