

Warm-up

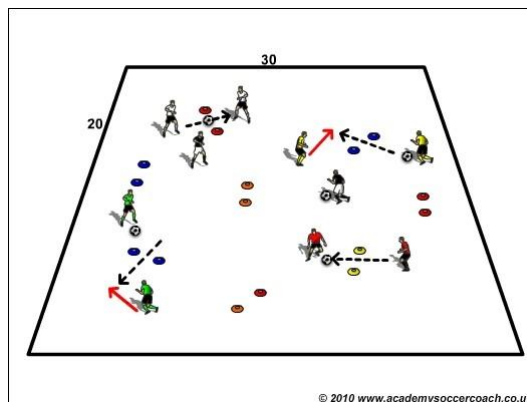
- Freeze Tag
- Blob Tag
- Steal-and-Shield

Small space, timed.
 ½ with, ½ without ball.
 On "STOP", possession
 = 1 point

End with SSG

Big goal vs. small goal
 (Switch at 1/2)

EPSC



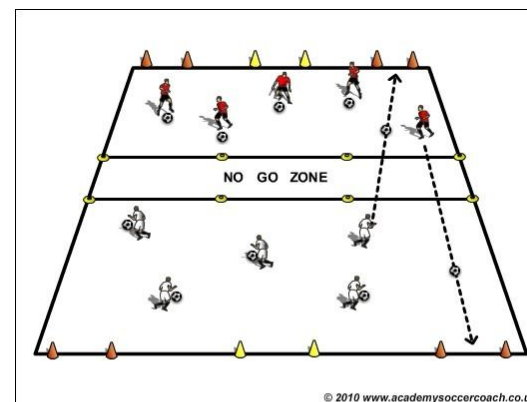
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Gates Passing --- Randomly place many pairs of cones making small goals (1 yard wide) in a large space (30 x 20 yards). Players are paired up and must successfully pass the ball through the cones to their teammate to earn a point.

Coaching Points:

- Kicker**
- Stress passing techniques
 - Point your toe side-ways and with up locked ankle
 - Strike the middle of the ball
 - Follow thru to partner
 - Knees bent
 - Head down/eyes on ball at moment of contact
 - Placement foot pointed to target and parallel to ball; pay attention to proper weight and angle

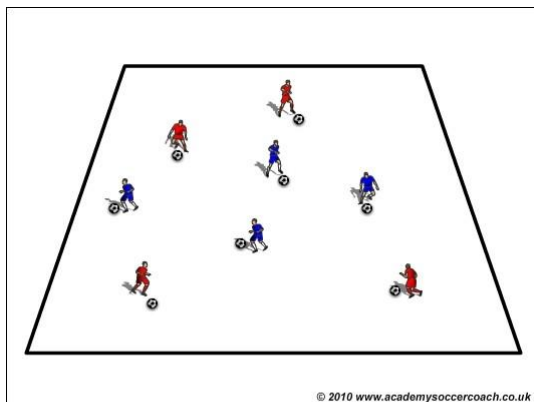
- Receiver**
- Support get to an angle at which passing lane is clear and have your hips open to the playing field
 - Communicate/call for the ball
 - Head up
 - Move toward pass (check to ball)



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Clean Your Backyard
 Break the group into two teams and have each team stay only on their own half of the field. Place a 15 yard buffer zone between halves so that no one can enter or cross. Each player needs a ball. Place three small (3-5yd) goals at the far end of each side of the field. Have both teams shoot balls at the other teams goals in an attempt to score through any one of the small goals (below knee height). Players cannot cross the buffer zone or go into the other half. Balls get recycled naturally in the game. This is a competition and teams need to keep score. Play 2 or 3 games and have teams re-strategize between each game. Teams can play defense but no use of hands. Only shots (or passes) with laces count as goals.

- Coaching Points:
- Stress long passing technique
 - Point your toes down and lock ankle
 - Placement foot pointed to target and parallel to ball, pay attention to proper weight and angle (for low ball pass)
 - Strike the middle of the ball

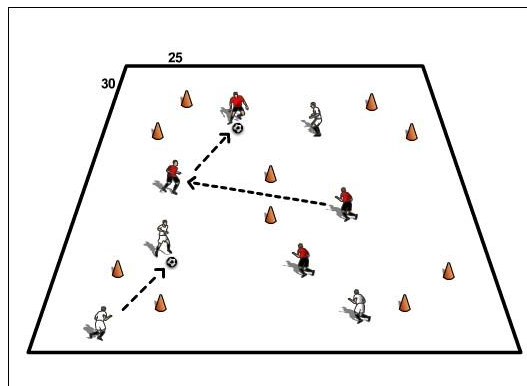


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Ball Manipulation

1. Cadences
 - A. 1(L)-2(R)-3(L)-Misc(R) (Stepover)
 - B. 1(R)-2(L)-Sole(R) (Dragover to inside)
 - C. 1-O-1-O (all same foot)
 - D. 1(R)-O(R)-1(L)-O(L)
 - E. O(R)-1(R)-O(L)-1(L)
 - F. 1-O-Sole(same foot)
 - G. Sole-sole-scissors(same foot)
 - H. 1-O-sole-scissors(same foot)

I=inside of foot
 O=outside
 R=right foot
 L=left

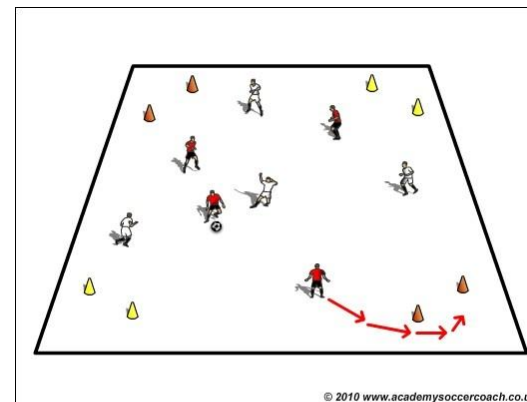


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5 Goal Game --- 4v4 in 25x30 grid. Five 2-yard goals are spread out throughout the grid. The teams score by passing through any of the goals to a teammate. First team to 10 points wins.

Begin with ball per team, no mention of "defending" or preventing other team from accumulating points. Allow players to discover/problem solve.

Take one ball away for an SSG passing activity.



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4 vs 4 To Four Small Goals --- In a 35 X 30 yard grid with a small goal in each corner teams attack the two opposite goals and defend their two goals. When the ball goes out of bounds it can be passed or dribbled in to play.

- Point for completing pass to teammate through goal
 -or-
 Free play - goal must be scored with correct push pass technique

- Coaching Points:
- Stress recognizing opportunities
 - Timing of passes
 - Playing away from pressure by changing the point of attack
 - Efficiency of touches