



ADP U8-U10 Week 9

Category: Technical: Passing & Receiving

Difficulty: Moderate

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

6V6 with Retreat Line - (A) (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.

Emphasis:

Accuracy of pass

How the player receives the ball

Players body position to receive pass



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

Penetrate the line (B) (10 mins)

Penetrate the Line.

Organization:

Players are divided into 3 groups of 3 or 4 depending on numbers and placed inside an area as above. The end zones are 15 x 20 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 penetrating pass to the other team in the opposite end zone to score a point. If the defending team blocks the ball they must transfer the ball to the opposite zone. The team that lost the ball now becomes 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 (when to penetrate/when to keep the ball moving)

Emphasis:

Quality of pass

Decision of player? Was it on? Was it forced? What are the other options?



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/ 4v4 (C) (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
- Receiving
- Body position of player receiving the ball
- 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

Play in opposite direction (D) (10 mins)

Play in opposite direction.

Organization:

Players placed into groups of 3 in a 30 x 30 area. Space can be made smaller for the u8s. 4 groups of 3 are formed as shown above.

Procedure:

Players will only play with the same colour shirts. An outside player will start with the ball and the middle player will show at an angle. The ball will be played to the middle players back foot who will receive and play to the player on the opposite side of the square. The middle player will then create a different angle to receive the pass again. The sequence continues. Rotate the middle player every 90 - 120 seconds.

Progression:

Players on the outside can move anywhere on the outside of the area to create more decision making for the middle player.

Emphasis:

- Accuracy of pass
- Angle of the run from middle player
- Middle player's body position
- Middle player's first touch and pass



Learning Objectives

	Technical Passing, Receiving, Body Position of the player receiving the ball
	Tactical Spatial Awareness
	Physical Acceleration into space to receive ball

**Psychological**

Decision making, building confidence

**Social**

Communication (Verbal and Visual)