

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Five

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)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

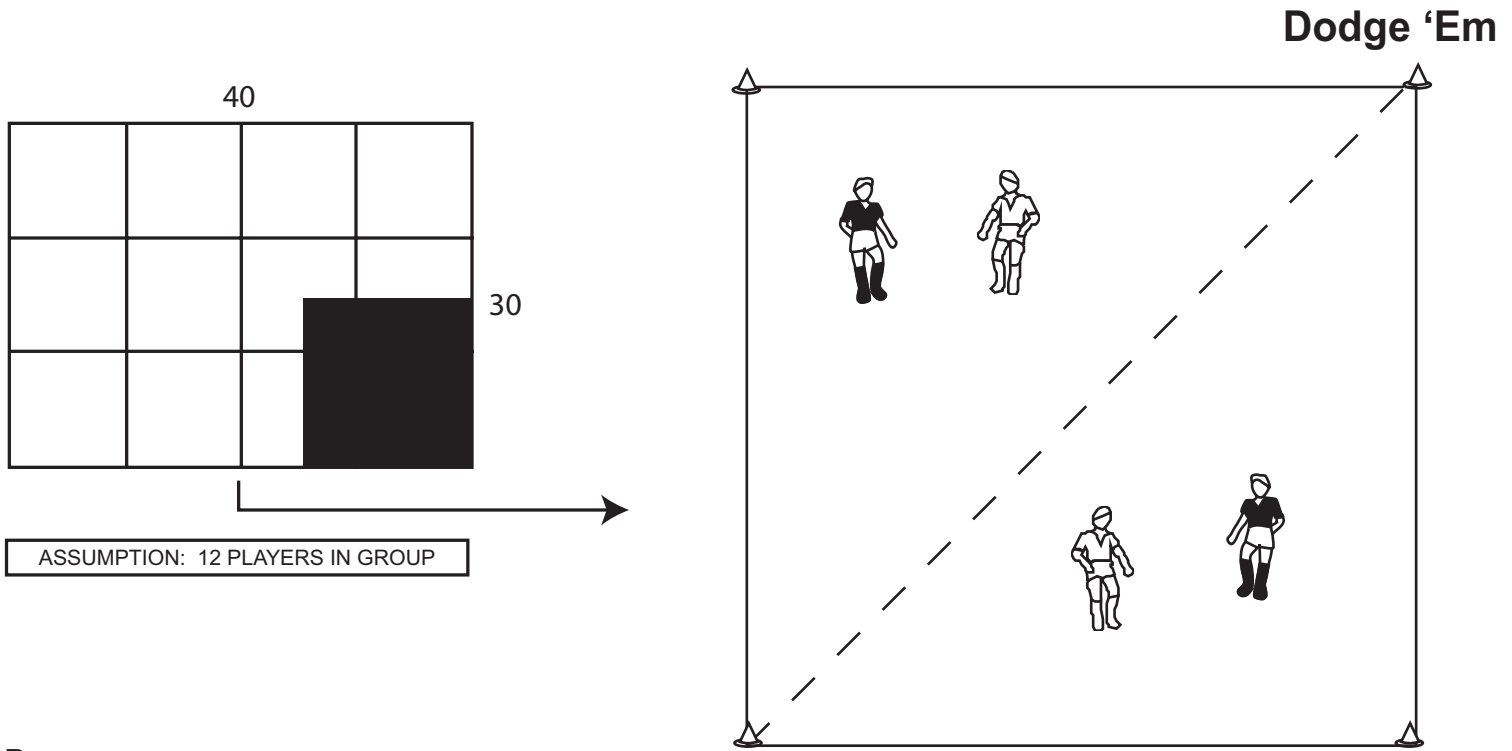
0:45-0:55 Break (competitions/quizzes)

0:55-1:05 Netbusters (small-sided conditioned games around a goal)

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



ASSUMPTION: 12 PLAYERS IN GROUP

Purpose

Body awareness and introduction to skills of the day.

Organization

In a 15 x 15 yard area, set up 2 triangles using cones in each corner. Pair up players, 1 pair per triangle. Repeat in 2 other areas for a total of 12 players.

Game Objective

The light player has to try and put his foot on a cone without the dark player tagging him first. The object of the game is to get to the cone using fakes, change of pace and movement. Once a player reaches the cone, he should repeat the practice until he is tagged or scores. Rotate positions. 5 points for every cone reached.

