

# CUTTERS COMMUNITY SOCCER

## Practice Plan 5a: Team Passing and moving

### Coaching Points:

- have fun with these games that get players thinking about going to goal
- if you don't have enough players, partner with another team
- they also emphasize playing in small spaces
- we will work on shooting technique at our next Monday practice

6—6:15 p.m. **OR** 7:15 to 7:30 p.m.

<b>1. Warm Up: Attack the Crabs</b>	<ul style="list-style-type: none"> <li>Split your team into two groups (A &amp; B)</li> <li>Members of Team B (crabs) will be sitting down, randomly spaced inside the 18-yard box (penalty box), but not inside the 6-yard box (spot where goal kicks are taken).</li> <li>Team A players each have a ball and start at the 18-yard line.</li> <li>On coach's signal, team A players attempt to dribble through the maze of crab players.</li> <li>Once a team A player gets through the maze and enters the 6-yard box, he/she shoots at the goal. The player should immediately retrieve the ball and start over at the top of the box.</li> <li>Team B players (crabs) are permitted to move, but must remain in the crab position. They attempt to kick/poke away team A's balls.</li> <li>If a ball is kicked away, the team A player must start over at the top of the box.</li> <li>Play 1-minute rounds, keeping track of how many goals are scored.</li> </ul>	<ul style="list-style-type: none"> <li>Players should keep their head up, look for open spaces and dribble around the crabs</li> <li>Have fun!</li> </ul>
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6:15—6:30 p.m. **OR** 7:30 to 7:45 p.m.

<b>2. Gladiator Ball</b>	<ul style="list-style-type: none"> <li>Create 20x30 yard play area outside of the penalty box. Mark goals using cones.</li> <li>Divide players into two teams, no goal keepers. Everyone has a ball.</li> <li>On coach's signal, players try to score as many goals as they can in one minute.</li> <li>Once a ball goes in the goal or out-of-bounds, it cannot be put back into play.</li> <li>A player who loses a ball may receive a pass from a teammate or try to take the ball away from the other team.</li> <li>After one minute, count the number of goals scored and then play another round.</li> </ul>	<p>20 yd</p> <p>30</p>	<p>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.</p> <p>You may emphasize positioning and getting open for a pass. Offensive players should not "hide" behind a defender.</p>
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6:30—7 p.m. **OR** 7:45 to 8:15 p.m. – Combine with the other team on your field

<b>3. All up and All Back Scrimmage</b>	<p>To mix things up, consider combining with your practice partner's team and then create two evenly matched teams.</p> <p>Or, switch with a team from another field, so you play someone (somewhat) new.</p> <p>Emphasis on moving together – we all attack and we all defend!</p>	<p><b>To get your team to move together, impose the condition that a goal only counts if all players from the attacking team are in that half of the field.</b></p> <p>If a defender is on the opposite side of the field when the attacking team scores (using condition above), the goal is worth two points.</p>	<ul style="list-style-type: none"> <li>Focus on movement during the scrimmage.</li> <li>Everyone should stay engaged in the game.</li> </ul>
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**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.