

Coach: Stephen Bird

Passing and Receiving – U9+

Staying in line with the ball & using the inside of the foot



A Lifetime of Soccer



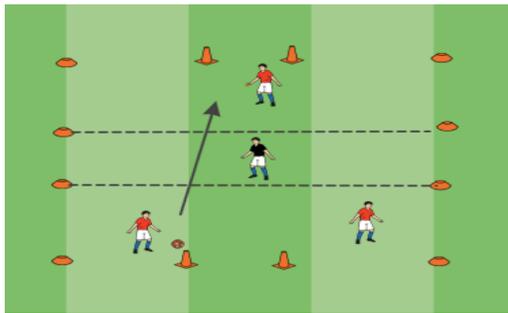
Warm-Up

Work: 10 Mins

Groups of 3-4 depending on the number of players on your roster. Players will dribble as fast as they can and turn to face towards their group. Players will then pass the ball back to repeat the sequence.

Add in different types of turns.  
Challenge the players to show you different turns.  
Big touch out of their chin into space.  
Add in one twos at the end.

Organization: Area 10x10.



Technical

Work: 12-15 Mins

2 reds build up and try to play to other red player who then can score on goal. Blue must block in middle channel, if he/she wins the ball they score on opposite goal.

Progressions:

Player, who passes into the far red, can go join in the attack.

Organization: Start off big and then reduce the size.



Scrimmage

Work: 15-20 Mins

Prison Break. Two teams. One player on each team starts in prison. Players will work together to free their teammate from prison. Players must play the ball in the box (prison) for then the player in prison to take a touch out (one or two touches), once they're out another player from the opposite team must enter the free prison. (Two players from the same team are now in prison).

Teams can only score once they have their players out of prison.

Organization: Two small prisons – 5x5 grids.

Key Coaching Points:

- 1) Stay in line with the ball and use the appropriate part of your body to control the ball.
- 2) Lock your ankle when using the inside of your foot. (Big toe up and heel down)
- 3) Getting the ball 'out of your chin' and into space.