

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Six

Daily Topic: Passing & Control

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:40 World Cup 21 (small-sided games to reinforce the daily theme)

0:40-0:55 Skillzbuilders (skills and techniques based upon the theme of the day)

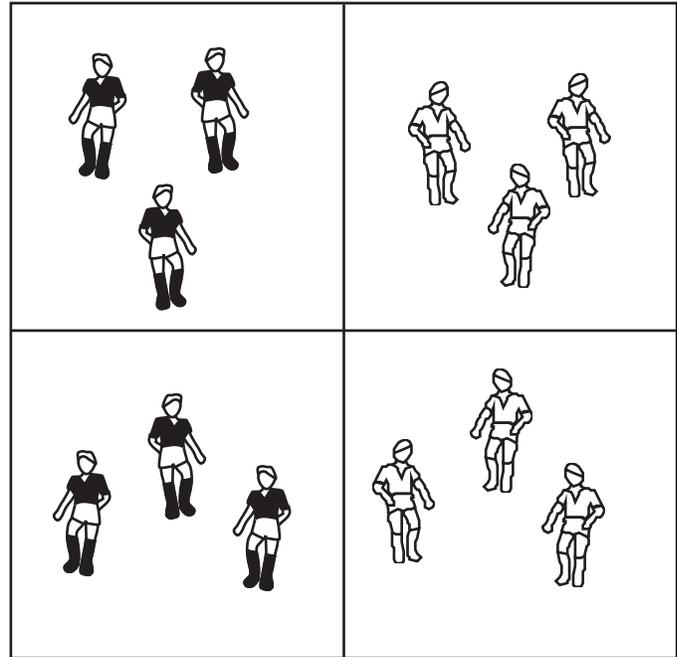
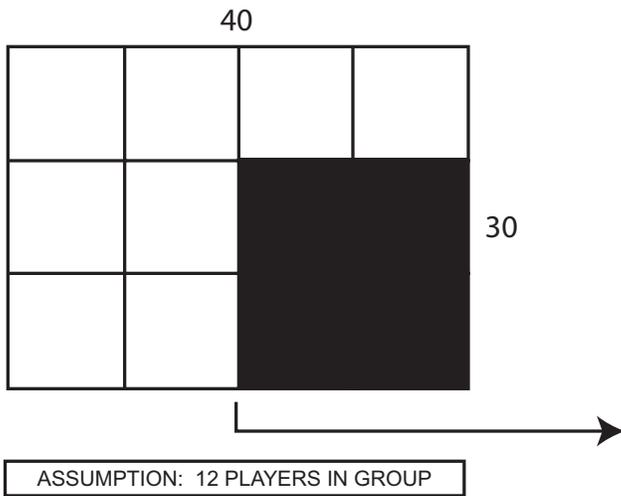
0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Movement & Speed

All Systems Go



Purpose

To develop awareness of space and movement—encourage spreading out.

Organization

Set a 20 x 20 yard area with four 10 x 10 yard grids. Station a team of 3 players in each area.

Game Objective

On the command of “Go!,” the players must move into another area as a team. The first team to reach the other area together, wins. If 1 other player from another team is in the area, the team must find another area to go into. Players are to communicate with each other and find the fastest route.

