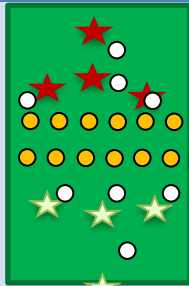
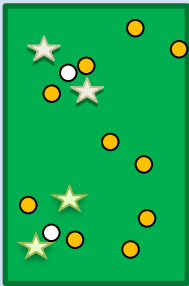


Week 4: Passing and Receiving the Ball			Cutters Community Soccer
Coaching Points: proper technique: foot like a checkmark soft receiving touch prepare the ball for the next pass			
6 - 6:10 p.m.			
1. Warm Up: Soccer Ball Tag	<ul style="list-style-type: none">Each player has a ball.The trainers and coaches are the targets and will move around the whole field.Players use proper passing technique while trying to hit the targets with the ball (below the knee).Encourage players to go to a different target each try.You may enjoy doing this activity with the other team on your field.	<p>Part 1- open at first. Then challenge the players to try the following in different rounds: use the foot they have not been using, use only the inside of the foot, outside of the foot, etc.</p> <p>Part 2- Trainers should demonstrate proper technique to receive the ball.</p>	
6:15-6:25 p.m. – You can play this game with the other team on your field, if you like.			
2. Tidy Up Your Room	<ul style="list-style-type: none">Divide group into two teams. (or play against the team on your field)Create a neutral zone in the middle where only adults can go to retrieve balls (enhances safety).Use all available soccer balls, each team starts with half of them.Each team stays in their half (“room”) of the field.Objective is to keep your "room" (half) clean by passing all balls into the other team’s room.Play for 2 minutes. Team with fewest balls in their room wins.	 <p>Orange dots = cones White dots = soccer balls</p>	<ul style="list-style-type: none">Play will be fast and a little hectic.Encourage players to keep moving.Balls should be passed on the ground.Players should pass with the inside of the foot using proper technique. (No toe balls ☺)Emphasize the neutral zone: Do not let players get too close to the middle where they would get hit with a ball.The team with fewer points gets to do something silly before the next round. Ideas: 5 jumping jacks, 5 “I’m a star” jumps or other choice.
6:25-6:40 p.m. (for activities 3 & 4, transition to #4 when the activity 3 seems too easy)			
3. Gate Passing	<p>Players are in pairs with one ball.</p> <p>Players must pass a ball through the gate to his/her partner in order to score a point.</p> <p>Coach:</p> <ul style="list-style-type: none">Have players keep count of how many points they scored in 1 to 2 minutes.Players must move to a new gate to score another point.Emphasize moving your body behind the ball and the gate to receive it. Emphasize using your receiving touch to move towards another gate.	<p>Arrange the cones into pairs (to form gates/goals scattered around the field).</p>  <p>Orange dots = cones White dots = soccer balls</p>	<p>Progression:</p> <ul style="list-style-type: none">Ask players to score on each of the gates in a single round.Players may only use “weaker” foot for passes.Two teams can't pass through the same gate at one time.
4. Gate Passing with Bandits	<ul style="list-style-type: none">Same as above, but this time the coaches/trainers are bandits.The bandits are passive defenders. (They do not try to steal the ball; they step into a gate to block it.)If a bandit is blocking a gate, the passing team must find a new gate.Give them 1-2 minutes and have them keep count of how many gates they pass through.Encourage them to try to beat the highest score in each round.	Same as above activity.	<p>Coaching Points:</p> <ul style="list-style-type: none">Emphasize keeping eyes up to see where bandits are.Emphasize looking up before receiving a pass to see where open gates are and then receiving the pass towards that direction.
6:40-7 p.m.			
5. Scrimmage	Divide group into even teams (no subs) and play on the width of each field against your practice partner team. You may also use the “extra” fields for a larger scrimmage.		<ul style="list-style-type: none">Reinforce lessons from training during the scrimmage.Talk a little more about passing this week.
Homework:		Ask players to practice passing at home with a friend, a neighbor, sibling or another family member.	