***Session: Turning (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***  ***1.3 players 2 touch passing- Look for 90 and 180 degree receiving***  ***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***  ***3 players in a line 10 yards between each – end player passes to center player who turns 180 degrees to pass to end player – repeat*** | ***Coaching points***   1. ***technique of turning 3 ways open up-across body -outside foot*** 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.Combine 3 groups of 3 from education – one on offense one on defense – try to pass in to middle player( with defense pressure ) turn and pass to other end player (also with defense pressure )*** | ***Coaching points***  ***1keeping head up to avoid defenders SCAN and SUPPORT***  ***2. accurate passing will help retain the ball***  ***3. tight turn on the ball***  ***4 – communication calling for the ball*** | ***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*** |