

Passing Practices Rec U-10

Tuesday Practice -

Prepractice - Triangle passing (coaching points - keep ball under control / non kicking foot pointing in direction of pass and sweep at the middle of the ball) add a cone in the middle of the triangle and tell the kids not to hit it.

progression: pass free form (any foot either inside or outside)
one touch across the body to the strong foot (right foot for all but lefties)
one touch across the body weak foot
one touch right

Warm Up - Ball Touches

20 - Toe Taps
20 - Pendulums (tic tocs)
20 Mexican hat dance
20 pull packs (right foot - make sure they rotate with the right shoulder first)
20 pull backs (left foot - make sure they rotate with the left shoulder first)

Activity - Triangle Passing with Pressure (or square if you have an extra kid) - set up with 3 cones in the shape of a triangle, (4-5 yds apart) start with 1 cone in the middle of the triangle and tell the kids to avoid and complete passing free form, one touch across the body strong side and then weak side. Ask the kids how many they can do in a row while keeping control of the ball and avoiding the cone. demonstrate that it gets easier if they spread out.

progression - add another cone about 3 feet apart do the same
add a defender (coach or player) that just stands there until being hit (whoever hit them rotates into the middle)

Match Related - play 3 v 1 with a goal – Demonstrate the tactic - show the attackers the triangle (passing lanes either side of the defender - "the guns" see below. Set yourself up with the ball and ask Lisa to be the defender and ask the kids to stand in a position that would be good for a pass make sure that they are not in the defender shadow zone). Reposition yourself and Lisa and ask again until the kids understand)

This can be set up as a game choose up 3 teams and keep score where one of the teams sitting out can offer up a defender.

progression - coach defends by shadowing (no attacking)
opposing player defends by getting in the way (no kicking)

Scrimmage - focus on passing lanes. Enforce the 3 dribble rule before a pass and shot to eliminate "kickball".

The guns – refer to the player with the ball standing with the defender right in front of him and his arms out in front angled around defender like he's holding guns to the side. This is an easy way for kids to remember to be standing in the line of sight of their team player (see arrows) and not behind a defender see trapazoid.