Progressions

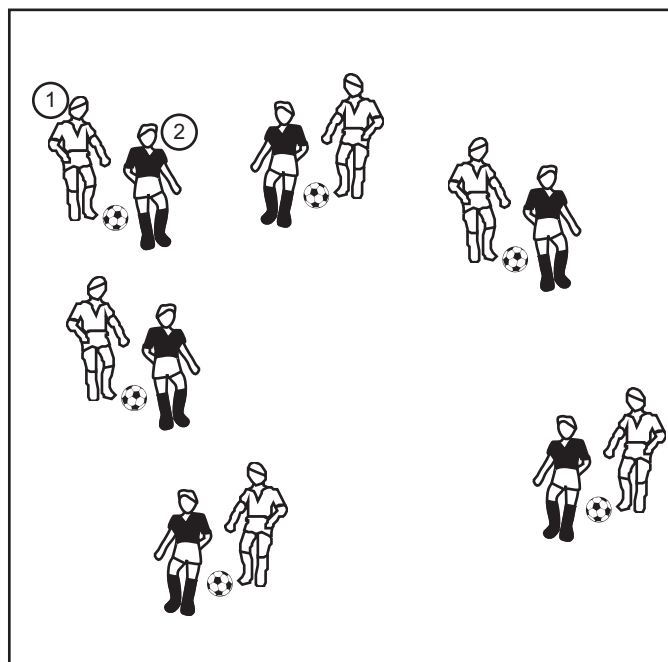
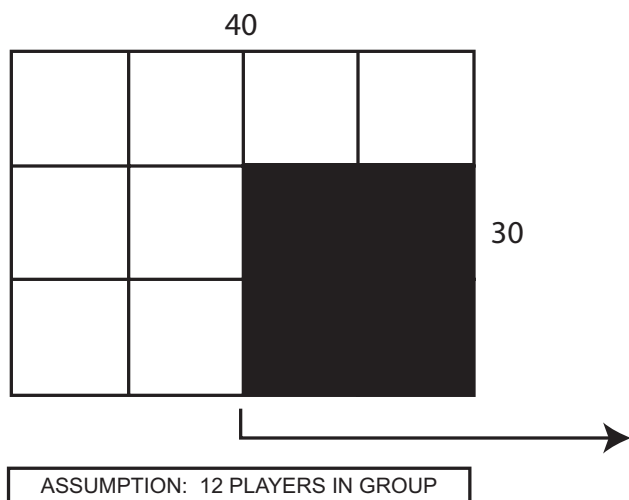
1. Reduce the number of cones to 2.
2. Introduce a ball and 3 cones.

Key Coaching Points

1. Tell the runner to change direction and speed.
2. Make a fake to go one way, then sprint in the other direction.
3. Make sharp turns, not large, round turns.

URNS & BURNS - Passing & Control

Hit The Wickets



Purpose

To encourage players to look up in pursuit.

Organization

Set out a 20 x 20 yard area. Group in pairs. 1 ball per pair. Number players #1 and #2.

