

Week 5: Cooperating // Possession

Cutters Community Soccer

Coaching Points

For passers:

- Pass with inside the foot; keep head up
- Keep ankle locked and toe up (like a check mark)
- Plant (non-kicking) foot should be pointed at the person who will receive the ball.

For receivers:

- Receive ball like you would receive an egg.
- Move to a place where your teammate can easily pass the ball
- Keep space between you and your teammate (don't make a crowd around the ball)

6-6:10 p.m.

1. Warm Up: Demo of 3 v 1 (small group keep away)

- Bring both teams on your field together to show the players how to play 3 v 1 (three attacking players and one defender)
- Passing: emphasis on proper technique (see above)
- Receiving: emphasis on communication and moving to a place where your teammates can see you (don't "hide" behind the defender).

6:15-6:30 p.m.

2. 3 v 1 with variations (pick the variations that you like, you do not have to do them all)

- Four players in a 10 yard x 10 yard grid. Three are on offense with one ball.
- The three players try to keep the ball away (*maintain possession*) from the defender.
- Talk to the offensive players about movement. Don't hide behind the defender, but don't get too close to your teammate with the ball either.
- The person who has the ball should always have two passing options (see diagram, this person is at the right-angle of a triangle)
- Focus on possession.
- Look for the open pass/player.
- Think of a rotation for the defender that works the best, suggestions:
 - o Switch after one or two minutes
 - o Switch after the defender wins the ball three times



Progression:

1. **Possession:** Play possession for a few minutes to make sure the players understand the basic coaching points. "Freeze" the game to make the points. If they understand how this works, you can try #2 and #3 below.
2. **Pass to target:** On signal, find a way to pass to the coach/trainer (blue star in diagram). Try, "Pass to the coach, 5-4-3-2-1..." This gives the players a chance to go toward a specific target after possessing.
3. **Going to goal:** on coach's signal, the offensive team should try to get a shot on goal. If they take too long, countdown from five.

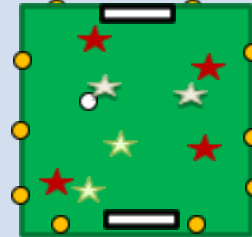
6:30-6:40 p.m.

4. Beehive Breakup

Split players into two teams.

Play a regular game with the following condition:
Immediately after each pass, the passing player must run and touch a cone (nearest or farthest, you decide) before receiving another pass or defending.

Arrange the cones evenly around the outside border of the field.



Orange dots = cones
White rectangles = goals

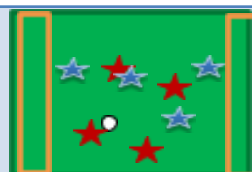
Coaching Points:

- Emphasize movement
 - Not bunching together
 - After touching a cone, get back into a position to receive the next pass
- Emphasize communication among teammates

6:40-6:50 p.m.

3. End Zones

- Divide players into two even teams.
- Players score by passing to a teammate in the end zone.
- Play across the width of the field on your half.



Provide positive reinforcement to players on using proper technique:
Inside of foot, strike center of ball, foot in the shape of a checkmark

This week, emphasize positioning and getting open for a pass. Offensive players should not "hide" behind a defender.

6:50-7 p.m.

Scrimmage	Divide group into even teams (no subs) and play on the width of each field OR play against your “practice partner” team.	<ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage. • Focus on spacing and moving to a place where your teammate can pass you the ball.
Homework: Who can keep the ball in the air longest using only their feet? Work on your juggling.		