

Session Plan U10 - U12 - Passing



Players jog around inside the grid, start with one or two balls and with the players holding the balls in their hands. Players pass the ball to a teammate by throwing the ball, calling out their team mate's name before they pass.

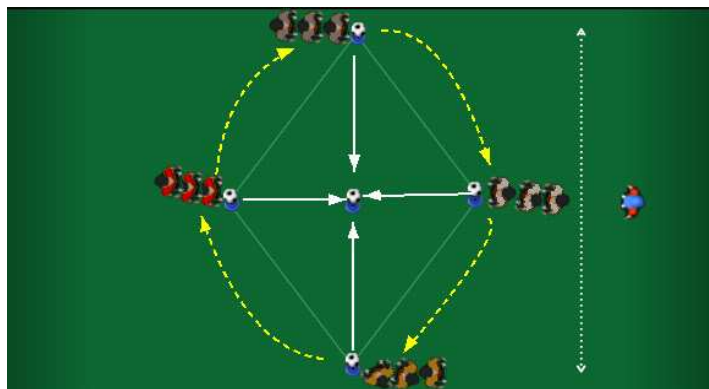
- Players pass the ball by -
- Passing the ball through their legs to a teammate.
- Passing the ball over their head to a teammate.
- By performing one juggle on their thigh and then a throw pass.
- By heading the ball to themselves and then a throw pass.
- By juggling the ball once with their foot and then a throw pass.
- Increase number of juggles before pass.
- Add more balls



Set up three discs next to each other and place three soccer balls on the discs - try to get the soccer balls as close to each other as possible. Split the players in to teams with a retriever. First player in line passes their soccer ball and aims to knock of as many balls as possible. The retriever then places the balls back on the discs and the next player repeats.

This game can be developed according to players ability.

- Pass with left foot, Pass with right foot
- Increase distance between the player passing and the target.



Split players in to four teams, each team requires one ball. Balance soccer ball on disc. Number players and when the players number is called the player must run clockwise around the diamond and when they return to their starting team aim to pass their soccer ball at the centre target.

The first team to hit and knock the soccer ball of the disc get a point - re-set all balls and repeat.

- This game can be developed according to players ability.
- Pass with left foot, Pass with right foot
- Increase distance between the player passing and the target.
- There are many ways you get the players to move around the demand -
- Skip, Hop, Jump, Side Step

