



Description

Partner Competition

Instructions

Players need to be in partners and one ball per pair. Partners should be facing about 2 yards apart with the ball placed in the middle. The coach will say various body parts (ie, shins or knees, or ears, elbows, back, etc) and the players will put their hands there. When the coach says "ball" players try to beat their partner to grab the ball that's between them. NO DIVING ON THE BALL. After they play 3-4 games have them switch partners.

Coaching Points

1. Knees bent, on your toes
2. Paying attention and listening so you don't grab the ball when coach says a "back" instead of "ball"



Circle Technical Passing (15 mins)

Set Up

3-4 players with the ball start in the middle. The rest of the team creates a large circle (15 yard diameter or larger) keeping plenty of space between players. Make a 3x3 square in the middle the players need to dribble through every time.

Instructions

1) Players in the middle dribble behind an around as many players as they can in 1 minute. After 1 minute switch players in the middle.

2) Players in the middle complete a takeover with a player on the outside. Players should now be switching out of the middle.

coaching points:

- not dribbling right at each other but instead off their shoulders so that they can have a clean exchange. ie if the player is dribbling with their right foot then players should be passing off the right shoulder.

- communicating by saying "takeover"

- receiving player accelerating after the takeover

3) Players in the middle pass to the outside and the receiving player takes a touch away from the player who just passed them the ball

coaching points:

- proper passing technique

- proper receiving technique to have a good first touch at the correct angle

- identifying which direction to take the first touch

4) Overlap- Players in the middle stay in the middle for 1 minute. Players in the middle pass to a player on the outside then run around that player as an overlapping run and receive the ball into space after the middle player makes their run.

Coaching points:

- Passing technique

- Good receiving touch by the outside player

- Pass at an angle and into space for the middle player to run into

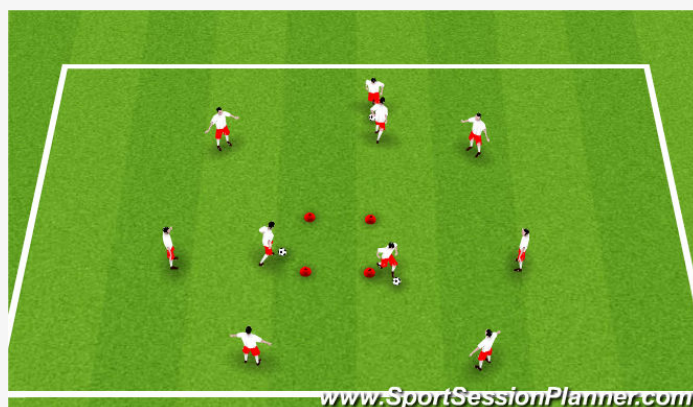
- Receiving player taking a touch away from the run before passing

5) Overlap Progression- After going through the above pattern now have players overlap a different player prior to getting their pass back.

Coaching points:

- overlap a player to the right or left of the player you passed to

- proper angle for the pass after the overlap



Zig-Zag Passing (15 mins)

Set Up

Create a zig zag with cones 10 yards apart with approximately 3 less cones than the number of players. Make cones further apart as they go through the zig zag. Last pass around 15-20 yards

Instructions

Players pass and follow their pass. The last player in the zig-zag will open up and dribble toward goal and have a shot from inside the penalty area.

Coaching points:

- 1) Passing technique
- 2) Taking a good first touch
- 3) Last player having their body opened up so they can take a touch towards goal.
- 4) Properly weighted passes



Understanding Movement (20 mins)

Set Up

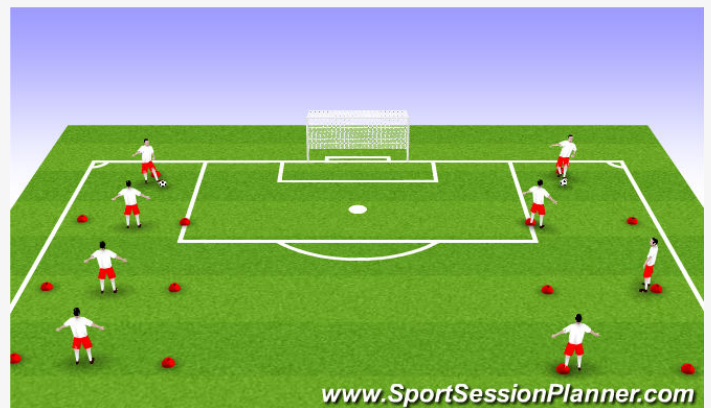
5 yard wide gates, 10 yards from each other with the first cone 5 yards from the first gate

Instructions

Players need to start in the middle of the gate. When the coach says go players need to show at one of the two cones in their gate. If the player in the first gate shows to the left cone the second player in gate 2 should show on the right cone and the third player in gate 3 should show on the left cone. The last player will open up and have a shot inside the penalty area. The first team to score gets the point.

Coaching Points

- 1) Proper passing
 - 2) Positive first touch
 - 3) Moving at an opposite angle of the person in front
- this is a very important concept so players begin to understand that being at an angle instead of straight in front is a better, more supportive passing option.



2v1 (20 mins)

Set Up

Defenders start off the post, attacking players split between two cones about 25 yards out from the goal.

Instructions

Defender plays the ball out and it's a 2v1 to goal

Coaching points

- 1) Are players able to use an overlap or takeover to beat the defender
- 2) Passes at an angle instead of straight forward or sideways
- 3) First touch to get by the defender after receiving a pass

Progression

3v2- Start the same as 2v1 but now the 2 attackers can decide to play the ball back and have a third attacker join. When the third attacker joins a second defender can enter the field.

