



# ADP U8 - U10 Week 7

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate | **Start Time:** 16-Nov-2016 17:00h

Am-Club: Oakville Soccer Club  
Carl Horton, Oakville, Canada

## Hungry Hippo - Station A (10 mins)

### Physical literacy

#### Organization:

Players spread out inside the 20 x 20 area with a ball in their hands.

#### Procedure:

Players will hand the coach their ball and the coach will throw the ball into a space. The player runs after the ball, picks it up and runs back to the coach and hands the coach the ball. The coach continues to throw the ball in different directions.

#### Progression:

As the players what different parts of their body can they bring the ball back with? Allow the players to decide now. Have a few players show you a different way to bring the ball back.

Final Progression: Have the players dribble the ball back to the coach using their feet.

Movement variations would include: Walking (forwards and backwards), running, skipping, knees up, jumping (i.e. kangaroo or bunny), hop (i.e., frog), rolling, bear crawl, lunges, shuffling, tippy toes, etc.

**Emphasis:** Listening, following instruction, physical literacy, having fun, and being positive!

**Additional Notes:** If you think of more movements, please feel free to do them. Try to be creative!



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### Learning Objectives

	<b>Technical</b> Dribbling
	<b>Tactical</b> N/A
	<b>Physical</b> General Movements, ABC's, Change of Direction and Speed
	<b>Psychological</b> Positivity, Creativity, Decision Making, FUN
	<b>Social</b> Listening, Communicating,

## 3V3 PLUS 3V3 TO 4 GOALS - Station B (10 mins)

### Organization:

4 teams of 3 (or 2 depending on numbers) are placed into a 30 x30 field as shown.

### Procedure:

2 games of 3v3 or 2v2 are played at the same time in different directions on the same field to create a chaotic environment where they constantly have to scan the field to be aware of what is happening around them to enable them to make correct decisions.

### Coaching Points:

- Accuracy of pass
- Weight of pass
- Part of foot, part of ball
- Constantly scan the field
- Decision making?
- Communication



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### Learning Objectives

	<b>Technical</b> Passing and Receiving
	<b>Tactical</b> Spatial Awareness
	<b>Physical</b> General movements, Acceleration
	<b>Psychological</b> Decision making, building confidence, Fun

	environment
	<b>Social</b> Peer Interaction, Communication, Celebrating

## Avoid the dribblers - Station C (10 mins)

**Organization:**

6 players in red are placed inside the the 30 x 30 area with 3 soccer balls and 6 white players are also placed inside the area with a ball each.

**Procedure:**

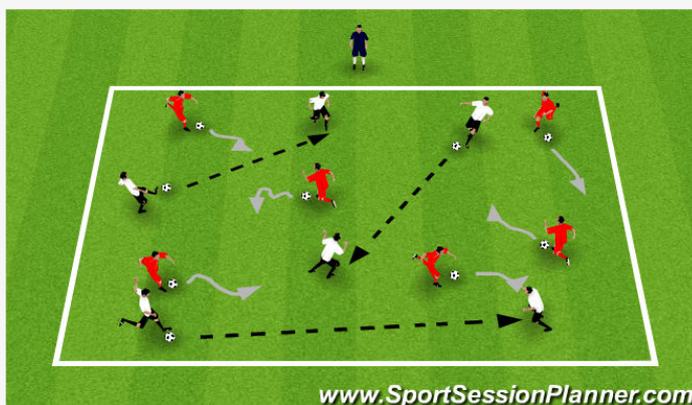
The 6 Red players pass and move within the area playing passes to only players in red while the 6 white players dribble around and change direction every 3 or 4 touches at game speed. The focus should be on the 6 players passing and moving. After 2 minutes rotate the players.

**Progression:**

Make it a competition between the red and white teams. The red team have to make as many complete passes as possible while the white team can try to intercept the passes as they dribble. The whites must still keep control of their ball. If they do intercept a pass they just stop the ball and the red players retrieve the ball and continue. Play for 2 minutes and tally the points. Rotate the players and play again.

**Coaching Points.**

- Accuracy of pass
- Weight of pass
- Part of foot, part of ball
- Decision making?
- Constantly scan the field
- Communication



### Learning Objectives

	<b>Technical</b> Passing and Receiving
	<b>Tactical</b> Spatial Awareness
	<b>Physical</b> General movements, Acceleration
	<b>Psychological</b> Decision making, building confidence, Fun environment
	<b>Social</b> Peer Interaction, Communication, Celebrating

## 6V6 with Retreat Line - Station D (15 mins)

**6v6 with the Retreat Line.**

**Organization:**

Players placed on to a field 35 x 45 into 2 teams of 6.

**Procedure:**

If the ball goes out of the field players can make the decision to either pass or dribble in, Once the ball has been saved or gone out for a goal kick defensive team must retreat to the retreat line at half way.

Allow the players to play.



### Learning Objectives

	<b>Technical</b> Passing and Receiving
	<b>Tactical</b> Spatial Awareness
	<b>Physical</b> General movements, acceleration

**Psychological**

Decision making, building confidence, Fun environment

**Social**

Peer Interaction, Communication, Celebrating