



Age Group: U6-U19

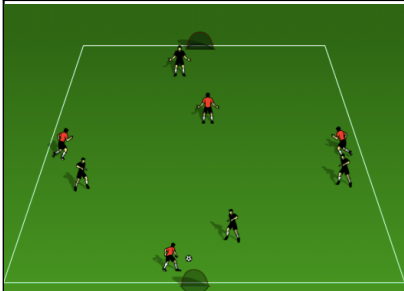
Date: 04/23/18

Topic: Passing

Week Four

Equipment: Cones, Pinnies, and Pug Goals

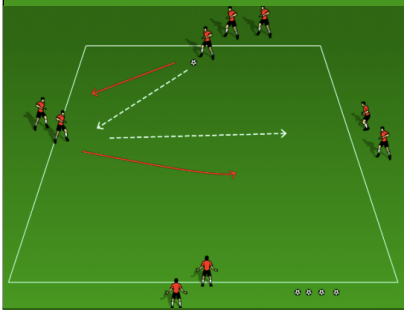
Pre Warm-up Task: 4 players, one defender, can you keep the ball away from the defender?



Warm-up/Physical Development: 15 minutes

Can you make two/three passes before you can score?
What technique do we use when passing the ball?

Observation: Technique of the planting/kicking foot, is it facing towards the target?
Are the players passing the ball using the letter 'L' (planting foot facing towards target, kicking foot open to pass with the inside of the foot)?



Technical Development: 15 minutes (15 W x 15 L)

Players set themselves up in a square, two or three players to each side. Player with the ball passes to any side and follows his/her pass. Players can go in any direction when passing the ball.

Progression- Add second ball, limit it to two touches

Coaching Points: Big toe up, heel down (locks ankle), planting foot faces the target, first touch out of the chin, towards the next player.



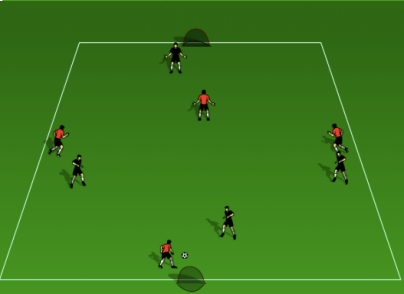
Skill Development: 15 minutes (30 W x 30 L)

Red vs Black

Both teams have a ball, each team has to pass the ball through the four goals to win the game. One player can stand behind the goal and receive the pass from someone inside the box.

Progression: Players have to make three passes in the square to then play the ball between the goals. Teams play against each other with one ball, team who passes the ball between all four goals wins the game.

Coaching Points: Awareness, Communication, Decision making, Spreading out .



4 v 4 Scrimmage: 15 minutes (30 W x 30 L)

"Let them play"

Coaching Points: Can we be at least 10 steps away from the ball?

Vienna Cheer/ High fives

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.

