

COACHING LESSON PLAN



NAME: _____

TOPIC: Passing & Moving

AGE: U10

DATE: _____

FUNDAMENTAL-WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> • Groups of 4 • Pass the ball in space • After you pass sprint/move • 1 passes to 2 runs thru 2 & 3 • 2 passes to 3 runs thru 3 & 1 	<ul style="list-style-type: none"> • Move to space • Head on a swivel • Count up # of fingers coaches have & add up
	<ul style="list-style-type: none"> • Groups of 4 • Pass and move 	<ul style="list-style-type: none"> • Move with a burst • Always moving • Pass & move • Open up hips to receive the ball
	<ul style="list-style-type: none"> • Windows • Pass & rec • Pass & find another player • Pass thru burst thru center sq • Overlap 	<ul style="list-style-type: none"> • Always moving • Head on a swivel
	<ul style="list-style-type: none"> • 3 v 1 keep away • 4 v 4 	<ul style="list-style-type: none"> • Use what we have learned.
<p>FULL GAME-NO CONDITION</p>		