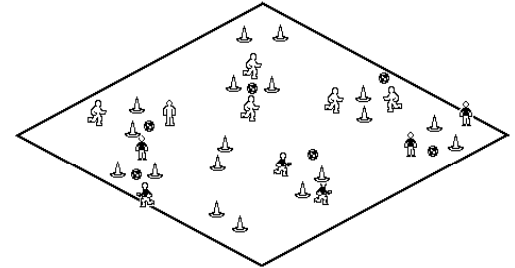


# Walpole Youth Soccer Association U-10 Week Four

In week four of the U-10 clinics, the focus will continue to be passing. The technical aspects of passing will be the focus for this practice, and there may be some spacing/shape tactical points made in the last activity. The following technical points will again be emphasized: Players will have correct body positioning in preparation for the ball to arrive by; 1) bouncing on the balls of their feet, 2) their hips will face their target. When striking the ball, players will; 1) balance on one foot, 2) will use the inside of the foot as the correct surface that contacts the ball, 3) will point their kicking foot toe up and out at a 45 degree angle to the ball, while keeping the kicking leg knee bent, 4) will point their non-kicking foot in the direction they are passing the ball. Additionally, players will be able to; 1) contact the ball in the top half, 2) follow through in an upward direction before their kicking foot goes to ground. Players will also be able to receive the ball with the inside of the foot, with a first touch that moves the ball forwards and away from their body at a 45 degree angle to either side

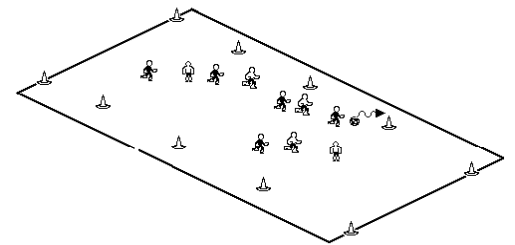
1) **Gates Passing**---The players are paired up and move from one gate to the next and must successfully pass the ball through the cones to their teammate to earn a point. Players try to accumulate as many points as possible in the time allotted. Similar to previous game, have the players pass only with their left, right, or outside of their foot. They can not go back through the same gate twice in a row. (10 minutes)



2) **Two Team Passing Competition**---Split your group into two teams, with about 6 players on each team. Create two passing areas side by side that are about 7x7yards each. Both teams place three players outside the grid on opposite sides of the grid (one player behind the next.) The object of the game is to pass the ball using one touch with the inside of the foot only across both lines to a team mate. Then follow your pass, and join the back of your team mate's line. Each successful pass across the grid to a team mate is one point. Play for three minutes and see which team gets the most consecutive passes without a mistake. (15 minutes)

3) **Numbered Passing**---Number the players on your team and have them move around and pass the ball to each other in sequential order. Make sure the ball never stops, players never stop moving, and the ball never leaves the grid you have set. Try to add balls to add challenge to the activity. Stress proper passing technique as well as having receiver's show for the ball and communicate. *Version 2:* You may tell players to pass with a certain foot or a certain part of their foot as the activity continues. *Version 3:* As players get comfortable, you can limit their touches to 2 touches. (15 minutes)

4) **4 vs. 4 Endzone Game**---Teams comprised of 4-6 players depending on numbers and space. To score you must pass the ball to a teammate into the opponent's end zone (created with discs). The player cannot go into the endzone until after the ball has been passed. Stress recognizing opportunities and timing of passes. (15 minutes)



5) **4v4 TO GOAL**---Players will be divided up into 4v4 teams, and will be required to pass using the inside of their feet only in order for a goal to count. Five consecutive passes will also equal a goal. Make one or two stoppages and demonstrate the diamond shape of the four attacking players. (25 minutes)