

9-16-05

U-6 "EAGLES" PRACTICE

I WARM UP & BALL FAMILIARITY

A. DRIBBLING IN GRID - MAKE GRID SLIGHTLY LARGER THAN USUAL

1. EMPHASIZE COACHING POINTS

- SPACE, HEAD UP, SPEED

- DRAG BACKS, HOOKS

2. SOCCER FREEZE TAG

II PASSING *** EMPHASIS ON TECHNIQUE & ACCURACY ***

A. RE-INTRODUCE PROPER TECHNIQUE

B. IN PAIRS - (POSSIBLE "BLOCK TACKLE" PASSING DRILL HERE)

1. SIMPLE PASSING THROUGH GATE/CONES

a. GRADUALLY INCREASE DISTANCE

C. "TUNNEL" PASSING GAME - 4 PER TEAM

- MUST BE A "CLEAN" PASS TO ROTATE PLAYERS

*** LOTS OF ENCOURAGEMENT TO LOOK FOR

TIMES DURING GAME TO PRACTICE DRAG

BACKS/HOOKS/GOOD PASSES TO TEAMMATES ***

IF TIME PERMITS, HAVE PLAYERS IN LARGE GRID (20x20/25x25) WITH ONE BALL PER 2/3 PLAYERS. ALL PLAYERS ALWAYS MOVING (EITHER WITH OR W/O BALL) LOOKING TO MAKE OR RECEIVE PASS. ENCOURAGE PLAYERS TO "CALL" FOR BALL FROM TEAMMATES. EMPHASIS HERE IS MAKING PASSES WHILE DRIBBLING (TRUE TO REAL LIFE) OPPOSED TO PASSING A 'DEAD' BALL (UNREALISTIC)