

# Gate Ball

**Age: U10**

**Level: Warm Up with Ball**

**Objective: Passing with movement.**



Scan the code to see the practice:



## Organization:

Set out a 30x20 playing area.

Have players spread out and split players into pairs with one ball for each pair.

Place cones inside the grid making small goals, make sure you have more goals than pairs.

Each pair counts how many goals they can score by passing the ball through the goal to their partner.

After each goal, the pair must move to another goal to score again.

## Progression:

Progress this exercise by using a time limit. After each time, ask players to beat their previous score by moving faster, using better skill and better communication to score more goals in the same time limit.

## Coaching Points:

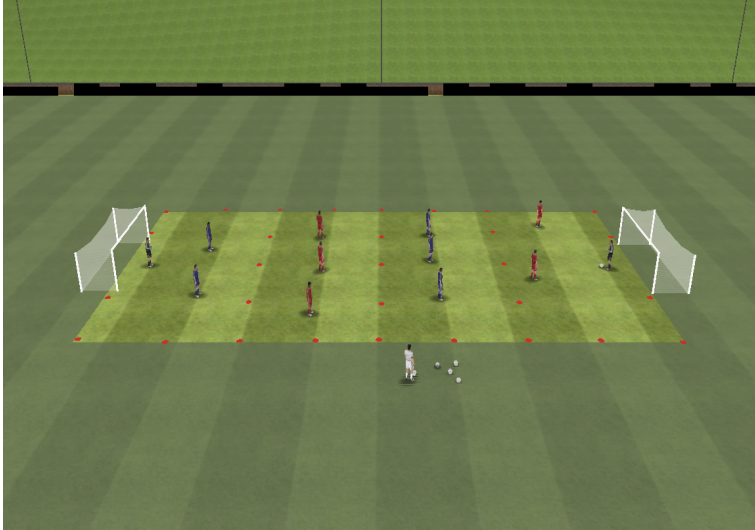
- 1: Approach to the ball - Line up with where the ball is going
- 2: Type of pass: Inside push pass, driven pass or lofted pass
- 3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through as an "œL"•
- 4: Follow through on pass and use body to generate power
- 5: Focus on weight and accuracy of pass, both are very important

# Table Fussball

**Age: U10**

**Level: Technique with Passive Pressure**

**Objective: Creating shooting chances.**



Scan the code to see the practice:



## Organization:

Set out an area 40 x 20 yards with four, ten yard zones marked. Position groups of 3 and 2 players in the zones as shown in the video. Players must stay in their designated zones. Keepers can distribute the ball into any zone. The object is for the attacking team to pass the ball forward as quickly as possible into the attacking 3 players before the defenders can cut off the space. Once the attackers receive the ball they shoot to score before the defenders close them down. Rotate the players so they play in different positions.

## Coaching Points:

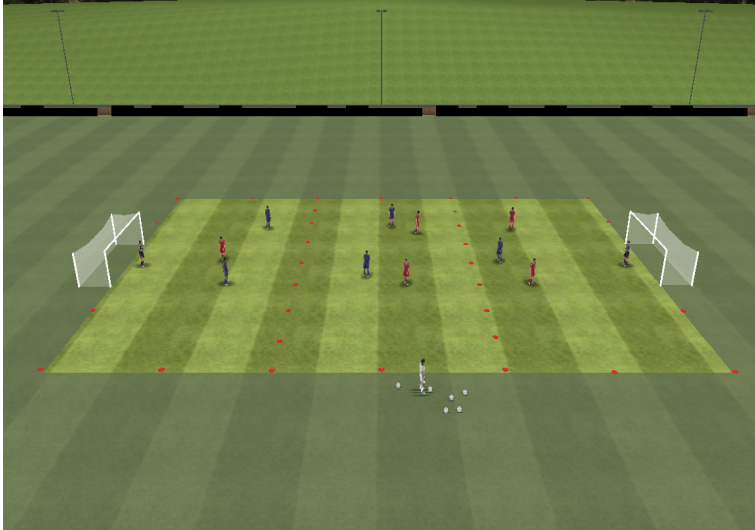
- 1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 2: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 3: Accuracy before power: Build up power of strikes.
- 4: Positive: Run at the defender at pace and use a move to create a shooting opportunity.
- 5: Anticipate: Look for rebounds off the GK.

# Playing Through Zones

**Age: U10**

**Level: Technique with Passive Pressure**

**Objective: Penetrative passing**



Scan the code to see the practice:



## Organization:

Set out a 45x30 area with three divided sections of equal width. Station players as shown in the video with two players in the defending zone, two players in the midfield zone and one player in the attacking zone. To start with players must remain in their specific zones. Each team attempts score in the opponents goal by playing through through the zones. With every pass the ball must enter a new zone either forwards or backwards. But you cannot make a long pass from the defending zone to attacking zone and miss out the midfield zone. Develop the exercise by allowing players to follow their pass into the next zone and therefore creating numbers up in the midfield zone and even numbers in the end attacking zone.

## Coaching Points:

- 1: Make simple passing and control look easy - Concentration
- 2: Team mates need to create passing options using width and depth on the field away from defenders
- 3: Correct passing technique is important for accuracy and weight of each pass.
- 4: Players have to make the correct option, do not pass to somebody who has limited time.
- 5: Look for combination passing.

# Passing Around the Box

**Age: U10**

**Level: Technique with Full Pressure**

**Objective: Penetrative passing**



Scan the code to see the practice:



## Organization:

Set out a 40x30 playing area. Place two goals on the side and a center line dividing the middle of the field. Split the group into two teams 4 players + GK. Players should play 2v2 in each half. Players should stay in their designated half. Shots can only be taken from the attacking half. To progress you might have a player from deep making a supporting run into the attacking half to create attacking numbers up. To progress the drill you can also go to one touch finishing only.

## Coaching Points:

- 1: Make the game look easy, easy pass will equal easy control
- 2: Passing for possession: weight and accuracy of the passes, angles and distance of support
- 3: Passing for penetration: Commit defenders and play into space, pass to leading foot of receiver
- 4: Passing options: Team mates need to create passing angles or passing lanes through or around defenders