

Week TWO Practice- 3rd-5th and 6th-8th Grade



PASSING AND SPACING

Practice NEEDS:

- A full bag of soccer balls
- Cones
- Pinnies
- Pugg Goals if small sided scrimmage

1) Minutes 10-15: SKILL BOX warmup

Set Up: Lay out cones outlining a 15x15yd square for dribbling inside. Every player will need a ball

SKILL BOX

Each player will have a ball and dribble inside the designated area at the same time. The athletes should be told to start with their dominant foot, and not bump into each other. If they/their ball bumps into another, they should stop in place and complete 10 ball touches (foundations, ball taps, scissor step overs, roll-touch, etc) before continuing. During the first round, the kids should simply focus on finding **SPACE** and changing **SPEED** into that space with "**Lace into space**". See ****coaching point** below.

Progressions 1: Switch to the non-dominant foot with each round

Progression 2: When switching back to Right foot have them do "inside, outside" touches, which means they are to touch the ball with tight touches EVERY time their foot hits the ground, first with the inside then with the outside, continuing to alternate.

Progression 3: Add moves with each round, such as: scissors, lunge move, double scissors, step overs, Cruyff, Meradona (spin move), Matthews (big to-little toe), etc, when you say "go"

***Lace into Space** is a phrase that helps kids remember to bend their ankle down (and slightly inward), using their laces to take a larger touch into space rather than using the instep or TOE.

****Coaching Point:** Throughout this drill the coach should be encouraging the athletes to take smaller, closer touches on the ball when in crowded spaces, and to take larger explosive touches into open space.

WATER BREAK

2) Minutes 5-10: PASSING GATES STATIONARY

Set Up: on half of your practice space (1/4 of the whole field) you will spread out cone “gates” like you did last week, but with more distance between them, as this week the players will be passing through them rather than just dribbling, and will need space to be on each side of the gates to pass and receive. You will need to have at least one gate per 2 athletes on your team.

PASSING GATES STATIONARY

Have your team “pair up” in groups of 2. Before beginning passing on the move, have the pairs each find a gate, with one partner on each side of the gate, about 7-10 yds apart, first have the athletes practice TWO TOUCH passing, emphasizing using **proper passing form*** and receiving with the inside of the foot. Although this does not need to be done for long, it is a good time to make sure the kids are learning to complete passes properly in a controlled, stationary manner.

Progression 1: have the pairs race for 1minute to see how many 2-touch passes they can achieve

Progression 2: Move to ONE touch passing, then races again

6th-8th Progression: Have the athletes get more mobile with the drill by having player 1 pass through the gate, player 2 open with his left then passing on the left of the cones, player 1 receiving with his L then playing it back through the gate, once played through player 2 receives the ball opening toward the right and playing it on the R side of cones, and so forth just going around one side, then the middle, then the other side, middle etc.

***Proper passing form** includes using the instep (or inside of the foot), ankle locked UP at a 90 degree angle, with plant foot (opposite from kicking foot) beside the ball facing the target.

2b) GATES ON THE GO

Set Up: Use the same gates and partners/teams from the stationary gates

GATES ON THE GO

Using the same gates and partners as the stationary passing, have the athletes/pairs race at the same time to see how many gates they can PASS through during an allotted time. Once a player passes the ball to his teammate, they must go to another gate and naturally the passer becomes the receiver and vice versa. They continue until you stay stop.

Progression 1: When the player receives the ball have the receiving athlete due a full turn, opening with the inside of their foot "nose over the ball" before he can go to another gate and pass to his teammate

*Progression 2: Have the receiver ***bounce pass** back to his teammate through the gate
- the coach will have to switch the passer half way through*

*Progression 3: Have the athletes complete a ***Give and Go** either through or around the gates.
-The coach will again have to switch the passer half way through*

***Give and Go and Bounce Pass** were described in last weeks practice.

WATER BREAK

3) Minutes 10-15 GATE POSSESSION

Setup: You can already have about four gates set up on the other half of your practice field, and then remove a few of your others from the previous drill so that you have 6-8 gates set up on your practice field (half of a full 7v7 field). Split your team into TWO teams, use Pinnies to differentiate the teams.

GATE POSSESSION

You should start with the ball and play it into one team. The objective of the game is to score more goals than the other team by passing (and successfully receiving) through the gates. Once a goal is scored, the team continues to try and attack a DIFFERENT gate while the other team plays defense trying to steal the ball and then score in as many gates as they possibly can; they may not score by going through the same gate they just went through but may score from any direction. If it goes out of bounds it can either restart from the you (if you have all of the balls near you in a pile) or the kids can pass the ball into their teammates.

This drill should teach your athletes better spacing and switching their point of attack.

WATER BREAK

4) SCRIMMAGE

It is always fun to finish with a scrimmage, so they can apply what they've learned that day in game scenarios. Here are some additional "challenges" for your teams when scrimmaging (application of these are up to you)

- Require a certain number of passes for the team to complete in each possession before they can score
- Require them to "switch the field of play" reaching both wings before they can score
- Make an all time offense for more offensive success and often better possession
- For every pass forward, there must be a square or drop pass or it is a turnover

**If you are scrimmaging on one half of the field, there are PUGG goals available in the shed for smaller sided soccer games!

5) DEVOTIONS- WEEK 2

Finish in Prayer