Game Objective

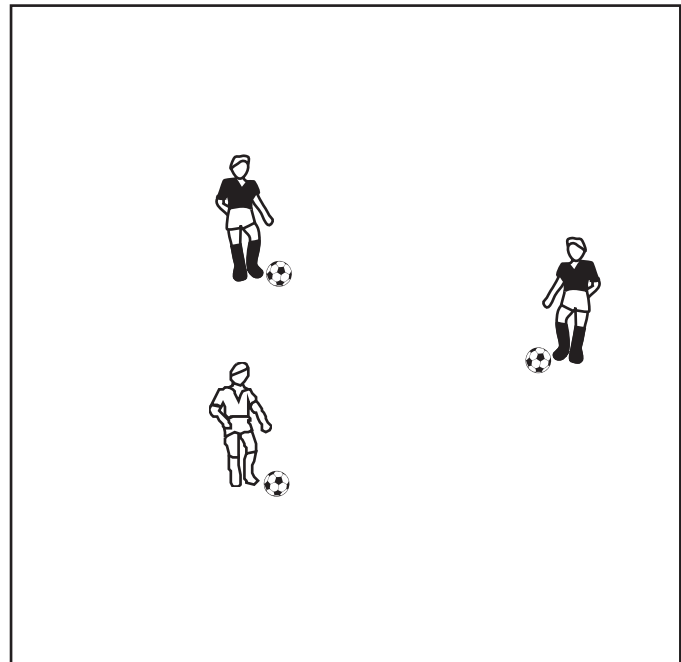
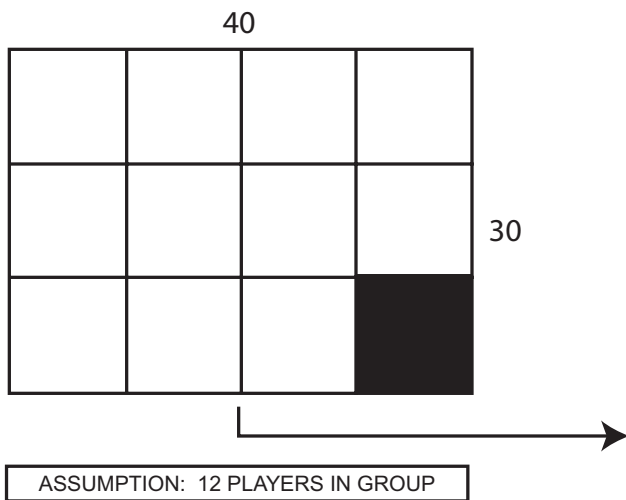
Light player #1 is in possession of the ball. He must pursue his partner (dark player #2) who runs around the area trying to lose his shadow. When the coach shouts "freeze" all players stop where they are. Light player #1 attempts to pass the ball through the legs of dark player #2.

Key Coaching Points

1. Look up between touches.
2. Pass with the inside of your foot for accuracy.
3. Cover the ground quickly.

TURNS & BURNS - Dribbling

Soccer Marbles



Purpose

To develop dribbling, shielding and turning.

Organization

Set out a 10 x 10 yard area. Groups of three. One ball per player. Two dark defenders and one light attacker are stationed inside the grid. Repeat in three other areas for a total of 12 players.

Game Objective

The light player must dribble his ball to escape the two dark defenders. The dark players must try to pass their ball against that of the light player. When the player's ball is hit, the players rotate positions.

Progressions

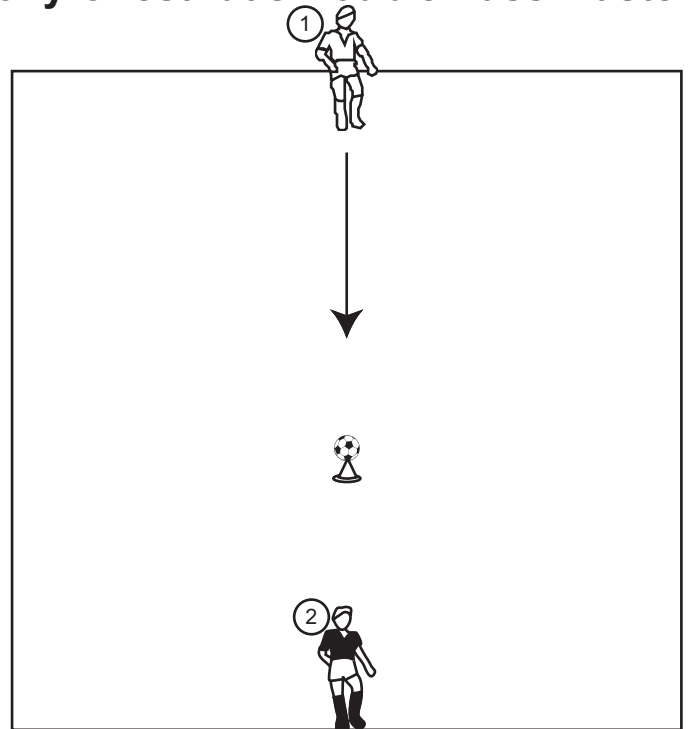
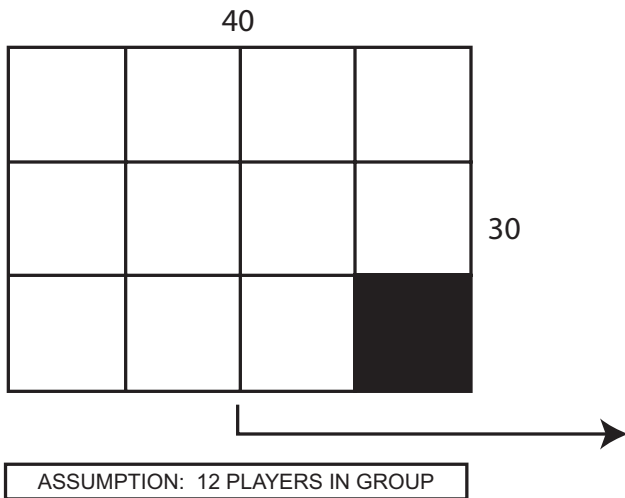
1. Light player must dribble the ball, but the dark players can carry the ball then roll it at the light player's ball.
2. Light player can shield his ball by positioning his body between the defenders and the ball.

