



U10 Boys Lesson Plan #3  
Objective: **Push Passing**



**FOOTWORK DRILLS**

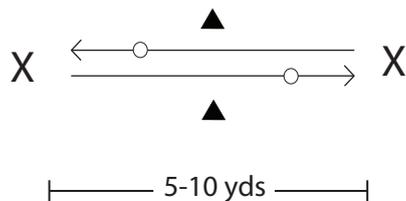
- Over sticks: running, two legged hop, single legged hop, sideways hop, sideways step together, silly one

**EQUIPMENT**

- Balls
- Cones
- Pop-Up Nets

**SKILL DEVELOPMENT**

**#1. Push Pass Demo and Pass through gates (15 min)**

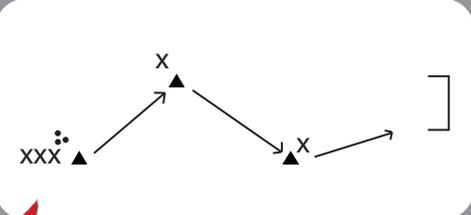


**#2 COACH TIPS**

- Receiver: square up so both feet are facing towards partner. You want to receive with your body behind the ball. Ideally: you want to trap the ball in front of your right foot. Receiver may stand square or one foot slightly in front of the other (whichever is most comfortable). You want to absorb the ball onto your stick and left arm straight will force their stick angle down.
- Passer: you want your LEFT shoulder facing your partner. Have your feet shoulder width apart. Your hands will be 10-12" apart (top and bottom of stick grip). The ball will be in front of the RIGHT foot. Place stick on ball and transfer weight from Right to Left. Push ball towards partner. Follow through straight towards partner.
- \*\*Encourage athletes to bend at their knees to generate power with their legs

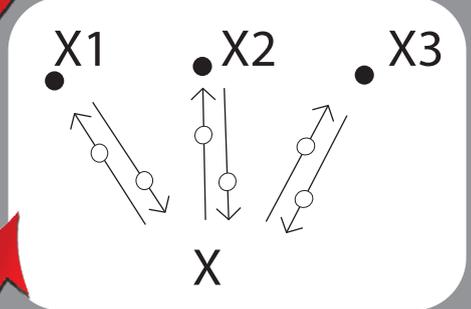
**#2. Pass-Pass- Shoot (8 min)**

- Athletes will push pass to their team mates and follow their pass
- The final receiver should try and receive facing slightly towards goal and use a push pass as their shot on net
- Try and limit the number of touches between reception and pass



**#3. Circle Ball (8 min)**

- X1 makes a push pass to X
- X returns the push pass to X1
- X then proceeds to receive and return passes from X2, X3, etc.
- Repeat and use a stop watch so athletes can better their scores



**MINI GAMES (25 min)**

**COOL DOWN & CLEAN UP (5 min)**