

Color Passing

U10+

Phase: Session 2

Intensity: Low-Medium

Intervals: N/A

Recovery Time: N/A

Coaching Points:

Accurate passing. Environment awareness



Instructions:

1. Divide up your team into 3 colors.
2. Use 3 balls
3. Start by allowing them free range to pass to whoever, wherever standing still
4. Pass to someone and move into that box
5. Go back to standing still for recovery but passes must be a chip to the next box.
6. Go green, red, blue.
Green passes to red, red passes to blue, blue passes to green
7. Go 1 touch