



U6-U9 Boys and Girls

Date: 04/20/18

Topic: Passing

Development Center

Equipment: Cones, Pinnies, and Pug Goals

**Pre Warm-up Task:** One ball each. The players will do the following pre practice activities;  
**100 Toe-Taps, 100 Tic-Tocs.**



**'Play'** (10-15 minutes) (15 W x 20 L)

After the kids have completed the pre-practice activities they will be put into small sided games. Games can be 1 v 1, 2 v 2, or 3 v 3 (depending on the number of players).

**Key Words:** Head up, using inside of the foot to pass the ball, toe up/heel down when passing the ball (locks ankle)

**Guided Questions:** What part of the ball do you hit? Why? Encourage forward passes

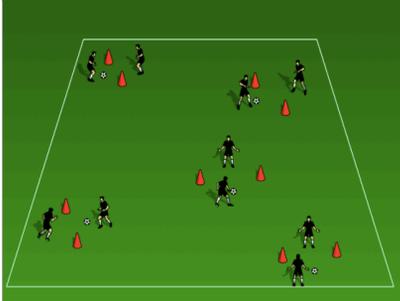


**Practice #1 Bumper Cars :** 10 minutes (15 W x 20 L) **U5-U14**

Each player will have a ball. Players attempt to kick their ball and hit other players soccer balls. Players receive one point for hitting someone else's soccer ball. Hit the players soccer ball and goes through the players legs = 2 points. 2 minute game, 30 seconds rest, repeat 2/3 times

**Progression-** Players start with 10 points, every time they hit minus 1 point. If a player has 0 points = 10 toe taps for additional 3 points (repeat if necessary with tic-tocs)

**Coaching Points-** Angle your planting foot & kicking foot towards the target.



**Practice #2 Gates U10-U19 (Star Wars U5-U9) :** 15-20 minutes (15 W x 20 L)

Gates- 2 to 4 yards wide (gates can vary in size depending on ability/challenge) Players pair up with a friend and find one gate. Players pass back and forth between the gates using the inside of the foot only.

**Progression:** Race- first to 10/20/30 passes sits on their soccer ball

Every pass through the gate, players must find a new gate (first to get through 10/20/30 gates sits on their soccer ball.

**Coaching Points:** Make the letter 'L' (planting foot forward, kicking foot open with toe up, heel down), head over the ball, hit the middle of the ball.



**Play- LET THEM PLAY** (20 minutes)

Objective- Players try to dribble forward and get past opponents

**Key Words-** can you beat the defender, face the defender(s), creativity, keep the ball close, small touches to draw the defender out of position

**Guided Questions-** "Why do you face the defender?"

"What have you learnt from the session?"

"Why are we changing our speed and direction?"

"What happens to the space when we dribble slow?"

"What, how, when, and why?"

**Feedback from the coaches/Questions**

Create a FUN, SAFE and CHALLENGING environment where the player loves their soccer. Players must strive to master the ball, be excellent at the basics of ball control, passing, dribbling and shooting. Coaches must develop the physical elements in combination with developing the technical and tactical elements of the game.

