

CUTTERS COMMUNITY SOCCER

Practice Plan 4: Team Passing and Moving

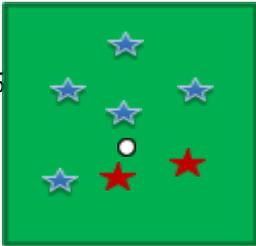
Coaching Points:

- ☑ when passing, keep your head up to look for the open player and open spaces (areas without defenders)
- ☑ long passes: drive ball by striking through the center with laces ☑ short passes: use the inside of the foot to connect with the center of the ball

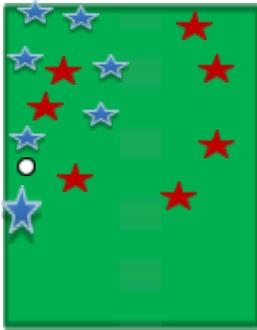
Warm-up

1. Warm Up: Working together	<p>When players arrive, begin working on the moves of Cutters. See how the players have progressed over the last few weeks.</p> <p>Skill of the Day: Passing and moving</p> <p>The trainers will show proper positioning to get open for a pass.</p> <ol style="list-style-type: none"> 1. Explain “getting open” 2. Understand space 3. Discuss seeing the whole field 		<ul style="list-style-type: none"> • Players working together should communicate
2. Skills practice	<p>The trainers will demonstrate appropriate technique for passing balls at a distance.</p> <p>Explain the various ways to pass long. How to get “lift” on the ball</p>	The trainers will run the warm-up activity with the help of the volunteer coaches	<p>They will emphasize the coaching points for short and long passes. Better to hit the ball too hard than too soft.</p>

Activity 1

3. Team Possession (5 v 2 or 7 v 3) – Bulldogs	<ul style="list-style-type: none"> • Divide players into two teams: <ul style="list-style-type: none"> o Defending team (bulldogs) has fewer players o Ex: play 7 vs. 3 or 5 vs. 2, depending on your numbers. • Offensive team tries to connect a total of 5 passes. (Once 5 passes are achieved, challenge them with a higher number, like 10) • Switch bulldogs (defenders) each round. 	<p>35yd</p> 	<p>Provide positive reinforcement to players on using proper technique: Inside of foot, strike center of ball, foot in the shape of a checkmark for short passes.</p> <p>This week, emphasize positioning and getting open for a pass. Offensive players should not “hide” behind a defender.</p>
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Activity 2

4.	<ul style="list-style-type: none"> • Each pass = 1 point. • Object: each team will try to connect 11 passes (cumulatively) to earn 11 points • How: one team (blue in diagram) starts with the ball. The defending team (red) will send 3 players into the offensive team’s half to try to steal the ball. Offensive team counts their number of successful passes. • If the defenders (red) win the ball, they pass it to their teammates on the other side of the field and run over to that side to help them complete passes. Red should count their successful passes. Blue sends 3 players to try to win the ball from red. 	<p>Play on half of the field, divided in half.</p> 	<p>Play multiple rounds to eleven points.</p> <p>Coaching points:</p> <ul style="list-style-type: none"> • Players without the ball should move to open spaces to receive a pass. • Player receiving the ball should have an idea where to pass next. • Keep head up to look for an open pass. <p>Notes: If the defenders have trouble winning the ball, make the field smaller.</p>
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Scrimmage

5. Scrimmage	<p>Divide group into even teams (no subs) and play on the width of each field. Play against your “practice partner’s” team.</p>	<p>Please do not play a full field scrimmage with more players than a normal game.</p> <p>The players will not get to touch the ball enough to improve their skills.</p>	<ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage:
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possession, good passes, looking for open player, getting open.

Homework: **Wall Ball:** Kick a ball against an outside wall or with a friend, sibling or teammate. Try longer passes using your laces.