

## CUTTERS COMMUNITY SOCCER

### Practice Plan 2: Passing

#### Coaching Points – Passing

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

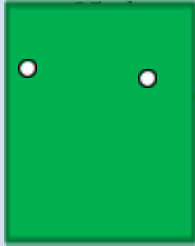
#### Coaching Points – Receiving

- Cushion the ball
- Prepare the ball for the next pass
- Keep your head up to look for open player

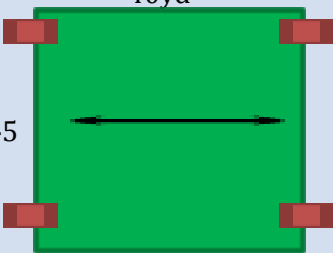
6—6:10 p.m. **OR** 7:15 - 7:25

<p>1. Warm Up:</p> <p><b>Skills practice</b></p>	<p>Trainers will demonstrate different passing and receiving skills.</p> <p>Review the moves from the first two weeks.</p> <p><b>(Longer part of session today.)</b>  <b>For U-10s, focus on passing and receiving skills more than volleys and control with other parts of the body.)</b></p>	<p>Players should get in pairs with one ball.</p> <p>Players will move across the width of the field (one running forward, one back pedaling) to practice different skills.</p>	<p><b>Progressions:</b></p> <ul style="list-style-type: none"> <li>○ Passing and receiving (ball on the ground) with right or left foot</li> <li>○ Volleys (1 player tosses, the other volleys the ball back to partner’s hands). Start stationary then try moving (u-12 only))</li> <li>○ Control with thigh then volley back</li> </ul>
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6:10—6:25 p.m. **OR** 7:25 - 7:40 p.m.

<p>2. Gates</p> <p>Passing</p>	<ul style="list-style-type: none"> <li>● Have players partner up with one ball.</li> <li>● Create 4 sets of gates (2 yards apart) around the grid.</li> <li>● Pairs pass through gate, then find a new gate to pass through</li> <li>● Make each round 1 minute</li> <li>● Add defenders to block gates</li> </ul>	<p>35</p> 	<ul style="list-style-type: none"> <li>● Encourage players to discuss strategy: <ul style="list-style-type: none"> <li>○ one partner must hit the pass with pace/accuracy</li> <li>○ while other must get behind target into space to receive.</li> </ul> </li> <li>● Encourage players to coach one another (‘not that gate it’s too crowded, over here next’)</li> </ul>
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6:25—6:40 p.m. **OR** 7:40 to 7:55 p.m.

<p>3. Game to two goals</p> <p>Play against your own team.</p>	<p>Create goals using cones (see red boxes in diagram)</p> <p>Split your team into two even teams.</p> <p>Setup field across the width of your practice field with two goals at each end.</p> <p>Teams try to score on either of the two goals. Emphasize passing.</p>	<p>40yd</p> <p>45</p>  <p>40 x 45 yard field, play to 2 goals at each end, play 4v4</p>	<ul style="list-style-type: none"> <li>● Encourage players to pass to teammates into space</li> <li>● Keep your head up, when one goal is blocked you must find a route to other side.</li> <li>● After pass, move to a new space to get the next pass. Do not stand still to watch your pass.</li> </ul>
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6:40— 7 p.m. **OR** 7:55 to 8:15 p.m.

<p>4. Scrimmage</p>			<ul style="list-style-type: none"> <li>● Execute what we did in training during the scrimmage</li> <li>● Ask the players questions about game-time tactics.</li> </ul>
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**Homework:** Who can keep the ball in the air longest using only their feet? We want to improve each week.