

**PLAN 3- SESSION #4**  
**Passing and Support**

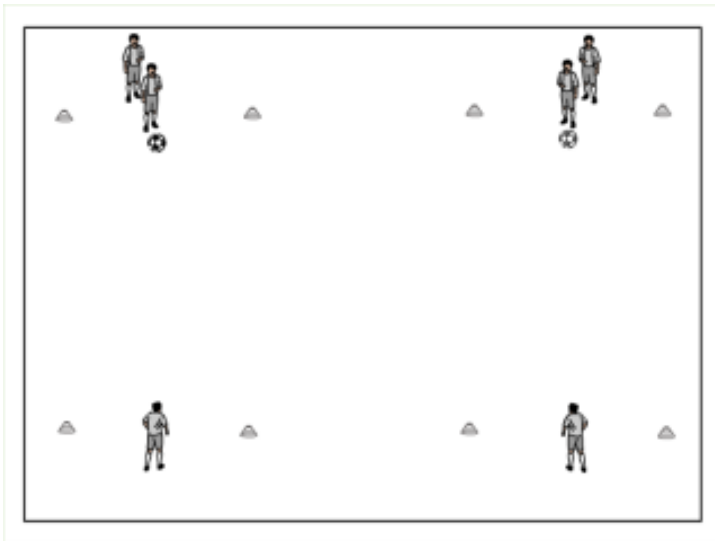
**A. Warmup : Line Drills in 3s**

**SETUP :**

-groups of 3  
-10 x 5 yard grids

1. Control and Pass (two touch)
2. Stretch
3. Inside and Inside (across body)
4. Pass and turn  
-stepover, Cruyff, pull turn
5. Short-short-long
6. One touch

**ORGANISATION :**



**B. Around the Grid**

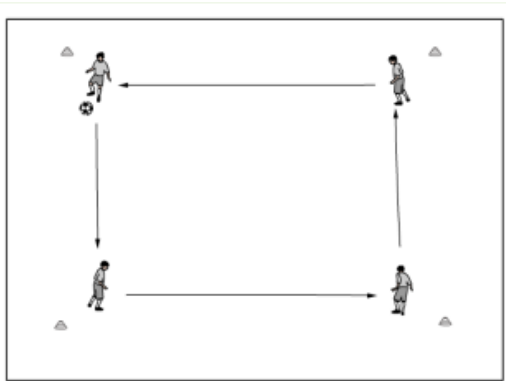
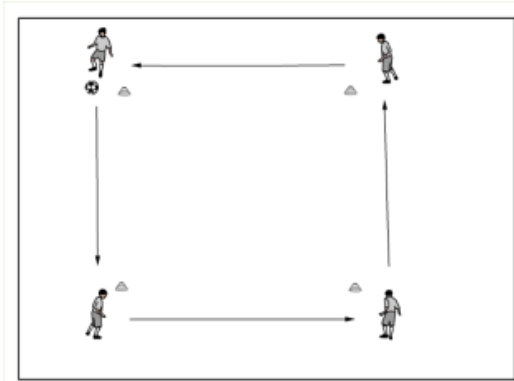
**SETUP :**

-4 players per grid  
-10 x 10 yard grid

**ORGANISATION :**

**U11**

**U10**



-U10s are inside grid,  
U11s are outside grid  
-right foot pass,  
left foot pass  
-U11s moving in and out –  
2 balls

**Key Coaching Points:**

- open up
- lock ankle
- toes pointed up
- pace of pass
- first touch

## C. 4 v 1 outside grid for U10s, 4 v 2 inside grid for U11s

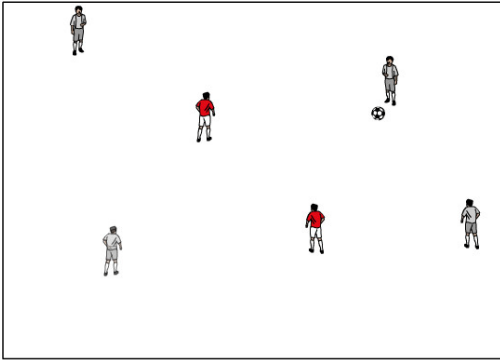
### SET UP :

-U10s: 10 x 10 yard grid

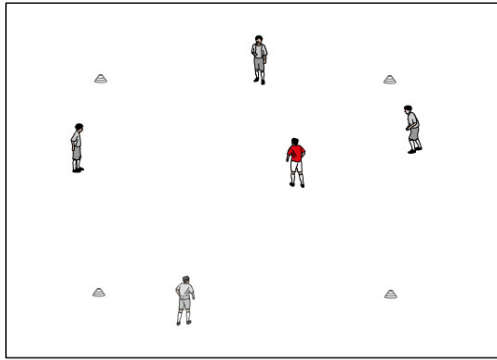
-U11s: 15 x 15 yard grid

### ORGANISATION :

U11



U10



-U10s: 4 v 1 outside grid

-U11s: 4 v 2 inside grid

### Key Coaching Points:

-anticipate support

-open up

-communication

-angle of support

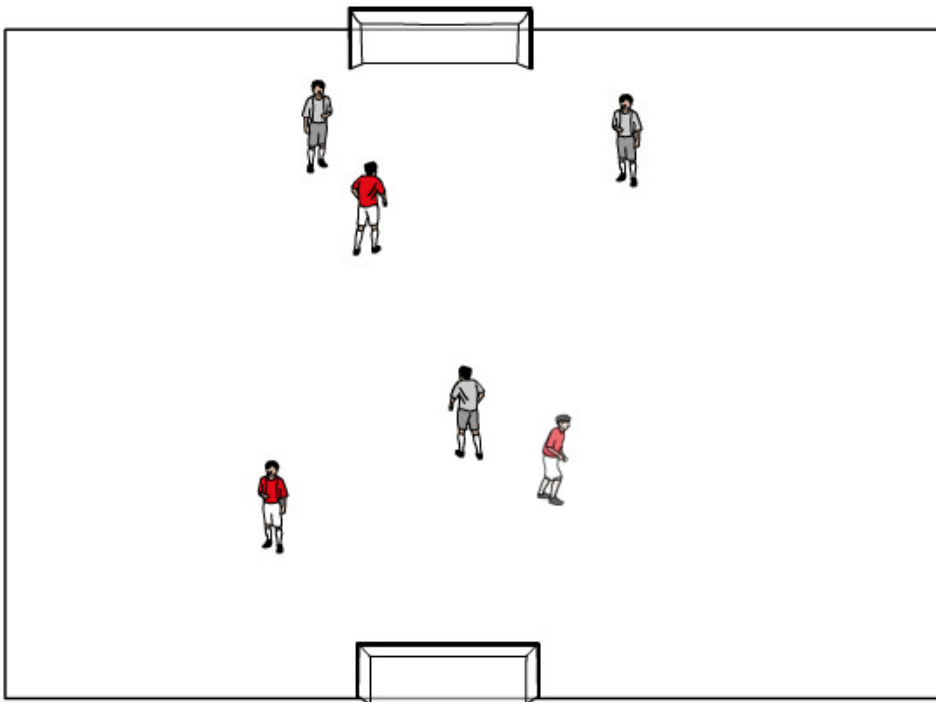
-near and far support

-first touch

## D. Free Flowing Game

### SETUP :

### ORGANISATION :



### Key Coaching Points:

-pace of pass

-toes up when passing and receiving

-angle of support

-communicate – first touch

-attack ball

-timing of pass

-near and far support