

Week 5: Team Passing & Moving

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Community Soccer U-12 Girls

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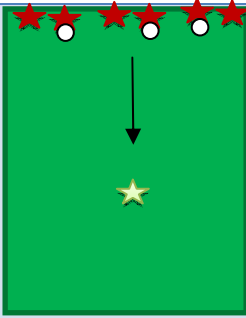
Coaching Points

- 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)

7:15 - 7:25 p.m.

1. Warm Up:	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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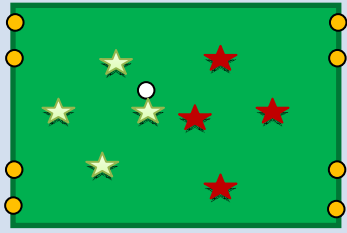
7:30-7:40 p.m.

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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7:40-7:50 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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7:50-8 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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8-8:15 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.