Key Coaching Points

1. Try to glance up and around between touches.
2. Try to get close to the light player before attempting a pass.
3. Light players should attempt many turns to change direction.

SKILLBUILDERS - Passing & Control

Tony Chestnut's Double Pass Masters



Purpose

To develop passing accuracy over short distances.

Organization

Set out a 10 x 10 yard area. Group in pairs. One ball per pair. Place a disc in the center of the area and place a ball on top of it. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 passes the ball across to his partner with the object of knocking the target ball off the disc. Dark player #2 moves into line to control the ball, then dribbles it back to the starting point. Player #2 repeats the practice in the opposite direction.

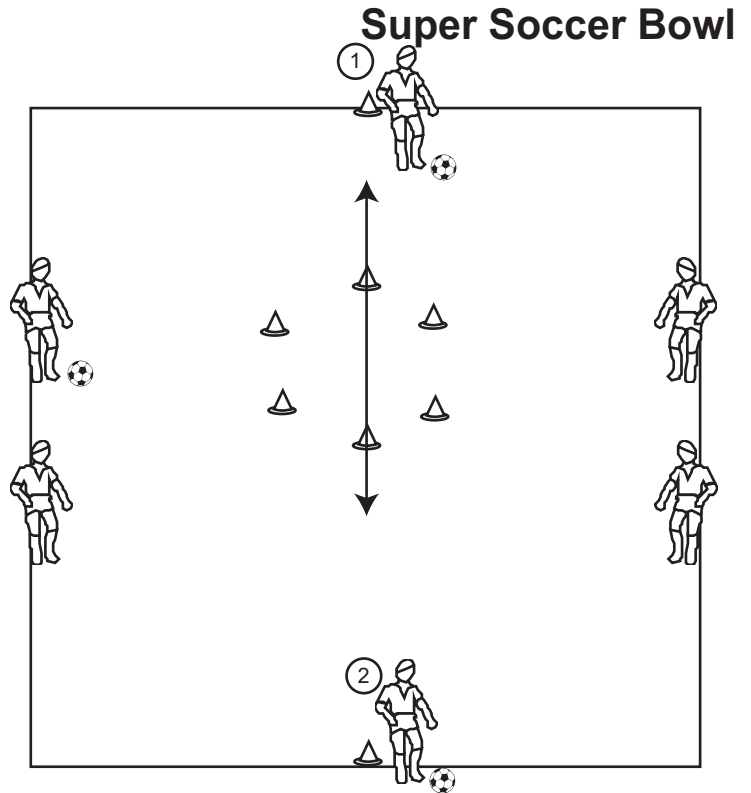
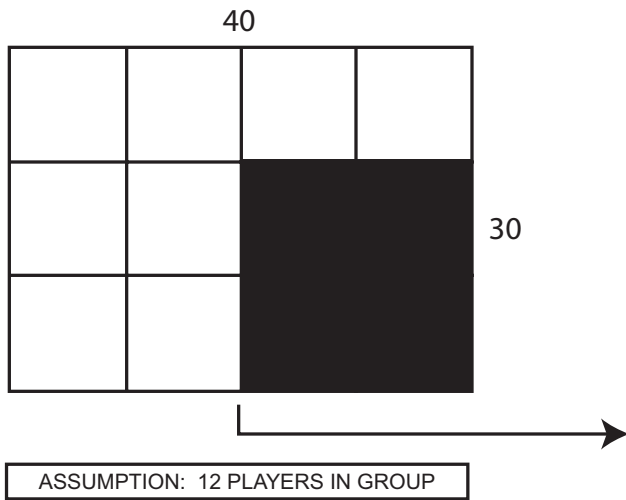
Progressions

1. Increase passing distances.
2. Have players control the ball and make the pass in two touches.

Key Coaching Points

1. Place the non kicking foot directly alongside the ball, toes pointing at the target.
2. Keep your head over the ball.
3. Strike the ball with the inside of the foot.