Progressions

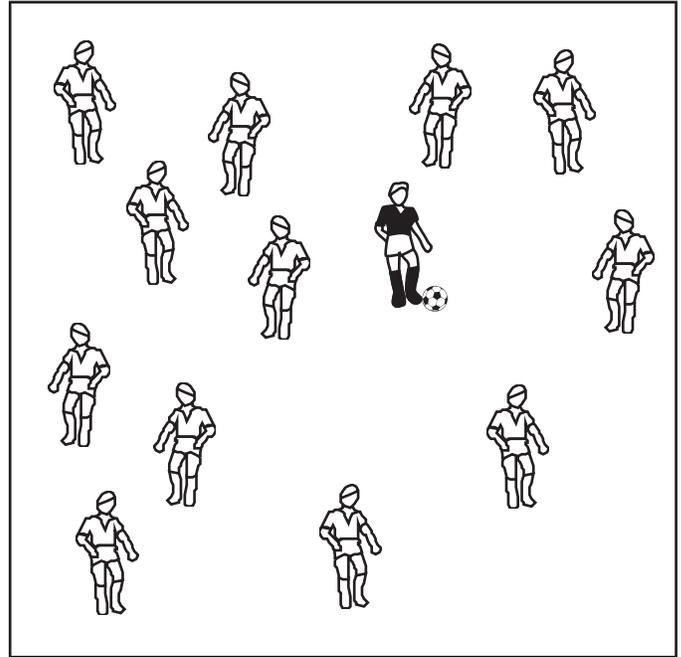
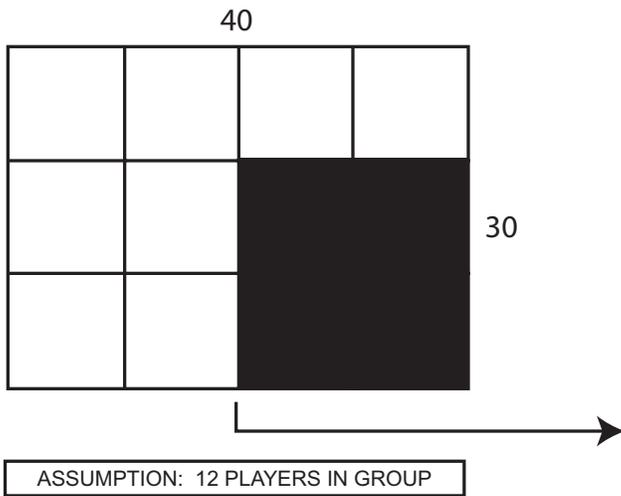
1. All players must go through 1 other area before getting to the final area.
2. Have 1 ball per team—game ends when everyone is in the area with their feet on the ball.

Key Coaching Points

1. Tell the players not to bunch up as they run.
2. Look for the quickest route.

TURNS & BURNS - Running With Ball/Passing

Strike Out



Purpose

To develop passing accuracy over a short distance.

Organization

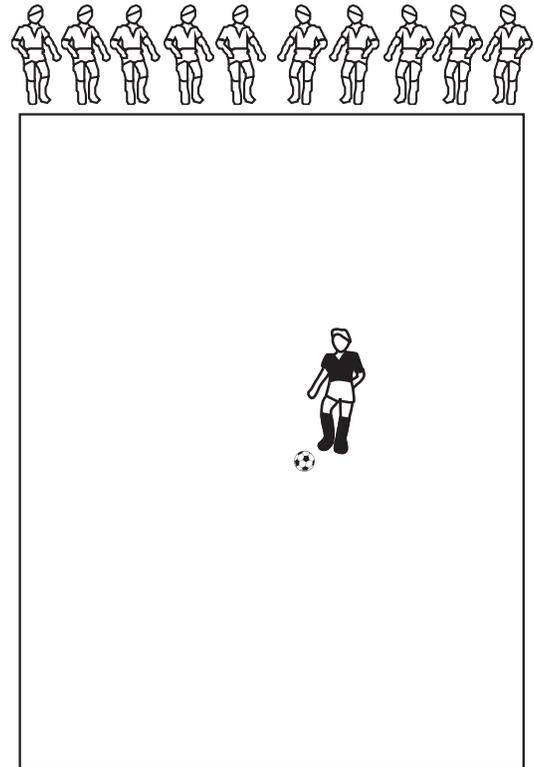
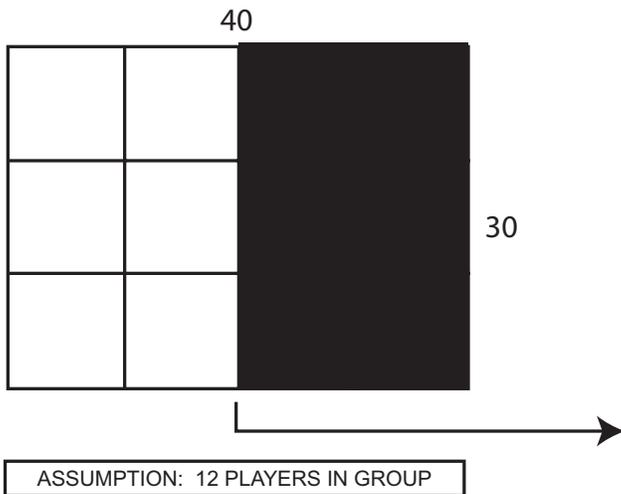
Set out a 20 x 20 yard area. One defender starts in the area with a ball. The remaining players are randomly spaced in the area without balls.

