

**U10G 20100423 Training**  
**EPSC – 6:00 to 7:30 – Flying Cloud**

**1. Warm-up / Ball Familiarity**

(a) 2 medium grids

i. knock out

(b) large grid

i. numbers passing (1 pass to 2, 2 pass to 3, etc.)

**2. Circle Passing**

(a) 20yd diameter circle (6 cones equidistant)

i. 6 players in-between outside cones, 1 player in circle

ii. 2 defenders in circle

A. 7 players maintain possession attempt 10 passes

B. 2 defenders attempt to gain possession and complete 5 passes

• Coaching points

• passing/receiving mechanics (out to hip)

• weight & placement of pass

• defend/cover – prevent split of defenders

Adjust for #  
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. Skill Related Game**

(a) Link 10 - ½ field (shorten field if #'s dictate)

i. 7v3 (or equivalent)

A. 7 'defenders' attempt to maintain possession and complete (10) passes

B. 3 'attackers' attempt to gain possession and finish to goal

**2. Small Sided Games (SSG) – in order of preference**

(a) 2 or 3 box goals – complete pass to teammate in box

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

(c) 4 corner goals

(d) 4v4

(e) 4v4+n

Emphasize skills  
covered