SKILLZBUILDER - Passing & Control



Purpose

To develop passing accuracy over short distances.

Organization

Set out a 20 x 20 yard area. 1 team of 6. 3 balls per team. Place 6 cones at the center of the area approximately 3 yards apart. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 takes 2 steps back from the ball and passes the ball across the area to light player #2. The goal is to strike the ball at the cones and knock over as many as possible. The first team to knock all their cones over is the winner.

Progressions

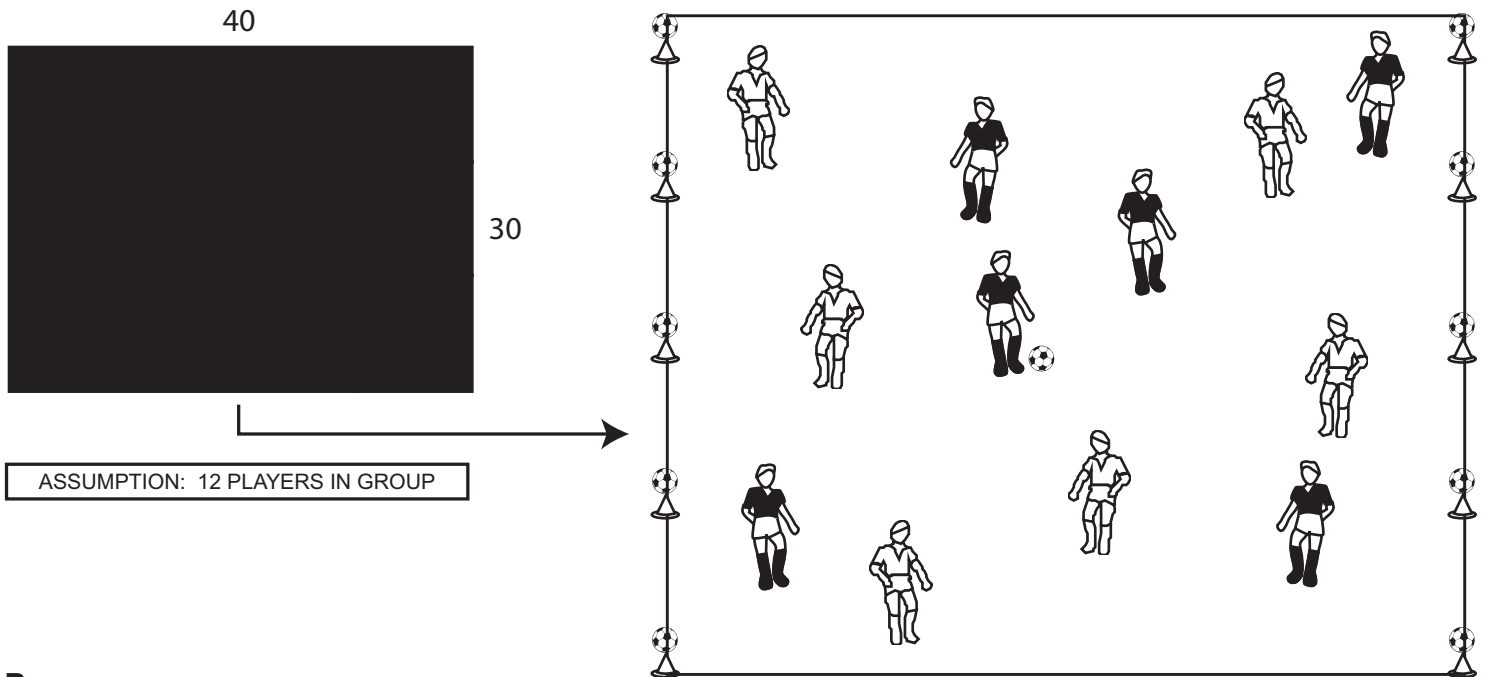
1. Progress to two touches.
2. Use only 1 soccer ball per team.