Game Objective

The dark player must strike his ball to hit the light player on or below the knee. When a light player is hit, he too becomes a dark player. One ball per defender. Encourage the dark player to dribble as close as possible to the light target player before striking the ball.

Key Coaching Points

1. Head over the ball.
2. Strike the ball with the inside of the foot.
3. Keep the ball on the ground.
4. Time your pass so that it hits the light player.



Purpose

To develop passing skills such as correct pace, accuracy and timing.

Organization

Set out a 20 x 30 yard area. One defender starts in the area with a ball. The remaining players start on one endline without balls.

Game Objective

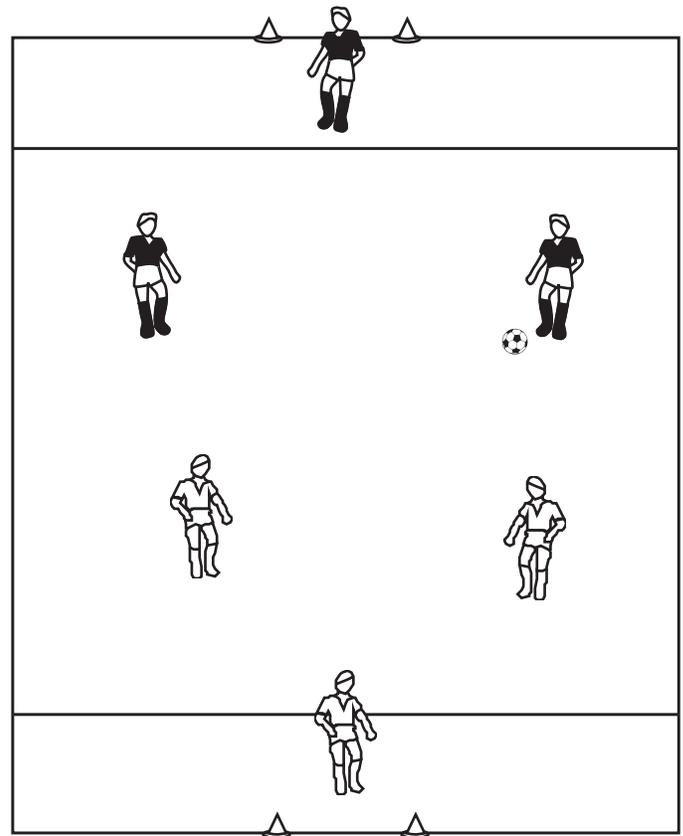
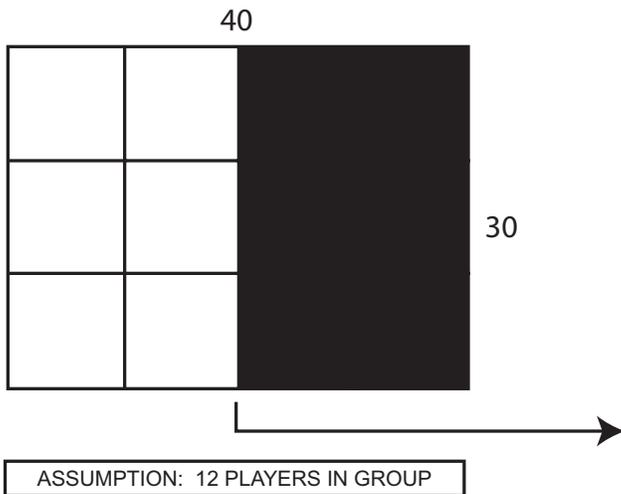
The dark player must strike his ball to hit the light player on or below the knee as they run across the area. When a light player is hit, he too becomes a dark player.

