

CUTTERS COMMUNITY SOCCER

Practice Plan 5: Passing to Space

Coaching Points

- keep head up when passing/looking for an open player
- the importance of finding open space
- move after your pass
- sprint to the open space
- communication with teammates

6:00 – 6:10 p.m./7:30 - 7:40 p.m.

1. Warm Up:

The trainers will demonstrate appropriate technique for finding space. Have 2-3 players work together. Demonstrate passing the ball to space. Players will practice these skills while moving in pairs.

Players will use the entire field. Make sure players have their heads up and are receiving the ball in the open space.

The trainers will demonstrate the skills for the day and emphasize the coaching points.

The following two activities split into two groups 6:15-6:40 p.m/7:45-8:10 p.m

2. Passing to Goal

- Players get in pairs with 1 ball at midfield.
- Number each pair.
- To begin all teams dribble and pass around at midfield. Then coach calls one of the numbered pairs.
- They pass with each other toward the goal and take a shot.
- When first pair is halfway to goal, call another number to attack
- When ball goes out of bounds or a goal is scored, players switch who's the shooter & go back to midfield.



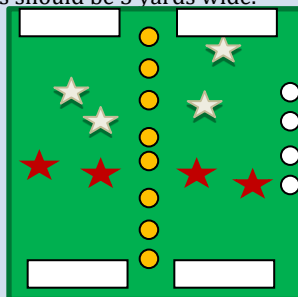
- Players work together, passing to get a shot on goal.
- Accurate passes are important.
- Passes should not be too hard or too soft... make it easy for teammate to take a shot.

If players want a challenge, place a few cones on the field they must pass around before taking a shot.

3. Lane Passing and Scoring

- Create 30 by 20 field with a line of cones down the middle. Make four goals with cones (similar to the four goal game).
- Divide into two teams. Place half of each team on each side of the cones (lanes).
- Line up all soccer balls on one side.
- Players work as a team, but cannot cross the middle line of cones.
- Players on both sides of the cones should position themselves to get open for a pass.
- **Once ball is out of play or when a team scores, coaches should immediately throw/kick the next ball into the field. Play until all balls are played. Once all balls are played, gather balls and play again.**

Create goals/midline with pairs of cones. Gates should be 5 yards wide.



- Players should work together with their teammate in their lane. They should also recognize teammates in the other lane and pass to the other side.
- Use the proper speed and weight of a pass – not too hard, not too soft.
- Try to pass quickly and accurately.
- Progression: Remove center line. Remind players to stay in their lanes and to continue spreading out.

6:45p.m. – 7:00p.m./8:15-8:130p.m.

4. Scrimmage

Divide group into even teams (no subs) and play on the width of each field.

- Reinforce lessons from training during the scrimmage.
- Use this time to ask trainers questions about game tactics, if needed.

Homework: Wall Ball: Kick a ball against an outside wall or with a friend, sibling or teammate.