

Week EIGHT Practice- K4/5 and 1st-2nd



POSSESSION: COMBINATION PASSES (simplified)

Practice NEEDS:

- A full bag of soccer balls
- Pinnies
- Disc Cones
- Noodles and Stakes

1) Minutes 10-15: NOODLE TAG warm-up

Set up: No set up needed if you want to simply use half your field. If you feel you'll need a smaller space, use cones to mark a smaller space.

NOODLE TAG

Play normal tag without a ball first, with one or two kids having a noodle to tag with. If someone gets tagged with the noodle, make them do 10 jumping jacks, happy starts, pushups, whatever you choose, before they can join back in the game. Try to allow each kid to be a tagger at some point. Once the kids seem to have had fun and understand the game, require the taggers AND runners have a ball they are dribbling while playing. The taggers still use the noodles to tag people, and when the kids get tagged, select ball touches for them to complete before joining back in the game.

WATER BREAK

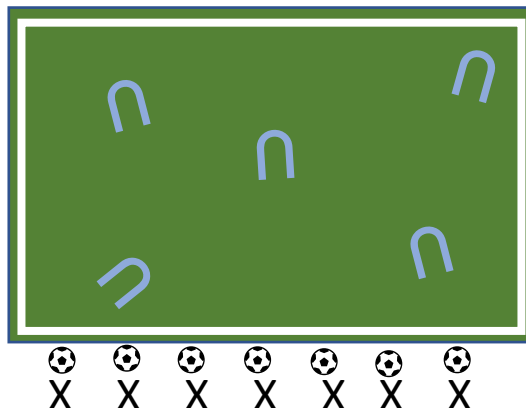
COACH'S CORNER QUICK TIP

Maybe your athletes are just now learning how to complete passes, or maybe you are still hoping as a coach they will one day remember the technique you've taught and the multitude of times you have encouraged them to pass, but not yet seen it come to fruition. Regardless, there is no time like the present to lay down the foundational idea behind combination passes/play. They may not understand it this week, they may not understand it this *season* but today you will teach them what combination play is, and two passes involved in such.

Combination play involves the creation of shapes we have already discussed, like triangles and diamonds, with synchronized movements and positional interchanges in order to attack with greater fluidity and organization. Simply put, it is a more creative soccer. The athletes have already worked on switching the ball, and today they will more specifically work on the "bounce pass" and "give and go" (or "wall pass"), all of which are types of combination passes.

2) Minutes 10-15: Noodle Tunnel Passing

Set Up: We have used this drill before but are now moving onto combination passes in order to advance our previous lesson. Set up 5-8 tunnels in a marked or unmarked area.

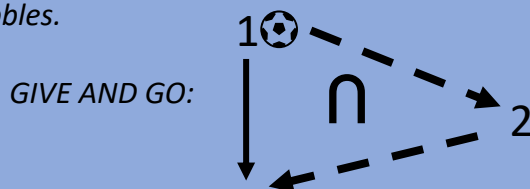


Noodle Tunnel Passing

Of course for fun, you can start by having the kids dribble to and go under the tunnels. As shown, tell them to start on a line with a ball, tell them to dribble and crawl under all 5 tunnels then get back to their original spot as quickly as possible, beating their teammates back. Once that fun is complete, have each kiddo get a partner and complete the same challenge but with 8 passes before they can both return to their line.

Progression 1: Bounce Pass. A bounce pass is simply a pass played directly back to your teammate after they pass to you (Like bouncing a pass straight off a hard surface). Usually the bounce pass is a one-touch, but most players in this age group will not yet have the ability to one-touch, but you can encourage your players to attempt if they are more skilled (even if only some of them are encouraged to do so). Each pair will be encouraged to Bounce pass through a tunnel before moving onto another, attempting to complete 6-8 tunnel bounce passes before going back to their line. As they go, partner 1 will stand on one side of the tunnel, pass to player 2 who will immediately "bounce pass" it back into partner 1 back through the tunnel. Partner 1 will dribble and start with it again, playing it to player 2, player 2 bounce passing back to 1. Once this round is complete, switch which partner starts with the ball so now player 2 will dribble, and player 1 will bounce pass.

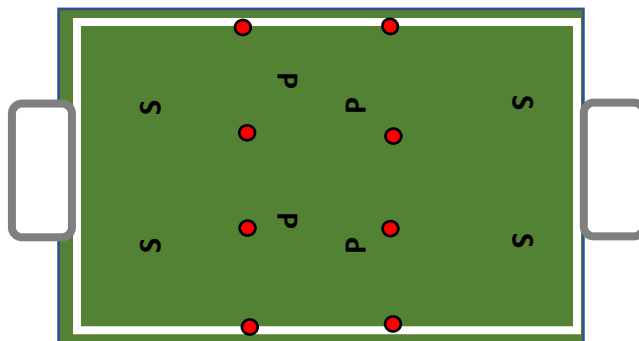
Progression 2: "Give and Go". Continue the same drill except now the kids will not be passing THROUGH the tunnel, rather around it. As player 1 approaches the tunnel on a dribble, he should pass the ball on one side of the tunnel, then receive it on the other. Don't forget to switch the player who dribbles.



WATER BREAK

3) Minutes 10-15: Combination Pass to Shoot

Set up: Put your goals on the sidelines of your field, facing each other. Mark a lane in the middle of the field with cones as shown.



Combination Pass to Shoot

Have the athletes get a partner again. Tell one partner to get a ball while the other should go stand in the lane marked by cones and face their partner (they should not leave this lane while acting as passers). The “shooter” with the ball should start by passing to their partner who should bounce pass the ball back to him. The shooter should turn with the ball and shoot; he can dribble toward the goal first if needed. As soon as he has scored, he should get the ball out of the goal, dribble toward his partner for a pass, receive the bounce pass, open up to score again. The objective is to score as many goals as possible in an allotted amount of time. They HAVE to do a bounce pass before they can score, and will score in the same goal every attempt during this round. After allotted amount of time, switch the passers to shooters and vice versa.

Progression 1: Now the athletes will switch from bounce passes to the wall pass/give and go. So every time a player gets the ball out of the goal, he will find his teammate, pass to his “passer partner”, keep his run through the red lane, then receive the ball back from a give and go, and dribble to the goal to shoot. Again he should attempt to get as many goals as possible; he will be switching goals every attempt during this round. Be sure to switch passers and shooters after allotted time.

Progression 2: Now you and your assistance coach can step in while they are doing the give and go, trying to teach them to pass AROUND you, and where to make the run properly (behind you rather than in front where you can see and more easily defend the run)

Coaching Tip: This is a perfect time to help children understand spacing. First inside the lane; every passer should understand that if they are standing too close to another passer, they leave less room for error and need to “separate” from that player. Secondly, when bouncing the ball into each other, they shouldn’t be too close, allowing in a game one defender to cover both, nor so far away they can’t pass it to each other. Lastly, once those noodles are removed, spacing can be difficult; start helping the kiddos understand how to space properly on the run for the give and go.

WATER BREAK

4) Minutes 10-15 SCRIMMAGE

If your team can understand, especially if you are in the older 1st and 2nd grade group, tell the athletes that not only will goals count, but they will also as a team get a “goal” for successfully completed bounce passes and give and go passes.

5) DEVOTIONS- WEEK 8.

Finish in Prayer