Key Coaching Points

1. Strike through the midline of the ball.
2. Follow through at the target.
3. Try to pass the ball in front of the runner so that she arrives at the same time.
4. Reinforce the need for:
 - a) good pace on the ball so the runner can't dodge
 - b) good accuracy
 - c) good timing so the runner and ball arrive at the same time

WORLD CUP 21 - Passing & Control

Pass And Move



Purpose

To develop passing and control.

Organization

Set out a 20 x 30 yard area and make an end zone 5 yards wide from the end line. Play 3 v 3. Repeat in another area for a total of 12 players.

Game Objective

Play 3 v 3. Each team elects a goalkeeper. This player is allowed to use his hands in the defensive end zone. He must also go forward as an outfield player during attacks on the opposing goal. Rotate keepers every two minutes. A team must make at least 2 passes before they can shoot on goal. Award 3 points for every pass; 5 points for every goal; first team to 21 wins.

Progressions

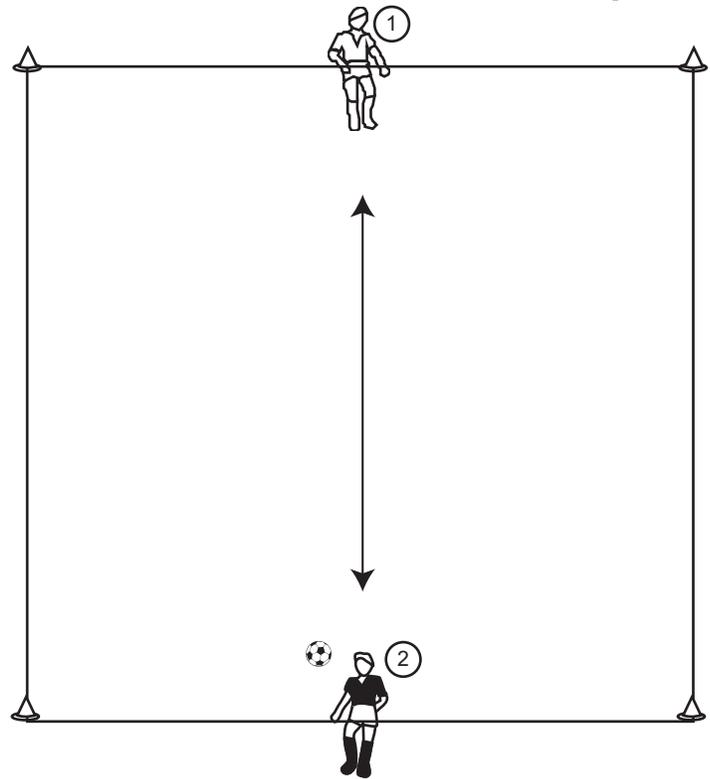
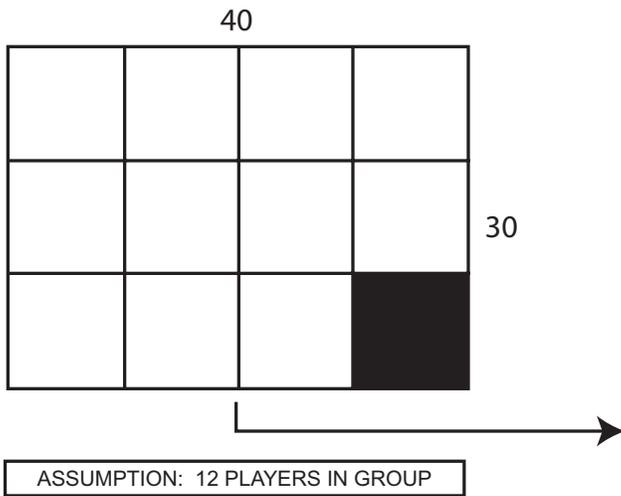
Allow the players to pick scores for different skills.

