



ADP U8-U10 Week 8

Category: Technical: Passing & Receiving
Difficulty: Moderate

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

3v3/ 4v4 (A) (10 mins)

Small Sided Game: 3v3 or 4v4 depending on number of players

Organisation:

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4 with retreat line.

Emphasis:

Passing and Receiving
FUN



Learning Objectives

	Technical Passing and Receiving
	Tactical Spatial Awareness
	Physical General movements, acceleration
	Psychological Decision making, building confidence, Fun environment
	Social Peer Interaction, Communication, Celebrating

3v3 to target players (B) (10 mins)

Small Sided Game - 3v3 to target players

Organization

Set up a 20m x 20m. Divided into 2 groups with one group wearing pinnies. Have 2 players from each team stand as target players as shown above.

Procedure:

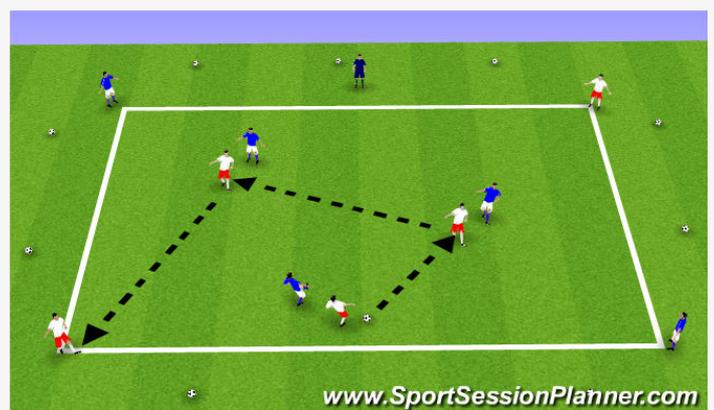
3v3 in the grid, players look to keep possession with the aim of playing the ball to a target player on either corner. When the ball is played to the player on the corner, that player enters the grid while the player who played she/he the ball takes the support players spot. Once a team has successfully moved the ball to on end, they must immediately attack the opposite end. When a team can get the ball from one end to the other and back again without losing possession, they score a point.

Emphasis:

Make sure teammates are creating good supportive angles, using both width and depth.

Players should look to hit the target players on the outside of the grid whenever possible.

Movement off the ball should be consistent and players should work hard all the time



Learning Objectives

	Technical Passing and Receiving
	Tactical Spatial Awareness
	Physical General movements, acceleration
	Psychological Decision making, building confidence, Fun

	environment
	Social Peer Interaction, Communication, Celebrating

6V6 with Retreat Line (C) (10 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

	Technical Passing and Receiving
	Tactical Spatial Awareness
	Physical General movements, acceleration
	Psychological Decision making, building confidence, Fun environment
	Social Peer Interaction, Communication, Celebrating

4v1 tennis (D) (10 mins)

4v1 Tennis

Organization:

Players are divided into 3 groups of 4 and placed inside an area as above. The end zones are 20 x 15 and the middle zone is 5 x 20. The coach is positioned as shown with a supply of balls.

Procedure:

Coach plays ball into any end zone (white is shown). The team in possession will look to keep possession of the ball and at the appropriate moment play a pass to the other team in the opposite end zone to score a point. To start with the middle group can not intercept. If the ball is transferred another blue defender will go into defend and the player that was defending will move back to the middle zone. If the defending team wins the ball they must transfer the ball to the opposite zone. The team that lost the ball now become the defending team.

Progression: Allow the middle players to intercept.

Coaching points:

Accuracy of pass, Pace of pass, Part of foot/ball, Body position to receive and pass, Decision making.



Learning Objectives

	Technical Passing and Receiving
	Tactical Spatial Awareness
	Physical General movements, acceleration

**Psychological**

Decision making, building confidence, Fun environment

**Social**

Peer Interaction, Communication, Celebrating