
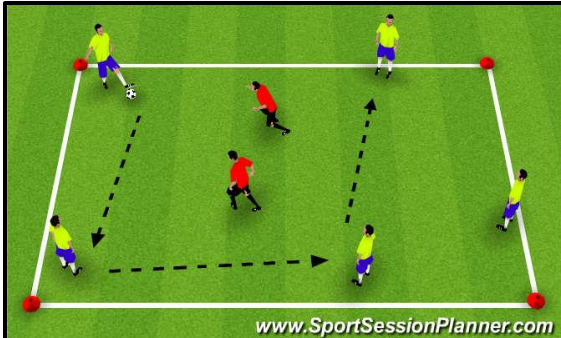



U10/CUBS LESSON PLANS WEEK - 4

Module 2: Passing and Receiving

Topic: Passing for Possession

Objective: To improve the player's and team's ability to keep possession of the ball

| Stage | Organization | Diagram | Guided Questions |
|--|---|---|---|
| Stage I Technical Warm up | <p><u>Control Circle:</u> Two even groups. Players in the middle pass the ball to the players on the outside and take their place on the outside. The player on the outside who receives the ball, dribble into the middle and then connect a pass to a different player on the outside.</p> <p>Variations: one touch passing from outside players, weak footed passes by all players, players on the outside start with the ball and the players in the middle receive and turn and pass to another teammate.</p> |  <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p> | <ul style="list-style-type: none"> • Which part of the foot do we use for short passes? • How else can we receive the pass? • What should we be saying to our teammates to make sure they're ready to receive a pass? |
| Stage II Small Sided Activity | <p><u>4v1/5v2:</u> In a 12x12 yard grid, play 4v1 or 5v2 keep-away. The first pass is free. Any player who loses possession becomes a defender. Whichever defender has been in the middle the longest is the next one out.</p> <p>Attackers count their passes. They receive a point for every 7 passes made. After 7 passes, both defenders are in again.</p> <p>Attacking players should be mobile throughout the grid, not stationary.</p> |  <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p> | <ul style="list-style-type: none"> • How many players should be supporting? • What is a better angle to receive the ball? • How should our hips be facing to receive the ball? • When and where should we move to, to support the ball? |
| Stage III Expanded Small Sided Activity | <p><u>4v4 to Four Goals</u> Play a live game to 4 goals.</p> <p>In a 40Lx30W have the two teams play and score in any of the opponents two goals</p> <p>Variation: The goal is worth the number of successful passes made prior to scoring.</p> |  <p style="text-align: right; font-size: small;">www.SportSessionPlanner.com</p> | <ul style="list-style-type: none"> • If we cannot score at one goal, what should we do? • Can you go forward? What is another option? • Where should the support be right now? What kind of angle are you providing? • Where is the space you can get into? • Can we build a numbered advantage? |
| Stage IV Conditioned Game | <p><u>5v5 or 6v6:</u></p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize when and how to keep the ball | | |