Key Coaching Points

1. When receiving the ball, control it into space.
2. Keep all passes on the ground.
3. When you don't have the ball, get into a position to receive the ball.

SKILLZBUILDER - Passing & Control

World Cup Control



Purpose

To develop receiving the ball.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 passes the ball across the area to player dark player #2 who must control the ball with the inside of his foot. Dark player #2 then passes the ball back across the area. Light player #1 repeats the practice. The object of the game is to roll the ball over the end line without the opposing player stopping it. To score a goal, the ball must travel below waist height. Each player should pick his favorite national team and represent that country. The first country to score 5 goals, wins the World Cup.

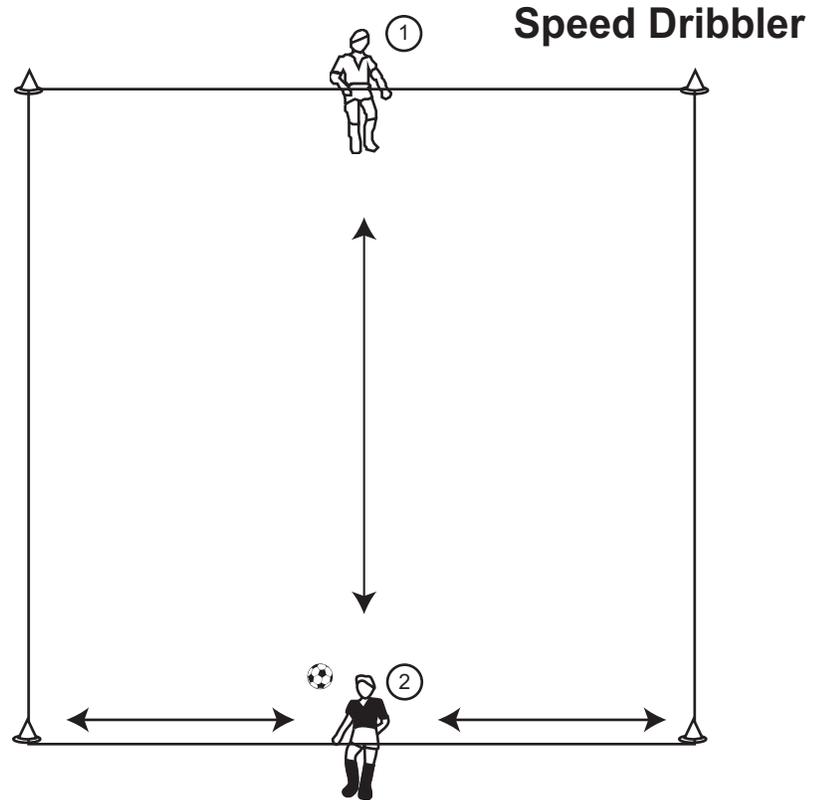
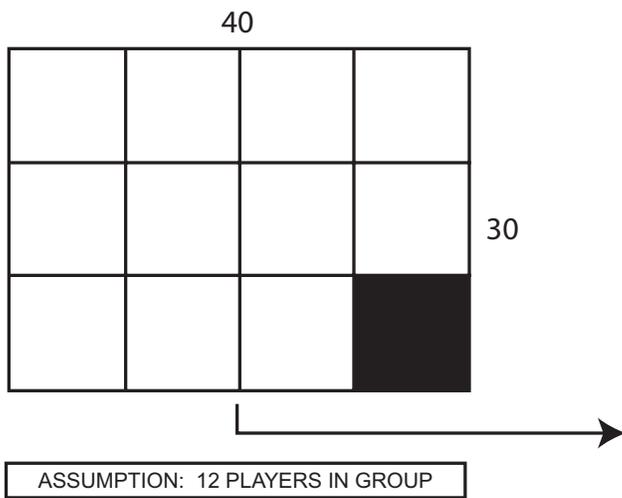
Progressions

