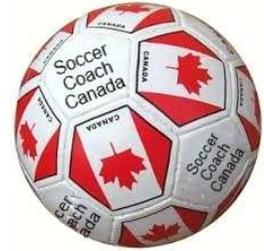


# Soccer Coach Canada Practice Plans



## U-10 Passing Practice Plan

**Coaches Tip:** Show your players how to execute a proper push pass. Use instep to contact ball, ankle should be locked, foot slightly off the ground to make contact with middle of ball (keeps it on the ground), plant foot should land beside ball and should be pointed in the direction you would like your pass to go in. Finally after striking the ball, follow through.

**Warm Up: The Passing Circle** (great for new teammates to get to know each other's names)

**Objective:** Develop dribbling skills, passing skills and encourage communication.

**Set up:** Players form a circle with a circumference of about 30 ft. 2 players start with a ball within the circle.

**Rules:** The 2 players within the circle dribble their ball towards a teammate that is part of the outer circle. The player calls out a player's name, passes them the ball and takes their place on the circle. The player who has just received the ball repeats the process.

Variations: Before a player can pass the ball they must dribble in one direction and use proper technique to turn around and head into the opposite direction. After a few minutes introduce a defender into the circle, (this works great).

## **Game: Side-Ins**

**Objective:** Works on improving passing accuracy, communication and moving after passing.

**Set up:** Use cones to outline a 30' by 40' playing area. Divide your players into 3 teams of 4. Use pinnies to distinguish teams. 2 teams consisting of 3 players plus goalkeeper will play against each other. The remaining team will be the neutral "side-ins". Either team can pass to the side-ins to help them advance the ball, keep possession or make a play for the goal. When one team scores, the side-ins now oppose that team and the team that was scored upon become the new side-ins.

**How to play:**

**Scrimmage:** Play 4 vs 4 without goalkeepers. Set up goals at each end that are quite small. The rules are 3 touches only and then you must pass or shoot.

**Cool Down:** Divide your team into pairs with one ball per pair. Using one touch only, pass the ball back and forth while slowly jogging around the playing field.