

## Week 5: Cooperating

October 17, 2011

Cutters Community Soccer U-8 Girls

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### Coaching Points

Pass with inside of the foot

Keep ankle locked and toe up (like a check mark)

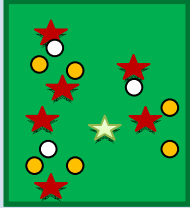
Cushion the ball when receiving

**Move to a place where your teammate can easily pass you the ball**

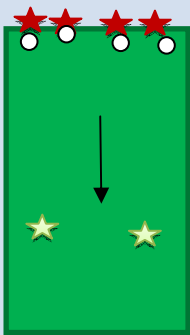
6 - 6:10 p.m.

<b>1. Warm Up</b>	Coach Matt will demonstrate proper passing technique during the warm-up activity and emphasize the coaching points. Also, he will show players where to move so they do not "hide" behind defenders.	Coach Matt will run the warm-up activity with the help of the age group trainers and parent coaches.
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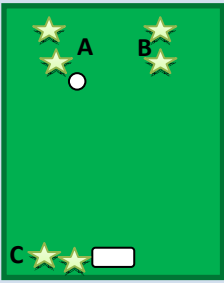
6:15-6:25 p.m.

<b>2. Pass through the Gate</b>	<ul style="list-style-type: none"> <li>• Players partner with one another</li> <li>• 5-6 gates are placed around the field. (use cones and pennies for gates)</li> <li>• Players score a point when they pass the ball through the gate to their partner. They get a point for each pass to their teammate through the gate.</li> <li>• Sometimes have the coach jump into one of the gates to defend the gate.</li> </ul>	 <p>White star – coach</p>	<ul style="list-style-type: none"> <li>• Work on possession</li> <li>• Players need to work together and spread out.</li> <li>• Play several rounds.</li> <li>• Players should look for an open gate if one is blocked or too busy.</li> </ul>
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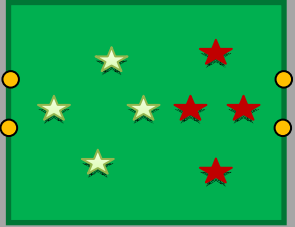
6:25-6:35 p.m.

<b>3. Shark Attack!</b>	<ul style="list-style-type: none"> <li>• Play across the width of the field.</li> <li>• Identify 2 sharks and have them wear a pinnie.</li> <li>• The rest of the players have a ball and are dribbling within the grid.</li> <li>• The sharks start outside the grid.</li> <li>• Coach will yell "Shark Attack" and the two sharks will enter the grid and attempt to clear everyone's ball out of the area.</li> <li>• If your ball is cleared out of the area, you remain in the game and can receive passes and play passes with the remaining attacking players.</li> <li>• Round ends when the last ball is cleared or a minute has passed.</li> <li>• Assign new sharks and play again.</li> </ul>	 <p>White star – 1<sup>st</sup> shark</p>	<ul style="list-style-type: none"> <li>• Work on passing accuracy and technique.</li> <li>• Use coaching points of the day (above).</li> <li>• Play several rounds.</li> </ul>
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6:35-6:45 p.m.

<b>4. 2 vs. 1 to goal</b>	<ul style="list-style-type: none"> <li>• Players get in two lines near midfield</li> <li>• First players from the lines A &amp; B work together to pass &amp; shoot on goal.</li> <li>• One player from line C steps out to defend.</li> <li>• Have players rotate to a new line with each turn.</li> </ul>		<ul style="list-style-type: none"> <li>• Emphasize spacing and good passes with inside of the foot.</li> <li>• Encourage players to pass accurately.</li> <li>• Also, players should move to an open space to receive the pass, not hiding behind the defender.</li> </ul>
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6:45-7 p.m.

<b>5. Scrimmage</b>	Divide group into even teams (no subs) and play on the width of each field.		<ul style="list-style-type: none"> <li>• Reinforce lessons from training during the scrimmage.</li> <li>• When a ball goes out of bounds, coaches should send the next ball in from the sideline to keep the game moving quickly.</li> </ul>
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**Players' Homework:** Wall Ball: Practice Passing with a friend in the back yard.