If you pass the ball back first time and score, you get 2 goals.

Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.

SKILLZBUILDER - Passing & Control



Purpose

To develop directing the first touch.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 passes the ball across the area to dark player #2 who must control the ball with his foot angling the ball left or right. He must then dribble to the disc he is facing. Dark player #2 repeats the practice from the starting point.

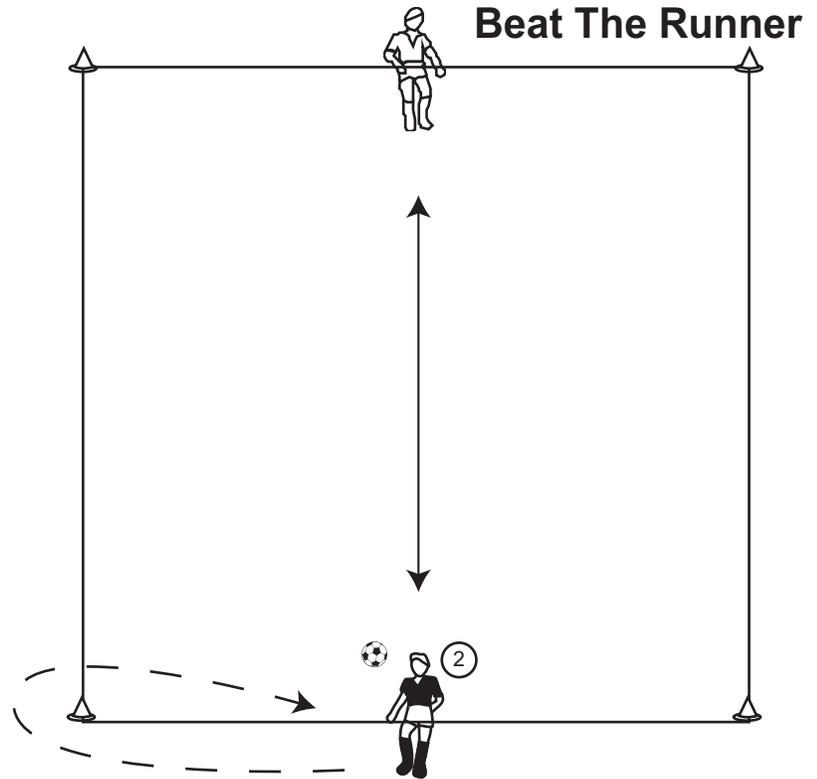
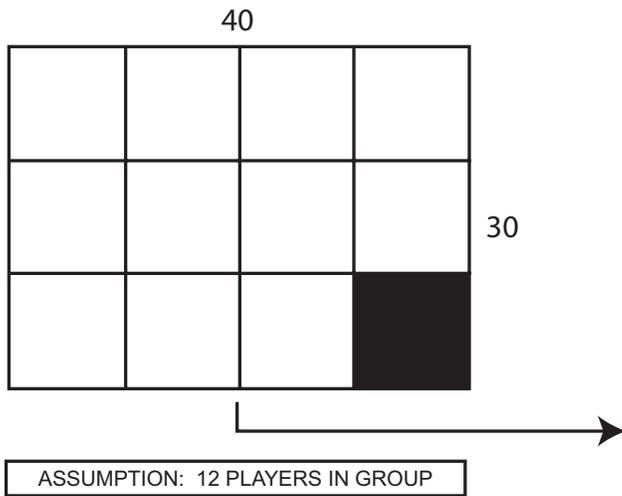
Progressions

Light Player #1 can put pressure on dark player #2 by trying to steal the ball before he can reach the disc. Light player #1 cannot move until dark player #2 has made his first touch.

Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.
3. Try to make a baby pass towards the cone using the inside or outside of your foot.

SKILLZBUILDER - Passing & Control



Purpose

To develop passing with pace, timing and accuracy.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball between the pair. Repeat in 5 other areas for a total of 12 players.

Game Objective

Dark player #2 passes the ball across the area to light player #1. Dark player #2 then runs immediately around the cone and back to his starting position. Light player #1 must control the ball, then pass it back using the inside of his foot, attempting to pass the ball over the far end line before dark player #2 gets back in position. A goal if the ball goes over the end line traveling along the ground. Repeat and rotate.

Progressions

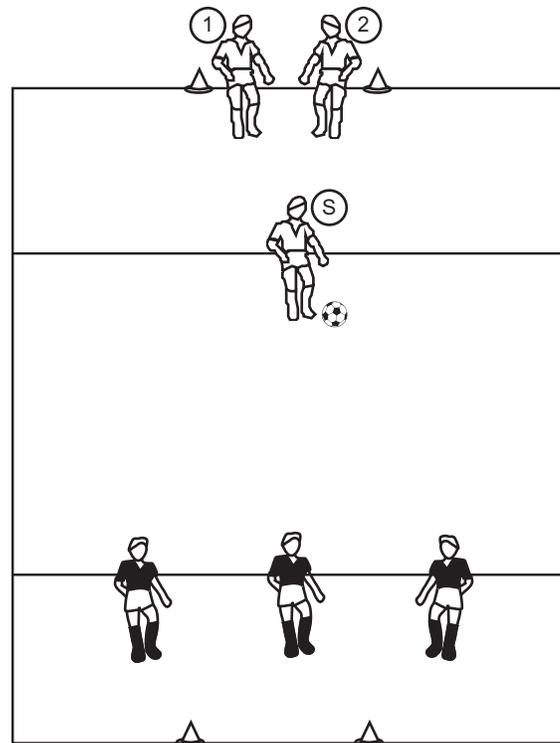
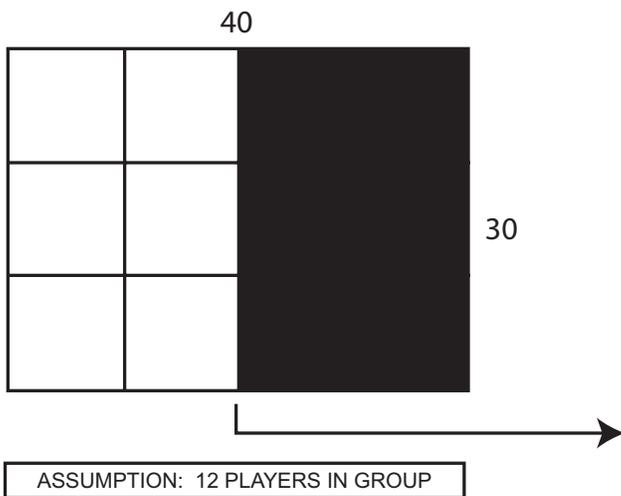
Move the cones in 3 yards. Now the receiving player is allowed to pass it back through the cones first time.

Key Coaching Points

1. Move into line with the ball as early as possible.
2. Select the controlling surface, e.g., right or left foot.
3. Your pass should always start your run.
4. Be in a position ready to pass back first time.

BACKYARD SOCCER - Passing & Control

Attack & Defense



Purpose

To develop passing & control in a small sided game.

