

## Week 5: Team Passing & Moving

October 17, 2011

Community Soccer U-12 Boys  
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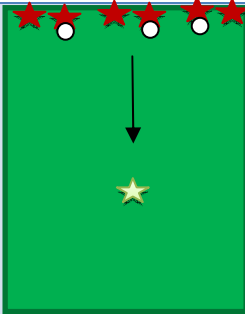
### Coaching Points

- 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)

7:15 - 7:25 p.m.

<b>1. Warm Up:</b>	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 on <b>Field 3</b> 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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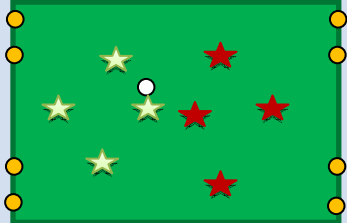
7:30-7:40 p.m.

<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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7:40-7:50 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>35</p>	Provide positive reinforcement to players on using proper technique: Inside of foot, strike center of ball, foot in the shape of a checkmark  This week, emphasize positioning and getting open for a pass. Offensive players should not "hide" behind a defender.
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7:50-8 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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8-8:15 p.m.

<b>5. Scrimmage</b>	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.	<b>Please do not play a full field scrimmage with more players than a normal game.</b> The players will not get to touch the ball enough to improve their skills.	<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.