

Week 4: Passing & Receiving

October 10, 2011

Cutters Community Soccer U-8 Girls

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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

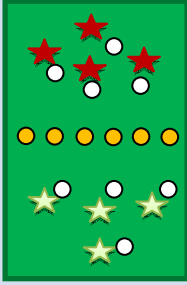
6 - 6:10 p.m.

1. Warm Up	Coach Matt will demonstrate passing skills during the warm-up activity.		Coach Matt will run the warm-up activity with the help of the age group trainers and parent coaches. They will demonstrate the skills for the day and emphasize the coaching points.
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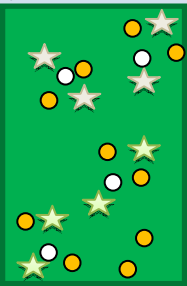
6:15-6:25 p.m.

2. Marbles	<ul style="list-style-type: none">• Players get in groups of two, each player has a ball.• One player passes his ball out in front and partner tries to hit that ball in least amount of passes.• Once accomplished, players switch roles.• Player with least amount of passes gets the point.	Setup: Ask players to stay in your practice area.	<ul style="list-style-type: none">• Work on passing accuracy and technique.• Use coaching points of the day (above).• Make sure players are locking their ankles
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6:25-6:35 p.m.

3. Tidy Up Your Room	<ul style="list-style-type: none">• Divide group into two teams.• Divide field in half with cones.• Use all available soccer balls, each team starts with half of them.• Each team stays in their half ("room") of the field.• Objective is to keep your "room" (half) clean by passing all balls into the other team's room.• Play for 2 minutes. Team with fewest balls in their room wins.	 <p>Orange dots = cones White dots = soccer balls</p>	<ul style="list-style-type: none">• Play will be fast and a little hectic.• Encourage players to keep moving.• Balls should be passed on the ground.• Players should pass with the inside of the foot using proper technique. (No toe balls 😊)• Do not let players get too close to the middle where they would get hit with a ball.
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6:35-6:45 p.m.

4. Passing through Gates	<ul style="list-style-type: none">• Players get in groups of two with one ball.• Players move around the field dribbling and passing.• The objective is one player passes the ball through a gate (goal) to his teammate who receives the ball on other side.• Players cannot pass the ball through the same gate two times in a row.• Teams get a point for each pass through a gate during a round.• Play for two minutes, then repeat.• Ask them to beat their personal record in the next round.	Rearrange the cones into pairs (to form gates/goals scattered around the field).  <p>Orange dots = cones White dots = soccer balls</p>	<ul style="list-style-type: none">• Emphasize passing and receiving techniques.• Encourage players to quickly move to the next set of cones (gates/goals). – "Pass & Move"
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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 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, if needed.
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Players' Homework: **Wall Ball:** Kick a ball against an outside wall or with a friend, sibling or teammate.