Organization

Set out a 20 x 30 yard area. One ball per group. Groups of six. Play 3 v 1 with 1 defender and 2 goalkeepers. Position as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

The light player server passes the ball to any dark player. The dark players must pass the ball at least once before shooting at goal from the area furthest from the goal at the top of the diagram. The server is the lone outfield defender. Light players #1 and #2 play in goal. They can defend the goal but they cannot use their hands. If the defender wins the ball, he must pass the ball back to one of the goalkeepers before his team can attack. Repeat in the opposite direction.

Progressions

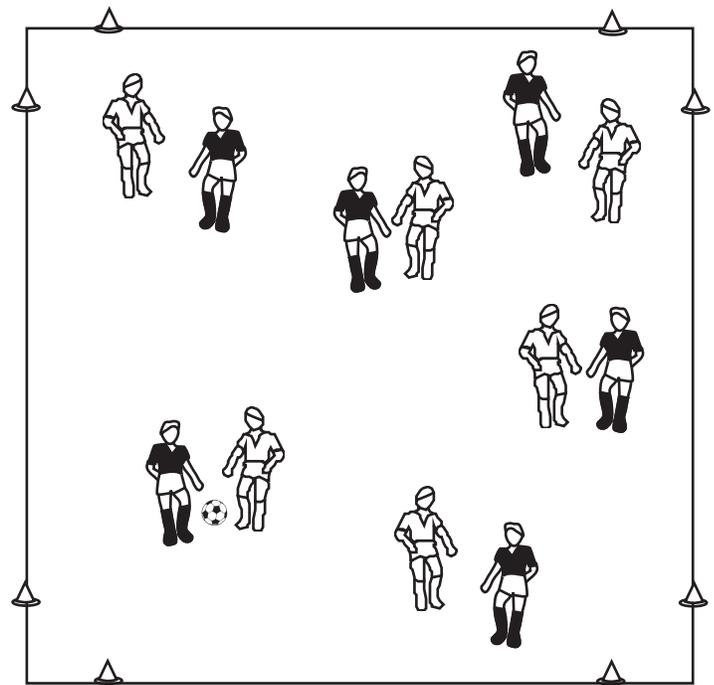
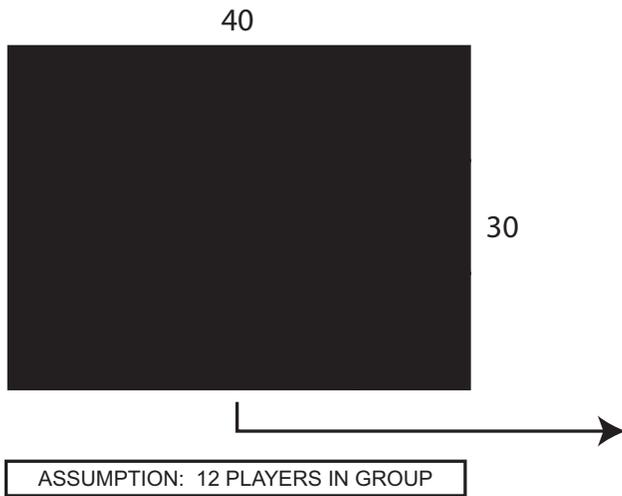
1. Play 1 goalkeeper, 2 defenders.

Key Coaching Points

1. Try to pass the ball to feet.
2. When attacking, move up in support.
3. When you lose possession, react quickly.

THE BIG GAME - Passing & Control

Tony Chestnut's Big Game



Purpose

To practice in a small sided conditioned game.

Organization

Set out a 40 x 30 yard area. Play 6 v 6. Station goals angled into the area in the corners of the grid. 1 ball per practice.

Game Objective

The object of the game is to try to pass the ball between your team players and score in any of the 4 goals. Players should be encouraged to spread out and find space throughout the practice.

Progressions

1. Players can score only in 2 goals at diagonals from each other.
2. Players can score only in 2 goals at one end.

Key Coaching Points

1. Encourage players to pass then move into space.
2. If a defender is in front of you, pass or dribble to a different goal.
3. Try not to bunch around the ball.