

Passing & keeping the ball

U10-U12

Development phase

75 minutes

Session objective: Keep possession under pressure by passing and moving.

BLOCK	TIME	WHAT THEY DO	COACHING POINT
Arrival	12 min	Passing-pattern warm-up in small groups, one and two touch	Weight and accuracy of the pass
Technical	18 min	4v2 rondo in a 10×10m grid	Angle of support, scan before receiving
Skill game	15 min	5v5 possession with a 2-touch condition	Move after you pass
Small-sided	22 min	7v7 game, a set number of passes before a shot is allowed	Patience, then punish the gap
Cool-down	8 min	Stretch and two-minute debrief	What made keeping the ball easier?

TOO EASY OR TOO HARD? ADAPT ON THE FLY WITH STEP

Space

Bigger area = easier to keep the ball. Smaller = harder, faster.

Task

Change the rules: touch limits, points for a run of passes.

Equipment

Change ball size, goal size, or number of balls in play.

Players

Add attackers to help possession, defenders to pressure it.