



Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 Warm-up (10 minutes.)</p>			
<p>ORGANIZATION Area 20 yards x 20 yards. Place balls around the outside of the area.</p>	<p>Players jog, without a ball, inside the area. Two players are it. They use their hands to pass the ball to each other. The player holding the ball cannot take more than three steps before he/she releases it by either passing to his/her partner or tagging the nearest player. When players are tagged they put on a bib and join the two taggers. Continue the game until two players remain untagged. Repeat the game; the two untagged players become it. Progress: players use their feet to pass the ball, hit free players below the knee. Both taggers have a ball each and move freely within the area.</p>		
<p>2 (10 minutes.)</p>			
<p>Area 20 yards x 20 yards. Players have a ball each and dribble within the area</p>	<p>One player without a ball is it. He/she tries to freeze the dribblers by tagging them (Freeze tag). When tagged player stands with the ball on his/her head, feet apart. Dribblers passing the ball between their legs can free tagged players.</p>		

Lesson Plan

3 Main Activity (15 minutes.)

Area 40 yards. x 30 yards. Players have a partner, one ball per pair. Use cones to make goals, 2 yards wide, and placed at random in the area.

Players stand either side of a goal. One player throws the ball through the goal to their partner. The partner catches the ball, the pair then move to another goal.

Progress: to using inside and outside of both feet. Count the number of passes in 45 seconds.

Show passing technique.



4 (15 minutes.)

Area 40 yards x 30 yards. Use cones to make five goals, 2 yards wide, and placed at random in the area.

Divide players into two teams and play 4 vs. 4. Passing the ball between the cones to a teammate scores a goal.



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National Youth Certificate Course

Lesson Plan



Topic: Passing

Age: U10

5 Small-Sided Game (20 minutes)

Area 50 yards x 30 yards. Use cones to make goals 7 yards wide.

Divide team into two groups and play 6 vs. 6 including goalkeepers. Encourage players to pass and support.

