CUTTERS COMMUNITY SOCCER
Week 4a: Team Passing & 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
- have plant foot pointed toward your target   to get open for a pass, don't hide behind the defender!

Warm up

1. Warm Up: Dynamic Passing	- Split your team into two lines (facing each other) about 10 yards apart. - First player in line A should pass to first player in line B. Then line A player (the passer) sprints to the end of line B. - Next the line B player passes to the player currently at the front of line A . Again, the passer sprints to the end of the opposite line. - If a ball is played wide or short of the receiving player, the entire receiving line must make the adjustment (i.e. everyone moves).	 If this seems too easy or once they get the hang of it, time them to see how long it takes for everyone to make two passes. Then challenge them to beat that time the next round.	- In the beginning, the players can take up to three touches to receive the ball and make a pass. - Encourage older players to try to take one touch to receive the ball and then pass. - If they get really good, encourage players to try to make one-touch passes. - Encourage players to sprint after making the pass. (Pass & Move ☺)
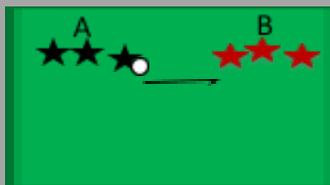
Activity 1

| 2. Many Goals	- Divide players into two teams - Use cones to randomly set up three or four goals (3 yards wide) in half of the field - The team with the ball tries to score by passing the ball through a goal to a teammate. - A goal counts only if the scoring team keeps possession. - Both teams play to the same goals. - If the defending team wins the ball, they can immediately try to score on a goal by passing to a teammate.	35yd 35	Play to 5 points or a time limit. If the score is close, keep the same teams and play another round. Otherwise, switch teams to make them more even for the next round. 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. This week, emphasize positioning and getting open for a pass. Offensive players should not "hide" behind a defender.

Activity 2

3. Team Knockout	- One team starts inside the field (blue stars), the other scattered around the outside of the field (red stars). - Players on the blue stars team each have a ball. (red stars do not have a ball) - On the coach's signal, the red star team runs onto the field and tries to kick away as many balls as possible. - The blue stars try to maintain possession of the soccer balls. At first they are working individually by dribbling, but as balls get kicked away, they work together by passing to play keep away from the other team. - Encourage the offensive team members to move to a place to get a pass and to communicate with their teammates.	Play on half of the large field, divi After each team has been on offense one time, consider timing the second round. Start the clock when you give the signal to the defenders. Keep timing as long as at least one ball is in play.	**Coaching points:** - 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. **Notes:** If the defenders have trouble winning the ball, make the field smaller.
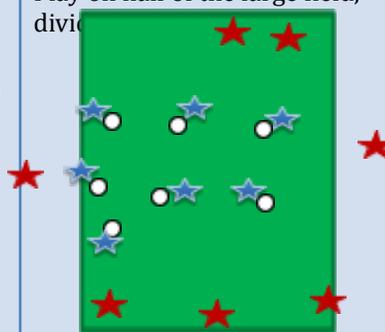
	● Objective is to see how long the offensive team can keep at least one ball in play.		
Scrimmage			
4. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play against your "practice partner's" team.	**Please do not play a full field scrimmage with more players than a normal game.** The players will not get to touch the ball enough to improve their skills.	● Reinforce lessons from training during the scrimmage: 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 passing with different parts of your foot.			