



## UHL Session 8 U9-U10

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

Am-Club: Oakville Soccer Club  
Gareth Davies, Oakville, Canada

### Description

#### Warm Up/Phys Lit (10 mins)

##### Organization

- Players placed in a 20 yard Diameter circle
- Each player has a ball

##### Activity

- Two players are the hunters and are attempting to pass their ball off the other players balls
- The remaining players dribble their ball around the area and attempt to avoid being hit
- The players that are hit must leave the circle and complete a ball manipulation exercise e.g toe taps before re entering the circle
- The aim for the hunters is to have as few dribblers in the circle when the coach calls stop.

##### Progression

- The players now pair up and they keep the ball away from the hunters through both passing and dribbling
- If the hunters knock the ball out of the area the pair must do 20 quick 1 touch passes to each other before they are allowed back in.

##### Coaches Emphasis

- Keep the ball tight when dribbling
- Keep your head up to look for space and players
- Fun
- Changes of speed and direction



#### Initial Game (15 mins)

##### Organization

- 25 - 40 Field
- 3v3 on the Field

##### Activity

- 3v3 small sided game
- The team in possession attempts to pass the ball off the balls on the cone in order to get their points
- 3 balls on cones at each end

##### Coaches Emphasis

- First Look forwards
- Encourage players to keep the field big with width and depth
- Look for the gaps to hit the balls early
- Decision making of when to pass and when to dribble



#### Activity (15 mins)

##### Organization

- Outside area 30x30
- Inside area 5x5
- Players are split in two groups
- One group in the centre
- One group on the outside with a ball each

##### Activity

- Central players moving around the central area on their toes
- On the coaches go the central players run out in to the big square and create an angle for one of the outside players to pass to.
- Thre outside player passes to the inside player who receives and plays back in two touch
- The middle player then must go back to the central square before going and receiving another ball
- Players work for 1 minute and then switch roles

##### Progressions



- Central players play right foot only/Left foot only/Alternate feet/one touch
- Central players receive on the half turn and look to play out to another player
- Make it competitive to see who can play the most successful passes

**Progression**

- Add a defender to the central area who is looking to steal the ball. If they steal it the person they stole from becomes the defender instead.

**Coaching Emphasis**

- Body shape to receive the ball
- Awareness of players and space
- Communication
- Quality within competition

**Final Game (20 mins)**

**Organization**

- Group split in two evenly

**Activity**

- The players play 5v5 small sided game
- The role of the coach here is to give the players the chance to play so they can see what they have taken from the session

**Coaches Emphasis**

- First Look forward
- Creating width and depth
- Awareness of space and players
- Speed

