



U6 & U7 Community Soccer School: Week 2

Category: Technical: Passing & Receiving
Difficulty: Advanced

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Individual-Adult Member

U6 & U7 CSS Week 2: Warm Up

Spiderman is trying out his new web which shoots out from his feet. Spiderman must try and get his web (ball) to stick to the other Spidey's feet

Organisation:

Each Spiderman works with another, they stand 6ft away from each other facing together.

1 web ball between two are fired from their feet

Each player must stop the web ball before firing it back

Progress the practice by having the player follow their pass around the cone behind their partner and return to receive the ball

Coaching Points:

Players are encouraged to pass the ball with the inside of their feet, using both feet

Placement of non striking foot, shoulder width between it and the ball (balanced)

Face where you want the ball to go



U6 & U7 CSS Week 2: Fun Game

The Green Goblin has heard of Spiderman's new weapon and wants to steal it from you. The Goblin swoops down when he can and tries to steal the ball away

Organisation:

Spiderman now has to watch out for the Green Goblin when passing their web ball, if they see the Goblin approaching they must trap the ball with their foot and wait for the Goblin to move on

Coaching Points:

Use the inside of the feet to pass the ball

Follow through the ball with striking foot

Placement of non striking foot (balance)

Keep head up to see target and watch out for the Goblin



U6 & U7 CSS Week 2: Fun Game

Howdy partners this is the Wild Wild West! Let me tell y'all this is as wild as it gets! I am the sheriff of these parts and you are all my deputies. You have to protect me from the Cowboys.

Deputies are you ready? "There's a snake in my boot!"

Cowboys are you ready? "Yeehah!"

Organisation:

All the Cowboys are trying to run across the prairie to get to the gold. The deputies try to stop them by firing the Soccer balls at the Cowboys legs

Coaching Points:

Keep the ball low when passing by using the inside of the foot and keeping head over the ball

Being aware of surroundings when passing the ball by keeping head up

Play the ball in front of players running through



Organisation:

Area - 55ft x 65ft

3 v 3 no GK

No referee, coach drops in new ball every time it goes out

No positions

The matches should be competitive but played in fun/fair environment. If a team is winning considerably mix the teams around

Possible Constraints:

Every player must touch the ball before scoring

Players must perform a "skill" before shooting

Players can only score with their weaker foot

