

9/10/05 U6 PRACTICE

DO QUICKLY!!

## I WARM UP / BALL FAMILIARITY

### A. DRIBBLING IN GRID - DRAG BACKS

1. LOOK FOR & GO TO OPEN SPACE

2. QUICK FEET / SOFT TOUCHES / MANY TOUCHES

### B. TOE TOUCHES / PENDULUMS (DIDDLEY DO'S / DIDDLEY DEE'S)

### C. INTRODUCE "INSIDE HOOK"

## II PASSING TECHNIQUE

### A. COACHING POINTS:

1. STANDING FOOT CLOSE TO BALL, AIMING @ TARGET

2. LOOK @ BALL WHILE KICKING

3. LOCKED ANKLE / KNEE

4. KICKING FOOT - TIES TO OUTSIDE

a. EXPLAIN KICKING SURFACE - TOE VS. INSIDE

5. MOVEMENT FROM HIP ONLY - NO "FLICKING" @ BALL

6. SHORT, BUT GOOD FOLLOWTHROUGH TO TARGET

### B. PASSING IN PAIRS

1. TO PARTNER THROUGH "GATE"

a. ONCE KIDS "GET IT", GOOD PASS = 1 STEP BACKWARDS

ENCOURAGE PLAYERS TO FIND TIMES DURING GAME  
TO PERFORM DRAG BACKS & PASSES TO TEAMMATES