

**CUTTERS COMMUNITY SOCCER**  
**Practice Plan 2a: Passing Reinforced**

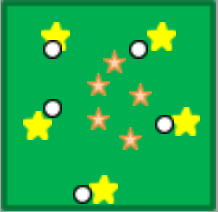
**Coaching Points – Passing**

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


**Coaching Points – Receiving**

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

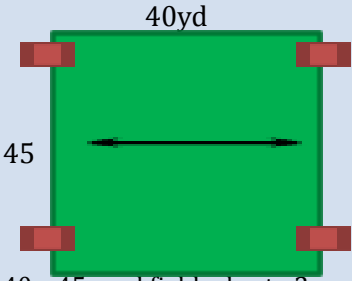
6—6:10 p.m. **OR** 7:15 to 7:25 p.m.

<p>1. Warm Up:</p> <p><b>Windows</b>          Group 1=yellow          Group 2= orange</p> 	<p>Split your team in half (group 1 &amp; 2)  <b>Group 1:</b> each person has a ball and these players make a circle around the other players (about 15 yards in diameter).  <b>Group 2:</b> inside the circle without a ball. Group 2 players will run toward a Group 1 player (who has a ball) and call for (request) the ball. The outside player passes or tosses the ball (depending on the progressions in the next column).           After group 2 passes for a minute (moving the entire time), they switch with group 1 on the outside. Then group 1 goes for a minute in the same activity.</p>	<p><b>Do a couple of rounds for each of the following progressions:</b></p> <ol style="list-style-type: none"> <li>1. Passing and receiving (ball on the ground) with right or left foot back to the person who passed it.</li> <li>2. Passing and receiving (ball on the ground) with right or left foot. Take a couple dribbling touches then pass to someone else on the outside. (work on vision, finding the open player)</li> <li>3. Volleys (player on outside tosses, the other volleys the ball back to partner’s hands). – emphasize control and accuracy, not power.</li> <li>4. U-12 &amp; U-14: Control with thigh then volley back</li> </ol>
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6:10—6:25 p.m. **OR** 7:25-7:40 p.m. Split into two groups. Cycle through half way through

<p>2. Sequence Passing</p>	<ul style="list-style-type: none"> <li>• Number the players 1 to the number of players. If you have 10 or more players, split the team into two groups.</li> <li>• Player 1 starts with the ball.</li> <li>• All players run around in the space for the entire activity.</li> <li>• Player 1 passes the ball to player 2, who receives the ball and looks to pass to player 3.</li> <li>• At the same time, player 3 should be getting in a position to get the pass from player 2.</li> <li>• The sequence continues with the last person passing to player 1.</li> </ul>	 <p>Ask the players to complete the sequence at least twice per round.          Play multiple rounds.</p>	<p>In between rounds:</p> <ul style="list-style-type: none"> <li>• Ask players how they can complete the task at hand faster.</li> <li>• Encourage players to discuss strategy:             <ul style="list-style-type: none"> <li>o one partner must hit the pass with pace/accuracy</li> <li>o while other must get into the best space to receive the ball.</li> </ul> </li> <li>• Communication is helpful as well</li> </ul> <p><b>Variation:</b> Once players get into a passing rhythm, add a second ball. Challenge them not to have both balls at once. Encourages speed of play, accuracy &amp; prep touch for the next pass.</p>
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6:25-6:40pm **OR** 7:40-7:55pm

<p>3. Game to two goals (same as Monday)</p> <p>** Can play against your practice partner’s team here, just like in the scrimmage. **</p>	<p>Create goals using cones (see red boxes in diagram)</p> <p><b>Split your team into two even teams.</b>          (If you are playing against your practice partner team, please split the teams so everyone can play, yet you do not have more players on the field than a regular game. We want everyone to get a lot of touches on the ball.)</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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6:45— 7 p.m. **OR** 8:15 to 8:30 p.m.

4. 4v4/5v5 Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play again same color team, or switch & play a different color team.		<ul style="list-style-type: none"><li>• Execute what we did in training during the scrimmage</li><li>• Ask the trainers questions about game-time tactics.</li></ul>
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