



U9-u11 Recreational Session 10

Category: Technical: Passing & Receiving
Difficulty: Moderate

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Passing Gates (10 mins)

Organization:

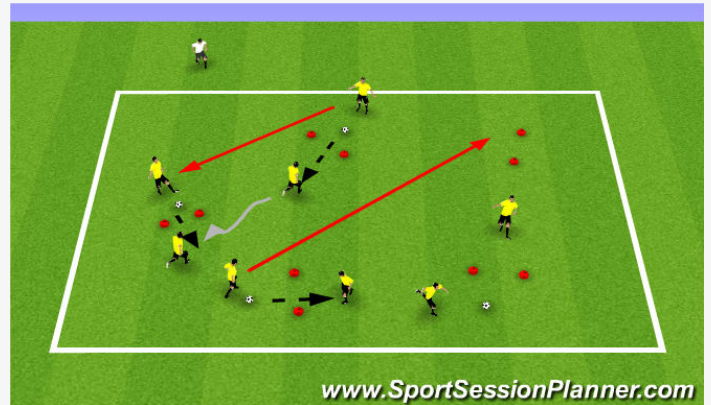
Set up a 25x25 yrd area
Place pairs of cones around the area.
Have players pair up with one ball between each pair.

Procedure:

Players pass and move inside the area and avoid hitting the red cones (gates). When the coaches call "shopping" players have to move to a gate and make 3 passes back and forth through the gate, after 3 passes the move to a different gate. Players have 90 seconds to get through as many gates as possible. After completing each gate the players score 1 point. Players play the game several times and it becomes a competition to see how many points each pair can score.

Coaching points:

Accuracy of the pass
Eyes on the ball
Pace/weight of the pass
Part of the foot/Part of the ball
FUN.



3v3 or 4v4 to gates (10 mins)

Organization:

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4. If you have additional players within the group use players as bumpers on the outside.

Procedure:

Players play 2 games of 3v3 or 4v4 with the objective of the game focusing on players becoming comfortable in possession of the ball. Encourage them not to panic when in possession and to try to dribble past opponents through the gates to score a goal.

Coaching Points:

Accuracy of the pass
Eyes on the ball
Pace/weight of the pass
Part of the foot/Part of the ball
FUN.



Passing Technique (10 mins)

Organization:

4 areas of 10 x 10 yds are set up as show. 3 players are placed on the outside of each area covering 3 of the 4 sides of each box.

Procedure:

Players have to pass the ball to another player within their area and then move as fast as possible to the open side of the area.

FOR THE U11 AND U12: To make this more complex for the u11 and u12 boys and girls you can start by adding a defending player to play 3v1.

Progression:

Players now pass and move inside the area and once they have played a pass they must run around a cone, back in the square and receive a pass as fast as possible.

Coaching Points:

Accuracy of the pass
Eyes on the ball
Pace/weight of the pass
Part of the foot/Part of the ball



Regular 5v5/6v6 (10 mins)

Organization:

10-12 players placed into 2 teams of 5 or 6. The playing area will be 25x20m (adapt for age/ability/numbers)

Regular 5v5/6v6 small-sided game. Play with a Retreat Line - after a goal, if the ball goes out on the end or GK secures the ball, the opposition must back-up behind the line. Cannot cross line until first touch is taken. If ball goes out of play, ball can be passed or dribbled in.

Coaching Points:

Accuracy of the pass

Eyes on the ball

Pace/weight of the pass

Part of the foot/Part of the ball

FUN.

