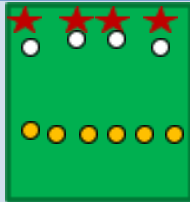
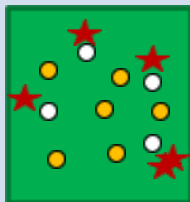
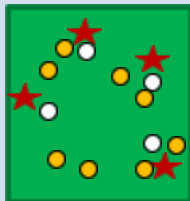


Week 3: Passing Technique		Cutters Community Soccer U-6	
Coaching Points			
Pass with inside of the foot		Keep ankle locked and toe up (like a check mark)	Hit the center of the ball
11:00 - 11:10 a.m. – Please help players find their teams and start participating as soon as they arrive at the fields.			
Warm Up: Coordination	Ball taps, pendulums, rolling the ball with the sole of the foot, ball stretching, other Cutters Fast Footwork moves	The trainers will run the initial practice activities by combining the teams on several fields.	
11:10-11:20 a.m.			
Activity 1: Edge of the World	<ul style="list-style-type: none">• Players stand on a side line; each player has a ball.• Players try to pass their ball to the line of cones.• Players run after their own balls and control them before they “fall off the edge of the world” (before the ball goes past the cones)• Challenge players to get their balls as close to the line as they can without going past the cones.	 <p>Orange dots = cones White dots = soccer balls</p>	<ul style="list-style-type: none">• Players practice passing technique. (see coaching points above)• Keep head up – don’t run into other players ☺
11:20 – 11:30 a.m.			
Activity 2A: Knock em’ Over	<ul style="list-style-type: none">• Cones are scattered around the field.• Players dribble around the field.• When coach gives a signal, the players try to pass their balls into (knock over) as many cones as possible.• Coaches can reset some cones to keep the activity going. (But eventually, let all cones fall – to prepare for Activity 2B.)• If a cone is knocked over, the next player can hit it again while it is down or move on to another cone.	 <p>Orange dots = cones White dots = soccer balls</p>	<ul style="list-style-type: none">• Players practice dribbling and passing.• Keep head up – don’t run into other players ☺• Players practice passing technique. (see coaching points above)
Activity 2B: Pick em’ Up	<ul style="list-style-type: none">• After all cones are knocked down from the previous activity, start Pick em’ Up.• Players dribble in the same area• Challenge players to move with speed, maintaining balance while setting the cones in an upright position. Everyone must have their ball while picking up cones!• When all cones are reset, play round two of Activity 2A: Knock em’ Over.	(Same diagram as above activity.)	<ul style="list-style-type: none">• Players practice dribbling with speed and coordination.• Keep head up – don’t run into other players ☺
Activity 2C: Mix it Up ☺	<ul style="list-style-type: none">• Combining Activity 2A and 2B• Designate half of the teams (by their team color – example red, green and blue) as the teams who will knock down cones.• Designate the other half (example: yellow, white and teal) as the teams who will pick up cones.• Everyone must have their ball within reach (but not in their hands!)• After a few minutes, switch roles.	(Same diagram as above activity.)	<ul style="list-style-type: none">• Following directions• Keep head up – look for the type of cone you need based on your role (to knock down or pick up)• Keep your ball close while dribbling
11:30 – 11:40 a.m.			
Activity 3: Gates	<ul style="list-style-type: none">• Pairs of cones, 3 yards apart, are randomly placed around the field (like goals or “gates”)• Players dribble their balls around the field pass the ball through the goal/gate then retrieve the ball on the other side.• Players try to score as many goals on different gates in one minute.		<ul style="list-style-type: none">• Players practice dribbling and passing.• Keep head up – don’t run into other players ☺• Players practice passing technique. (see coaching points above)

	Repeat, trying to beat personal best.		
11:40 -12:00 p.m.			
Game	Play your scheduled game in four 8-minute quarters. DO NOT place all players on the field at once, please use subs. Players at this age get hot/tired easily, but recover quickly. So using substitutes gives them time to get a drink and recharge.	When the ball goes out of bounds, ask players to practice proper passing technique when performing the kick-in, goal kick or corner kick.	<ul style="list-style-type: none">• Make sure the players have fun!• If needed, remind them we do not keep score 😊
Players' Homework: Ask players to practice passing this week with their parents, a sibling or a friend.			