

7:00
SESSION

5/9/06 PRACTICE

COACHING POINTS:
HEADS UP, LOOKING FOR SPACE,
AVOID COLLISIONS, BABY STEPS, CLOSE CONTROL

I WARM UP / BALL FAMILIARITY

A. LARGE GRID - DRIBBLING

1. GRID GAMES: 1st TO STOP, MOST SPACE...
2. DRAG BACKS - RECAP
- 3.

B. SOCCER FREEZE TAG GAME

C. 2 SQUARES → "TURN CHANGE SWITCH" DIR. SQUARE BALL

II INTRODUCE PROPER PASSING TECHNIQUE

A. COACHING POINTS

1. STANDING FOOT CLOSE TO BALL
2. LOOK AT BALL WHILE KICKING
3. LOCKED ANKLE / KNEE
4. KICKING FOOT = TIES TO OUTSIDE (EXPLAIN KICKING SURFACE)
5. MOVEMENT FROM HIP ONLY - NO "FLICKING AT BALL"

B. PASSING IN PAIRS

1. TO PARTNER THROUGH "GATE"
 - a. ONCE KIDS "GETS IT", GOOD PASS = 1 STEP BACKWARD
2. TUNNEL PASSING GAME / RELAY

III SMALL SIDED GAME

- W/ THROW INS, TO SMALL GOALS
- ADDED POINTS FOR DRAG BACKS, GOOD PASSES, PLAYERS
LOOKING FOR SPACE

ISABEL
HANNAN
TIA
EMILY
RHEA
ALISSA
MELISSA
SOPHIE
MACY