

**Week 5: Team Passing & Moving**

October 17, 2011

Community Soccer U-10 Girls

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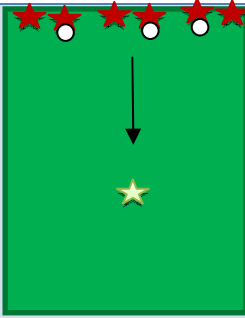
**Coaching Points**

- 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.

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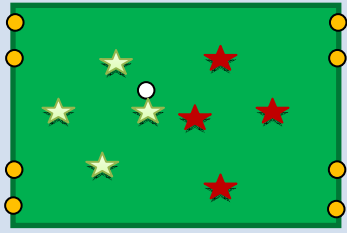
6:15 -6:25 p.m.

<b>2. Partner Sharks &amp; Minnows</b>	<ul style="list-style-type: none"> <li>• Play in an area the size of the penalty box.</li> <li>• Designate a “shark.”</li> <li>• All other players (minnows) get in pairs with one ball per pair.</li> <li>• Minnows start on one side of the box.</li> <li>• 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.</li> <li>• Minnows must dribble across the other side, not use a long pass.</li> <li>• The Sharks defend by trying to kick the Minnows' balls out of the defined area.</li> <li>• If the Minnows are unsuccessful, they become sharks for the next turn.</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>• Make sure passing players move into good positions to receive passes.</li> <li>• Play several rounds.</li> </ul>
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6:25-6:35 p.m.

<b>3. Team Possession (5 v 2 or 7 v 3) – Bulldogs</b>	<ul style="list-style-type: none"> <li>• Divide players into two teams:                             <ul style="list-style-type: none"> <li>○ Defending team (bulldogs) has fewer players</li> <li>○ Ex: play 7 vs. 3 or 5 vs. 2, depending on your numbers.</li> </ul> </li> <li>• Offensive team tries to connect a total of 10 passes.</li> <li>• Switch bulldogs (defenders) each round.</li> </ul>	<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.

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

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