Key Coaching Points

1. Place the non kicking foot directly alongside the ball, toes pointing at the target.
2. Keep your head over the ball.
3. Strike the ball with the inside of the foot.

NETBUSTERS - Passing & Control

Minesweeper



Purpose

To develop passing accuracy in a small sided game.

Organization

Set out a 40 x 30 yard area. Play 6 v 6. Place 5 discs with soccer balls on them on each endline.

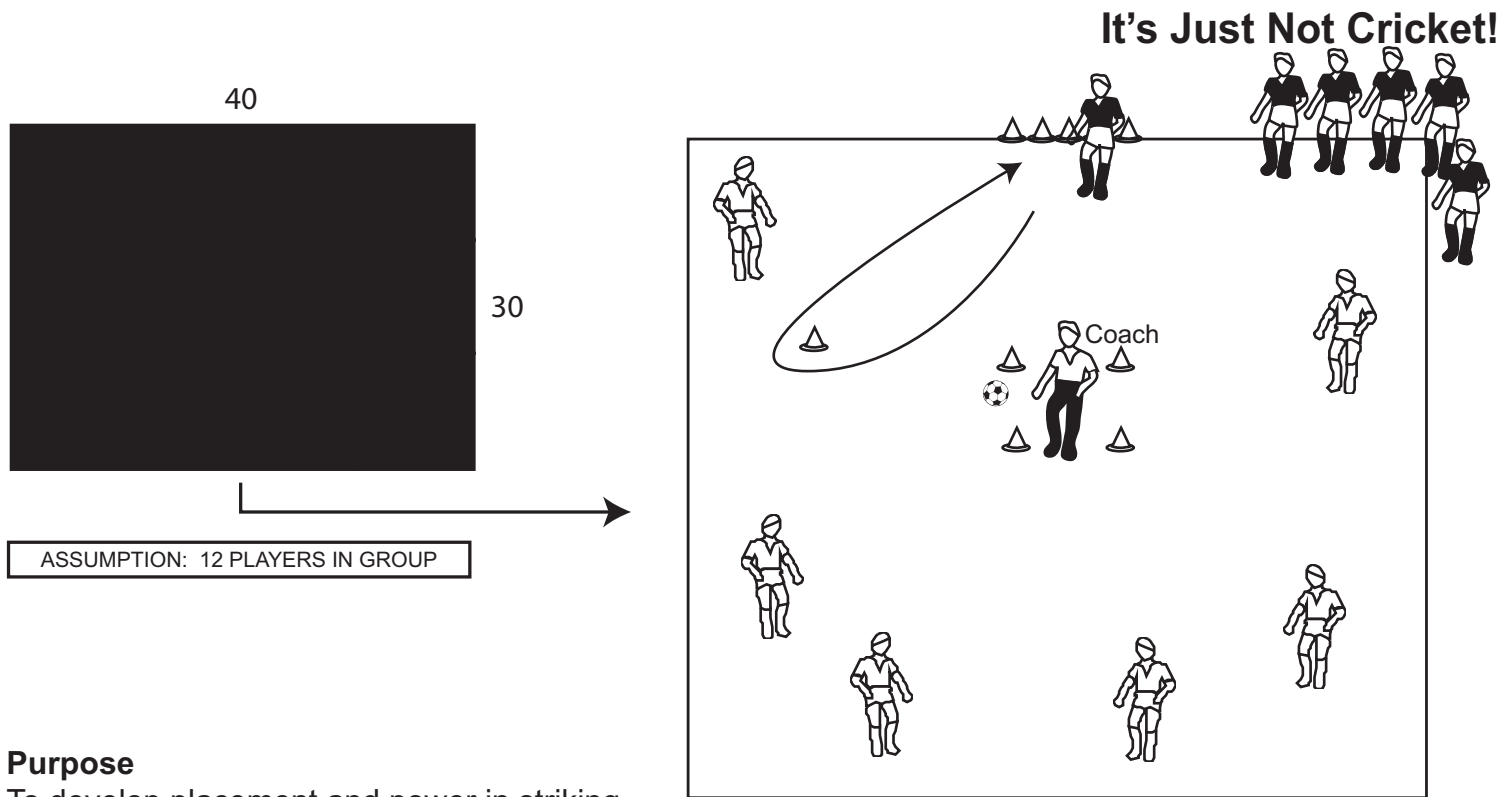
Game Objective

Play 6 v 6 in the area. When the ball rolls out of bounds, it should be rolled in underhand by a player. The object of the game is to score by knocking down 1 of the balls off a disc on your team's attacking endline. If a player knocks a ball off, he scores 5 points. If he passes through the middle of the balls on the ground, he scores 3 points.

