



U6 Passing

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Individual-Adult Member

Description

U6 Passing

Target Aquired

Organization

20x20 square with a 10x10 square inside.

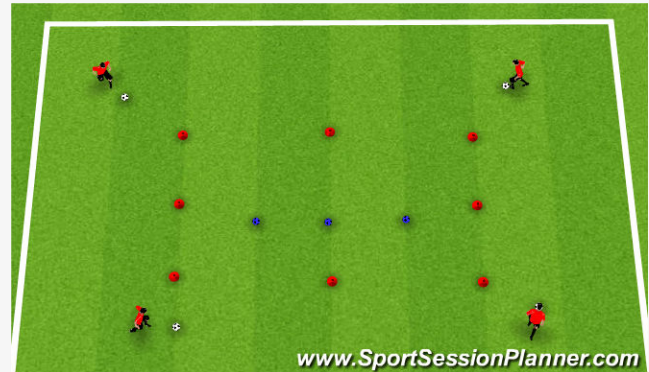
Have 3 target balls inside the center of the square.

Each player will dribble the ball around the square, but cannot go inside the smaller square.

When coach says fire, players must try and hit the a "Target" ball with their own ball.

Coaching Points

1. Is the player using the inside of their foot?
2. Is their non-kicking foot planted in the correct position?
3. Generating enough power?
4. Head up to see the ball - then down to make contact.



Coconuts

Organization

20x20 with a 10x10 inside.

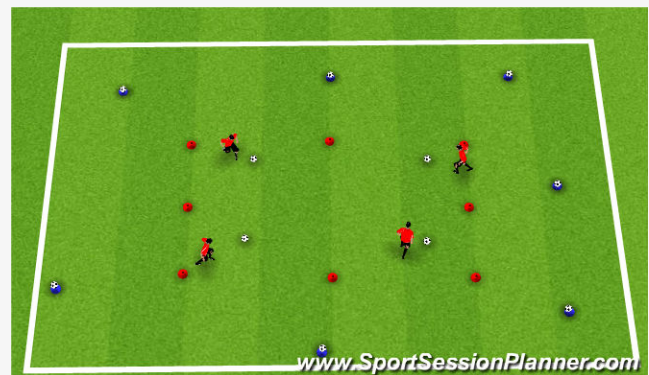
Set up as many cones with balls on top scattered around the square.

Players must dribble the ball around the inside of the small square.

When coach shouts coconuts, players must dribble out and try and knock a ball off of a cone.

Coaching Points

1. Is the player using the inside of their foot?
2. Is their non-kicking foot planted in the correct position?
3. Generating enough power?
4. Head up to see the ball - then down to make contact.



SSG - 4 goal game

Organization

20x20 with a goal on each line.

Split teams into two.

Players can score in any goal.

Coaching Points

1. Are players using the inside of their feet?
2. Are players looking up?
3. Correct technique?

Progressions

1. Designated goals - teams can only score in 2 goals.
2. Regular game - introduce goals for passing 3 passes = 1 goal.

