




# Eagan Rec. Soccer

<b>Age Group</b>	<b>5<sup>th</sup> – 8<sup>th</sup> Grade</b>
<b>Theme</b>	<b>Passing and Receiving</b>
<b>Time</b>	<b>40 minutes of training / 20 minute scrimmage</b>

<b>Activity/Drill</b>	<b>Notes and Coaching Points</b>
	<p><b>Triangle Passing and Monkey in the Middle</b></p> <ol style="list-style-type: none"> <li>1. All players begin with a soccer ball dribbling in the space - touching the ball every step. Review touches and juggling from the week before. (3-5 minutes)</li> <li>2. Assign players to a triangle with 1 soccer ball.</li> <li>3. Players begin passing the ball to the right playing only with their right foot – try to control and pass in two touches – all inside of the foot passes. Continue the passing sequence to the left.</li> <li>4. Have the groups compete to 5 times around the triangle.</li> <li>5. Phase 2 Progression: Break up one triangle and have the players stand in the center of another triangle. The activity continues with Monkey in the Middle. The player in the middle is trying to win the ball and/or get a touch. If the players gets a touch on the ball the player who turned it over becomes the Monkey in the middle.</li> <li>6. The goal is not to end up in the middle after 3 minutes.</li> </ol> <p><b>Question for the team:</b> What is important about your first touch?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Control the ball on your first touch with inside of the foot</li> <li>• Inside of the foot passes on the ground</li> <li>• Plant foot towards your teammate</li> </ul>
	<p><b>1 vs 1 off a Pass</b></p> <ol style="list-style-type: none"> <li>1. Introducing the short-short-long passing sequence</li> <li>2. Defender begins with the ball. The player passes into the coaches feet, the coach plays the ball back to the player, the player receives and plays a long pass to the attacking player across from them. The game continues 1 vs 1 until a goal is scored or the ball goes out of bounds.</li> <li>3. Control the passes with 2 touches with inside of the foot.</li> <li>4. Players switch lines after each repetition to play both offense and defense.</li> <li>5. Play game for 10-12 minutes</li> </ol> <p><b>Question for the team:</b> What do you have to change about your pass if you are passing short vs long?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Players should change the pace of the pass depending on the distance</li> <li>• All passes with inside of the foot</li> <li>• Work hard to score a goal – accurate pass</li> </ul>
	<p><b>3 vs 3 to Goal</b></p> <ol style="list-style-type: none"> <li>1. Two teams of 6-8 players. 3 lines for each team with two players behind each cone.</li> <li>2. Two lines at the bottom of the goal and one in the middle.</li> <li>3. Coach has all of the soccer balls in the middle of the field and chooses which team to pass the ball into. You can pass into any player and the game continues 3 vs 3.</li> <li>4. Keep the game competitive by changing who you pass the initial pass into.</li> <li>5. Encourage your players to pass the ball and try to get it again.</li> <li>6. Find open space and go to goal.</li> </ol> <p><b>Question for the team:</b> When is a good time to look to pass? When is a good time to dribble?</p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Encourage players to dribble if they have space and pass around a defender if they have pressure</li> <li>• Transition from offense to defense quickly.</li> <li>• Encourage players to pass and connect with their teammates to lose the defender on the field.</li> </ul>



### **Scrimmage / Game Play**

- 5 vs 5 or 7 vs 7 – One team in pinnies
- Mix teams to keep the game competitive.
- Play to goals.
- Focus on theme – ball control and passing

### **Coaching Points**

- Have fun.
- Encourage players to dribble when they have space.
- Pick their head up on the dribble.