

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.

1. Warm Up: Attack the Crabs

- Split your team into two groups (A & B)
- 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).
- Team A players each have a ball and start at the 18-yard line.
- On coach's signal, team A players attempt to dribble through the maze of crab players.
- 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.
- 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.
- If a ball is kicked away, the team A player must start over at the top of the box.
- Play 1-minute rounds, keeping track of how many goals are scored.

- Players should keep their head up, look for open spaces and dribble around the crabs
- Have fun!



6:15—6:30 p.m. OR 7:30 to 7:45 p.m.

2. Gladiator Ball

- Create 20x30 yard play area outside of the penalty box. Mark goals using cones.
- Divide players into two teams, no goal keepers. Everyone has a ball.
- On coach's signal, players try to score as many goals as they can in one minute.
- Once a ball goes in the goal or out-of-bounds, it cannot be put back into play.
- A player who loses a ball may receive a pass from a teammate or try to take the ball away from the other team.
- After one minute, count the number of goals scored and then play another round.



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.

You may emphasize positioning and getting open for a pass. Offensive players should not "hide" behind a defender.

6:30—7 p.m. OR 7:45 to 8:15 p.m. – Combine with the other team on your field

3. All up and All Back Scrimmage

To mix things up, consider combining with your practice partner's team and then create two evenly matched teams.

Or, switch with a team from another field, so you play someone (somewhat) new.

Emphasis on moving together – we all attack and we all defend!

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.

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.

- Focus on movement during the scrimmage.
- Everyone should stay engaged in the game.

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.