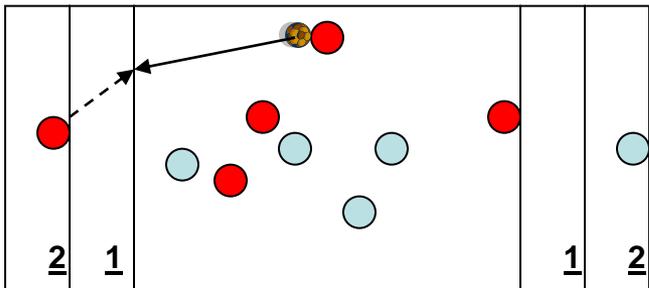




# Playing into the Forward (U10)

→ Ball  
 - - - - - Player

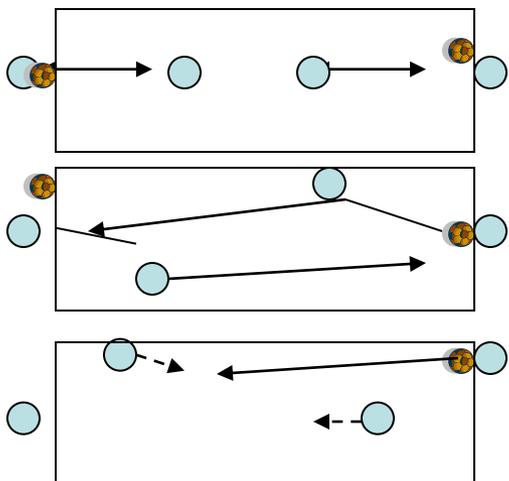


## Organization

Area 30x40 with two 3 yard end zones at each end of the field  
 4v4 with each team having 1 target  
 Teams score by passing to their target. On scoring the target passes to the other team  
 Progress- Targets receive the ball in zone 1 but can only stay in for 5 seconds

## Coaching Points

- Coach the boundaries of the game

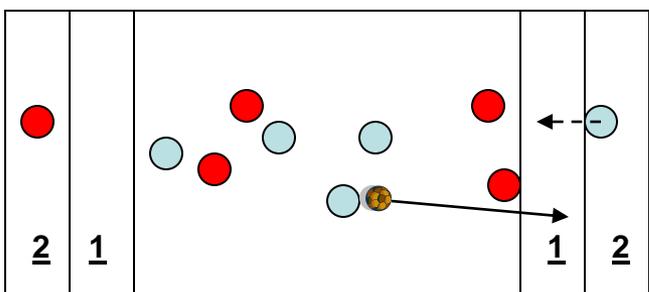


In 4's 20x10 area 2 balls at each end

1. Middle players receive a pass off alternative outside players
2. Middle players receive a pass and pass to the opposite outside player
3. One Ball- Ball is passed to the farthest middle player/ other player supports
4. 3V1 1 defender

If D wins possession the player who made the last pass becomes new defender

- Outside players pass the ball when middle player moves
- Check at an angle
- Communication
- Quality of pass- Accuracy/ Weight
- Communication
- Movement as the ball is passed

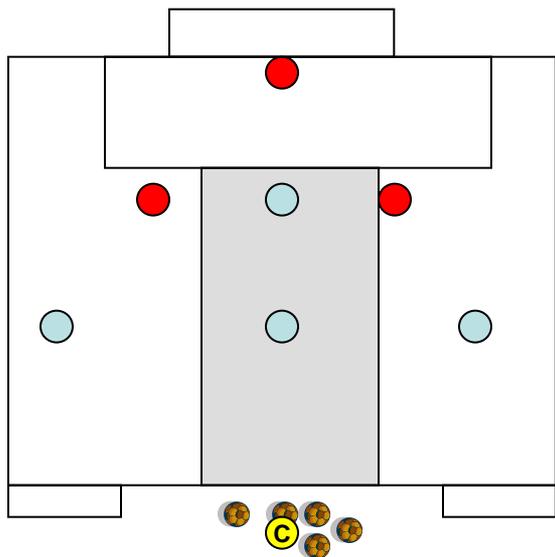


Play target game again  
 Players can now score by either finding a target (target rules apply) or by dribbling into the end zone

- Awareness of target
- Check to receive
- Quality of pass
- Team Shape

→ Ball  
 - - - - - Player

# Playing into the Forward (U10)



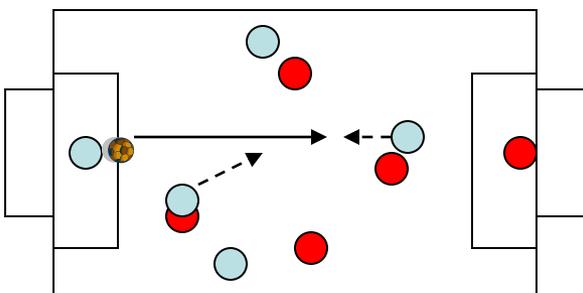
## Organization

Area  $\frac{3}{4}$  of the field with a 15 yard x 30 yard mid zone (grey)  
 Team 1 (Blue) has 1 forward 3 midfielders  
 Team 2 (Red) has 1 Gk and 2 defenders  
 Team 1 scores in the goal  
 Team 2 scores in counter goals or by passing to the coach  
 Coach starts the game by passing to the Forward  
 Coach starts the game by passing to the Blue Midfielders  
 Add a central midfielder for team 2  
 Coach becomes defender support/ player for Blue

## Coaching Points

- **React off pressure** – if the defenders pressure the forward the ball is played wide. If the defenders react to the midfielders the forward should look to turn and shoot
- **Position-** Forward should stay as close to the opponents goal as possible
- **Body shape** – midfield players should never turn their back to the forward
- **Passing objective** – Midfield players should try to pass the ball into forward in the central zone
- **Quality of pass-** pass needs to be accurate and with pace

Team provides width. Forward checks to receive a pass and central player supports



Area 30x40 yards with 5 yard goals  
 4v4 plus a goalkeeper  
 Each team plays with 1 forward 2 midfielders and 1 defender  
 If ball goes out of play the game is restarted with a free pass into the forward  
 Coach restarts with a ball into forward and play is live when the supporting player receives a pass

- **Position-** Forward should stay as close to the opponents goal as possible
- **Team Shape-** team mates provide width to open up a passing lane
- **Check to receive-** Forward moves towards the ball creating space to potentially turn
- **Support** – support as the ball is traveling to forward