

Week 5: Team Passing & Moving

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Community Soccer U-10 Boys
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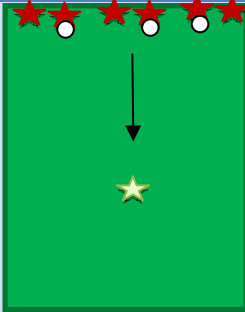
Coaching Points

- long passes: drive ball by striking through the center with laces
- short passes: use the inside of the foot to connect with the center of the ball
- have plant foot pointed toward destination
- keep your head up to look for the open player and open spaces (areas without defenders)

6 – 6:10 p.m.

1. Warm Up:	Coach Kirk will demonstrate appropriate technique for passing balls at a distance. Also, Coach Kirk will show proper positioning to get open for a pass.	Coach Kirk will run the warm-up activity with the help of the age group trainers and parent coaches.	He will demonstrate the skills for the day and emphasize the coaching points.
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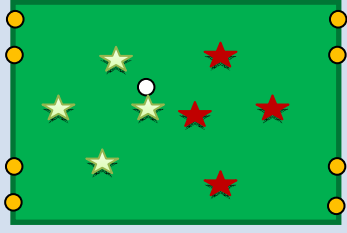
6:15 -6:25 p.m.

2. Partner Sharks & Minnows	<ul style="list-style-type: none">• Play in an area the size of the penalty box.• Designate a “shark.”• All other players (minnows) get in pairs with one ball per pair.• Minnows start on one side of the box.• The Minnows must try to pass the ball with their partner to avoid the shark and cross the opposite line without losing possession of their ball.• Minnows must dribble across the other side, not use a long pass.• The Sharks defend by trying to kick the Minnows' balls out of the defined area.• If the Minnows are unsuccessful, they become sharks for the next turn.	 <p>White star – 1st shark</p>	<ul style="list-style-type: none">• Work on passing accuracy and technique.• Use coaching points of the day (above).• Make sure passing players move into good positions to receive passes.• Play several rounds.
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6:25-6:35 p.m.

3. Team Possession (5 v 2 or 7 v 3) – Bulldogs	<ul style="list-style-type: none">• Divide players into two teams:<ul style="list-style-type: none">○ Defending team (bulldogs) has fewer players○ Ex: play 7 vs. 3 or 5 vs. 2, depending on your numbers.• Offensive team tries to connect a total of 10 passes.• Switch bulldogs (defenders) each round.	 <p>35yd</p> <p>35</p>	<p>Provide positive reinforcement to players on using proper technique: Inside of foot, strike center of ball, foot in the shape of a checkmark</p> <p>This week, emphasize positioning and getting open for a pass. Offensive players should not “hide” behind a defender.</p>
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6:35-6:45 p.m.

4. Double Goals	<ul style="list-style-type: none">• Divide players into two even teams.• Two goals are on each end line.• Each team defends the goals on one end line, attacks the other end.• Teams score one point by passing (not dribbling) the ball through the goal.• Teams score 2 points for 4 consecutive passes.	 <p>Use your half of the field. Orange dots are cone goals in diagram.</p>	<ul style="list-style-type: none">• players should look for the open goal or open player• cooperative passing to score• keep head up, make good decisions• placement more important than power when scoring a goal• keep the ball low
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6:45 - 7 p.m.

5. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or switch & play against your “practice partner’s” team.	<p>Please do not play a full field scrimmage with more players than a normal game.</p> <p>The players will not get to touch the ball enough to improve their skills.</p>	<ul style="list-style-type: none">• Reinforce lessons from training during the scrimmage.• Use this time to ask trainers questions about game tactics, if needed.
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Homework: Wall Ball: Kick a ball against an outside wall or with a friend, sibling or teammate. Try longer passes using your laces.