Key Coaching Points

1. Encourage the players to shoot at the target whenever possible.
2. Pass the ball, then move into space.
3. Try to pass the ball forwards and between the defenders.
4. Remember, "A good pass follows the grass."

BACKYARD SOCCER - Passing & Control



Purpose

To develop placement and power in striking the ball.

Organization

Set out a 40 x 30 yard area. Two teams of six. The coach is the pitcher. He stands in a 5 x 5 yard area 10 yards from the wickets (5 discs in a row). Position one disc 10 yards from the wicket.

Game Objective

The pitcher passes the ball from the mound in the direction of the wickets (line of discs). The batter must kick the ball and then run around the base, back to the wickets. He must be ready to face the next pitch which is delivered as soon as the pitcher receives the ball, passed back from the outfield. The batter continues to bat until he is bowled out (the pitcher knocks down the wicket) or caught out (an outfielder heads the ball). Continue until all batters on the team are out.

Progressions

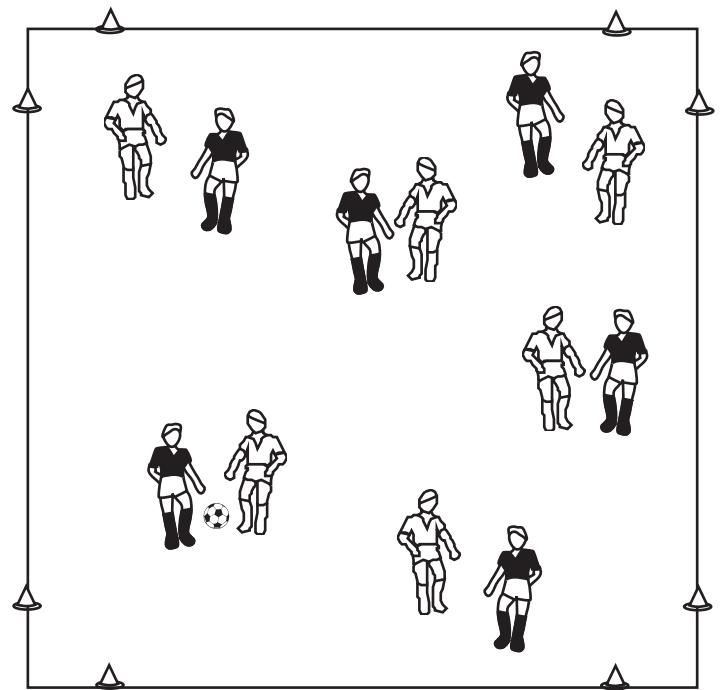
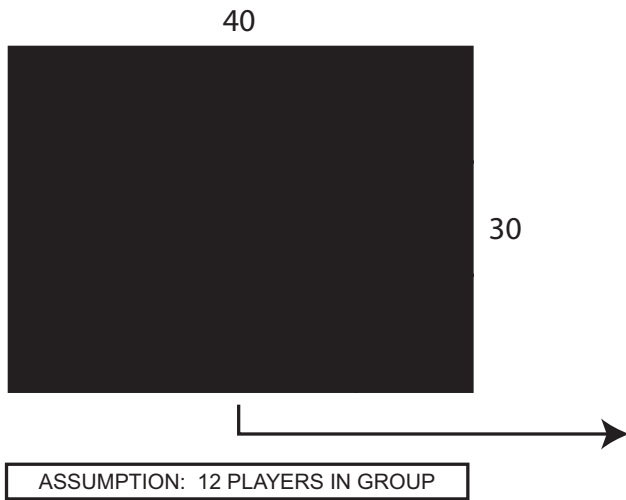
Introduce a baseball diamond and this time the player is only safe at 2nd or home plate. Instead of just passing the ball back to the pitcher, the light team must make 2 passes, then 3rd pass back to the pitcher.

Key Coaching Points

1. Keep ball low by keeping your head and knee over the ball on contact.
2. Strike the ball with the laces.

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.