

Week 4: Passing & Receiving

October 10, 2011

Cutters Community Soccer U-8 Boys

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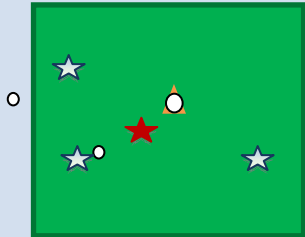
Coaching Points

- Pass with inside of the foot
- Keep ankle locked and toe up (like a check mark)
- Cushion the ball when receiving

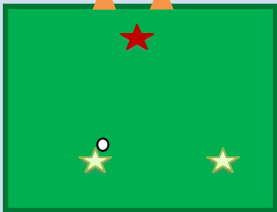
6-6:10 p.m.

1. Warm Up:	Coach Phalo will demonstrate fundamentals of passing. Then they will send the teams back to their respective fields and where they will do a simple pass and move activity. Players will partner up with one ball per two players. Each group of two should only pass to their partner while moving around the grid. Each player should be instructed to pass and receive with the inside of the foot.	Emphasize coaching points (above).
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6:15-6:30p.m.

2. Guard the Castle	<ul style="list-style-type: none">• Set up a grid that is 15x20 yards.• Organize the team into groups of four.• One of the four players should wear a pinnie and be the designated defender (guarder of the castle).• Balance a ball on top of a cone in the middle of the grid, this will become the "castle".• The three attackers must pass another ball around the defender in the grid in an attempt to knock down the castle with a pass.• The castle is considered knocked down when a pass knocks it off the cone.• Be sure to alternate the defender.		<ul style="list-style-type: none">• Emphasize coaching points above• Do not let the defender stand on top of the "castle"• Players should pass and move, not stand still.
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6:30-6:40 p.m.

3. 2v1 to Goal	<ul style="list-style-type: none">• Players should be split into three lines: one with defenders that start by the goal and two attacking lines (players should switch lines after each turn)• Attacking players start with the ball.• Attacking players must complete two passes before taking a shot.		<ul style="list-style-type: none">• Emphasize coaching points (above) for proper passing technique.• Make sure attacking players have enough space between them to make a pass.
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6:40-7 p.m.

4. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or play against your "practice partner" team.	<ul style="list-style-type: none">• Reinforce lessons from training during the scrimmage.• Use this time to ask trainers questions about game tactics.
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Players' Homework: **Wall Ball:** Kick a ball against an outside wall or with a friend, sibling or teammate.