



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 (20 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

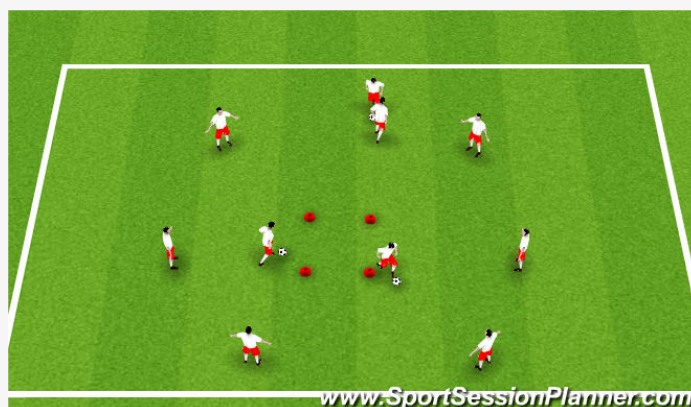
5) Overlap Progression- After going through the above pattern now have players overlap a different player prior to getting their pass back.

Coaching points:

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

- proper angle for the pass after the overlap

6) Three player overlap combination- Middle player plays to the outside and the outside player then needs to find one other outside player to pass to. The overlap is around the first player and the ball then is passed back to the middle player from the second outside player.



Combination Play 1

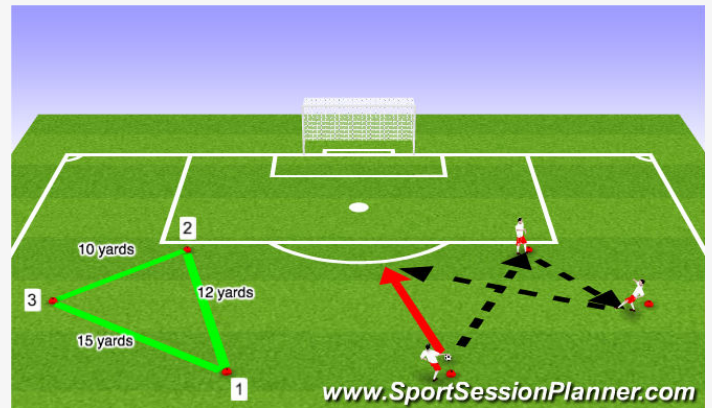
Set Up

See diagram- Both triangles are the same size and mirror each other

Instructions

Combination 1:

1 plays to 2, 2 lays off to 3, 3 plays a diagonal ball through to 1



Combination Play 2

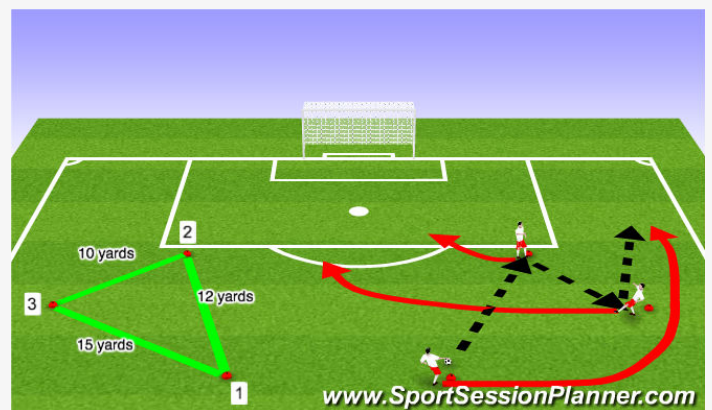
Set Up

See diagram- Both triangles are the same size and mirror each other

Instructions

Combination 1:

1 plays to 2, 2 lays off to 3, 3 plays a diagonal ball through to 1 toward the corner. Player 1 makes an overlapping run after the first pass around player 3. Once the ball is played to the corner players 2 and 3 should make a run to goal for a cross



Combination Play 3

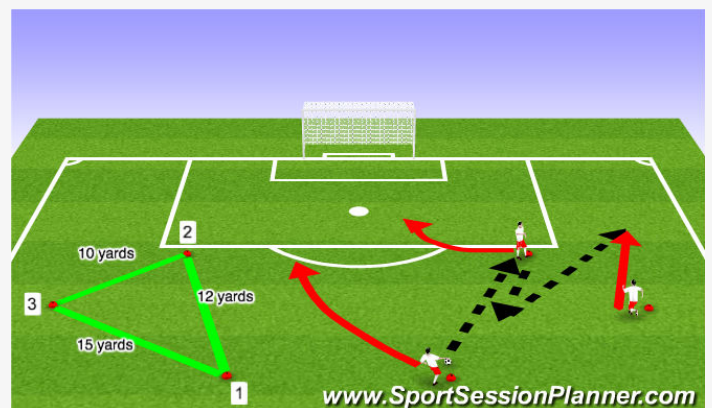
Set Up

See diagram- Both triangles are the same size and mirror each other

Instructions

Combination 1:

1 plays to 2, 2 lays off to 1, 1 plays a diagonal ball through to 3 toward the corner. Player 1 and 2 then make a run in the box



5v3 (20 mins)

Set Up

2 Central defenders with one holding mid in front. Attacking 5 starts with the ball at the bottom of the center circle.

Instructions

Attacking player try to use their combinations to score on goal. Rotate players every 5 soccer balls.

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) Finding width or our target and combining/overlapping with dynamic movements
- 4) No straight through balls unless it's on the outside, we want angled through balls in the middle

