

U10G 20100421 Training
EPSC – 6:00 to 7:30 – Flying Cloud

1. Warm-up / Ball Familiarity

(a) Large Grid (30x30)

i. Dribbling and close control – free movement

ii. Turns

- Drag back
- Step-over / Rivelino (outside)
- Scissors
- Hooks/cuts (inside and out)

iii. 40/60 Pass and move freely

iv. 40/60 two teams

A. pass to same color only

B. pass to other color only

- call out name
- call out “2” or “3” (number of touches allowed)



CHANGE OF
PACE after
turn!!

2. Passing in pairs/threes 10-15 yards apart

(a) focus:

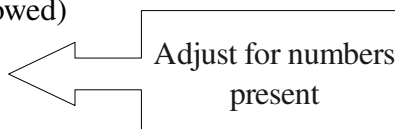
i. controlling ball out to hip

A. get in line and prepare controlling surface early

- control with outside of passing foot
- control with inside of non-passing foot

ii. crisp accurate passing

(b) add cones to move laterally between passes (pass and move)



Adjust for numbers
present

3. Passing – Pass and move

(a) Small Grid or triangle (depending on #'s)

i. Pass and move to open corner

A. crisp execution of receiving and passing – technique over speed

4. Passing Awareness Square

(a) Pass to one line, move to another. No side to be left empty

5. Game

(a) 3 line game – Pass/move (give and go = complete)

(b) Link 10

6. Small Sided Games (SSG)

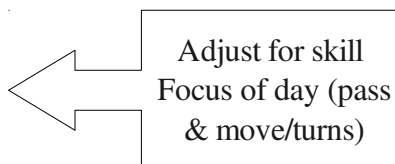
(a) 1 team to large goal, other to 2 small goals.

(b) 4 corner goals

(c) box goals

(d) 4v4

(e) 4v4+n



Adjust for skill
Focus of day (pass
& move/turns)