

Week 4: Passing

October 10, 2011

Community Soccer U-10 Girls

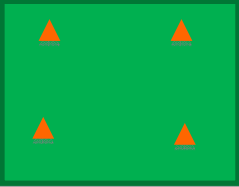
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Coaching Points

- ☛ Lock ankle, toe up (shape of a check-mark)
- ☛ "Plant foot" next to ball, points at target
- ☛ Hit center/middle part of ball

6—6:10 p.m.

1. Warm Up: Knock-In	Coach Ali will have all the players in an area, one-third of the players with a ball at their feet. She will demonstrate the correct passing technique with inside/in-step part of the foot. Then the players with a ball attempt to hit players with a pass (knee or lower) to knock them into game (grab a ball and become tagger).		Progressions: <ul style="list-style-type: none"> ○ 2-3 quick rounds ○ Fake before a pass ○ Corral players into a space
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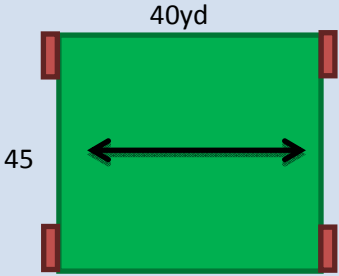
6:15—6:25 p.m.

2. Gates	<ul style="list-style-type: none"> • Have players partner up with one ball. • Create 4 sets of gates (2 yards apart) around the grid. • Pairs pass through gate, then find a new gate to pass through • Teams get 1 point for each gate they pass the ball through • Must go to a new gate each time • Make each round 1 minute • Play multiple rounds 		<ul style="list-style-type: none"> • Encourage players to discuss strategy: <ul style="list-style-type: none"> ○ one partner must hit the pass with pace/accuracy ○ while other must get behind target into space to receive. • Encourage players to coach one another ('not that gate it's too crowded, over here next')
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6:25—6:35 p.m.

3. Bull Dogs	<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. 		Provide positive reinforcement to players on using proper technique: Inside of foot, strike center of ball, foot in the shape of a checkmark
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6:35—6:45 p.m.

4. 4v4 to 2 goals	Create goals using cones (see red boxes in diagram) Split your team into two fair teams (preferably 4 vs. 4, depending on your numbers) Play to two goals at each end.	 <p>40 x 45 yard field, play to 3 goals at each end, play 4v4</p>	<ul style="list-style-type: none"> • Encourage players to pass to teammates into space • Keep your head up, when one goal is blocked you must find a route to other side. • Emphasize having enough spacing between players, so teammate can make a good pass.
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6:45— 7 p.m.

5. 4v4/5v5 Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play again same color team, or switch & play a different color team.	<ul style="list-style-type: none"> • Execute what we did in training during the scrimmage • Ask the trainers questions about game-time tactics.
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Homework: Find a neighbor, friend or family member to practice passing with this week.