

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



BIG SHAPE, LITTLE SHAPE

Practice NEEDS:

- A full bag of soccer balls
- Pinnies
- Disc cones
- One set of PUGs

1) Minutes 15: Star Drill

*Set Up: Make a large circle (~10-15yd radius) with enough cones for HALF of your team to stand at. Place a cone right in the middle of the circle to which the kids will return after each touch.

Star Drill

Half of your team should be asked to quickly get a ball and find a cone on the outside of the circle. This half should have the ball at their FEET. The other half should stand at the middle cone as the first target players. When the coach says go, the targets should run toward a player on the outside of the drill and CALL FOR THE BALL (“ball!”, “here!”, “yes!”). the outside player should pass the target the ball, target take a control touch then play it right back to the outside player taking a max/min of two touches (prep, pass). Once he has done this, the outside STAYS and waits for another target to call for the ball; the target player goes back to the middle, EXPLODES to another open outside player and calls, takes a touch, then passes back and again resets at the middle each time. Tell them to alternate R and L foot each time; after they have gotten about 5 on each foot, have the outside switch to targets and targets to outside.

Progressions: Progress to one-touch passes, pass-relocate-bounce pass, or outside player tell the target to TURN when they receive the ball then the target turns dribbling the ball then passing to an outside player who does not have the ball.

Progression 2: Have the outside players put the ball in their hands and now have your targets volley the ball with inside foot, volley with laces, , thigh to foot volley, chest to foot volley, and for the OLDER 6th-8th division headers back to the outside player at chest height.

WATER BREAK

COACH'S CORNER QUICK TIP

This practice is all about understanding more about how to be successful with the concept of "Big Shape, Little Shape". Ask your players what this means and ask them questions about shape during offense vs defense. "Big shape, Little shape" is a phrase that refers to:

1) "shape" is about always having a defined shape/formation. This involves discipline and understanding of what position or role is each kid when he or she is in.

2) "Big shape" is when on offense. You try to MAXIMIZE the space on the field by spreading out. This includes both width and depth.

WHY? Because it is harder to defend a bigger shape, and it allows the athlete more time on the ball when he receives it.

3) "Little Shape" is when on defense (which we discussed some of last week). It is about understanding the team as a whole must get a TIGHT, compact shape when they lose the ball,

WHY? Because it allows us to defend the middle of the field without big gaps through which the other team can get into our defensive third. This allows for quick pressure and allows for less chasing

2) Minutes 10-15: Space Wars

Set-up: Create a 15x15yd grid with cones; adjust the grid if needed for the dribbling group to be successful. Divide your team into two teams putting pinnies on each team.

Space Wars

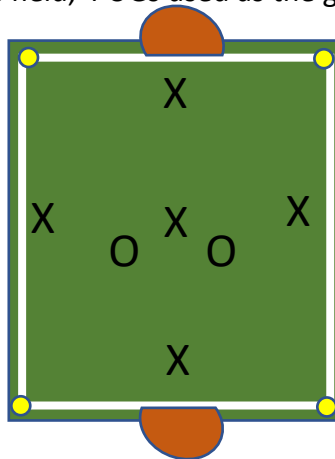
After dividing your team in half and donning pinnies, have ALL the players on one team (dribblers) each get a ball, and the other team (possession team) get only ONE ball for the whole team (not every teammate). Both teams should step into the grid. The goal for the possession team is to get as many passes as possible while keeping it in the grid. Their goal is to SPREAD the field, maximizing SPACE. The objective for the dribblers is to get in their way; they should not only find where the ball is but also try to take off passes while dribbling. The dribblers may NOT leave their ball, kick the possession teams ball, nor kick their own soccer ball to interfere. They can only dribble. As discussed with the players before the drill, the dribblers are acting as defense and want to stay tight, moving as a unit to the SIDE of the ball but not simply in a bunch, taking away passes but attempting not to allow "through balls". After an allotted amount of time have the dribblers become the possessors and vice versa, switching the teams' roles.

Progression: Make it FUN and more competitive by selecting a time (1.0-1.5 mins) during which each team tries to get more passes than the other team while the opposing dribbles inside the square trying to prevent them from getting passes.

WATER BREAK

3) Minutes 10-15: 5v2 with Transition

Set up: Set up a 20(L) x15 (W)yds field, PUGs used as the goals.



5v2 with transition

Five athletes will start as offense while two are selected as defenders and can wear or hold pinnies. Place the offensive players in a diamond with a “center mid” in the middle. The offensive players are attempting to possess the ball scoring a point every time they tie together five passes (they are not scoring on the goals). If they get five passes, they continue to pass, scoring each five passes. The two defenders are trying to prevent them from getting five passes as well as attempting to steal the ball and then score on EITHER goal (not one direction). The teams should understand again to SPACE OUT on offense and if the offense loses the ball they must IMMEDIATELY get more compact, smothering the ball, and attempt to win the ball back. As soon as it is won by the offensive team they should instantly spread out again and begin to attempt to get 5 passes. After an allotted amount of time, switch the offensive players and defense.

**If you have extra players during this drill, have them work on passing or play possession 3v1 until their turn in the drill.

WATER BREAK

4) Minutes 10-15 SCRIMMAGE

This is a great week to require the kids to make a minimum # of passes before they can score in order to encourage possession and spacing. Encourage the athletes to transition quickly to a small shape when they lose the ball, large shape when they regain possession.

5) DEVOTIONS- WEEK 5.

Finish in Prayer