

Weekly Activities - Ages 9 - 11

Theme: S.A.F.E.SM

Session: Six

Daily Topic: Passing & Control

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (unique movement activities designed to energize participants)

0:10-0:20 Turns & Burns (creative one-on-one moves to beat your opponent)

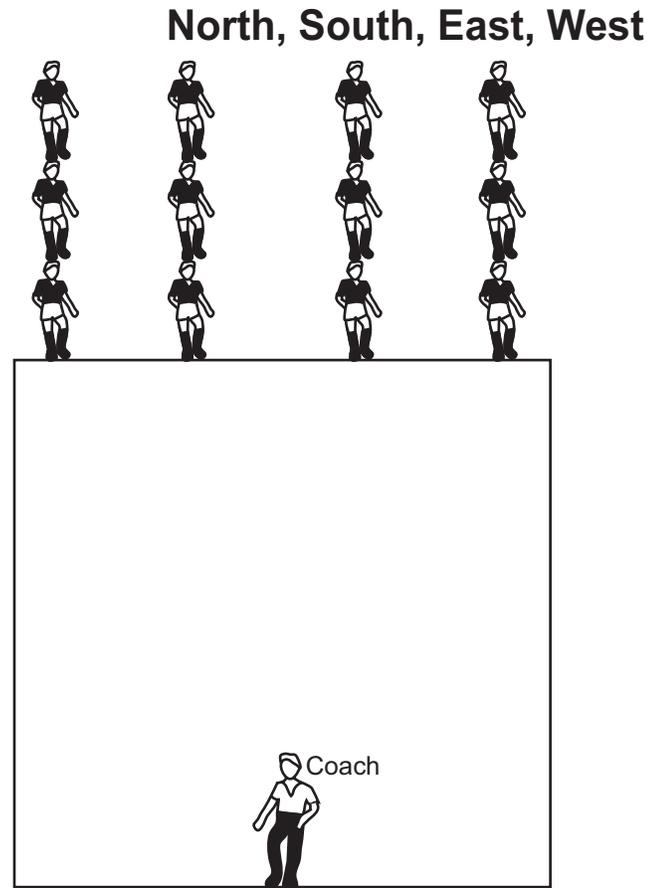
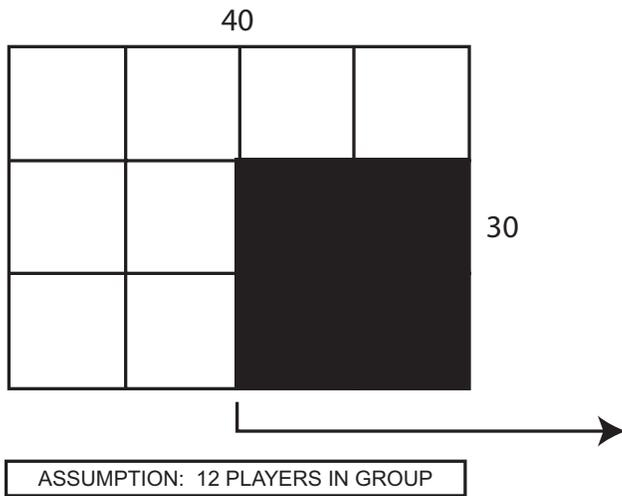
0:20-0:50 Skillzbuilder (games and activities designed to develop the daily themes which include running with the ball, dribbling, passing & control, shooting, defending and heading)

0:50-1:00 Break (competitions/quizzes)

1:00-1:15 Back Yard Soccer (games based on a street game mentality)

1:15-1:30 MLS Play-Off (Small-sided conditioned games to open play)

SOCCER-ROBICS - Movement & Speed



Purpose

To develop reaction speed with and without the ball.

Organization

Players jog out as a group of 4 together and listen to coaches' commands.

Game Objective

#1 = sprint forwards 5 yards, #2 = turn and go back, #3 = go to player's left, #4 = to player's right. Now #1 is also Revolution, #2 is Crew, #3 is Galaxy, #4 is MetroStars, etc. North-South-East-West.

Progressions

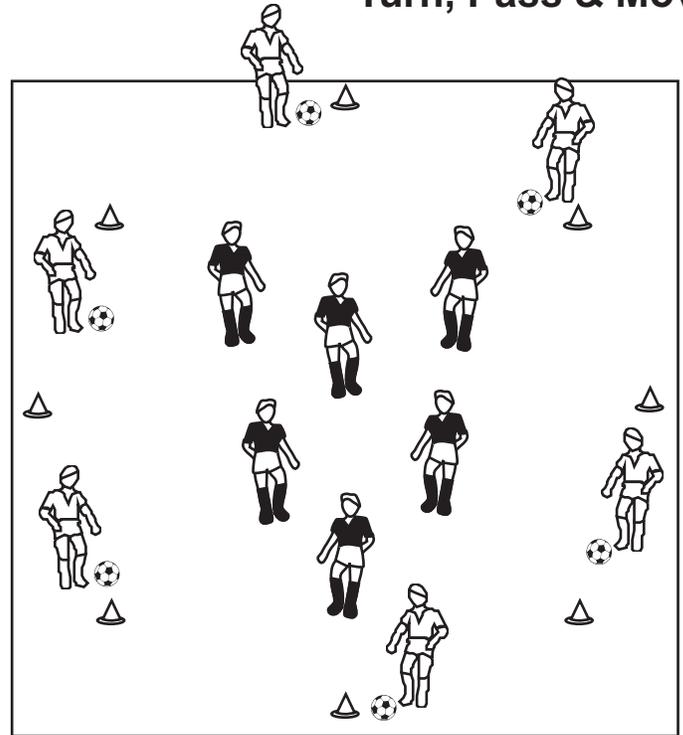
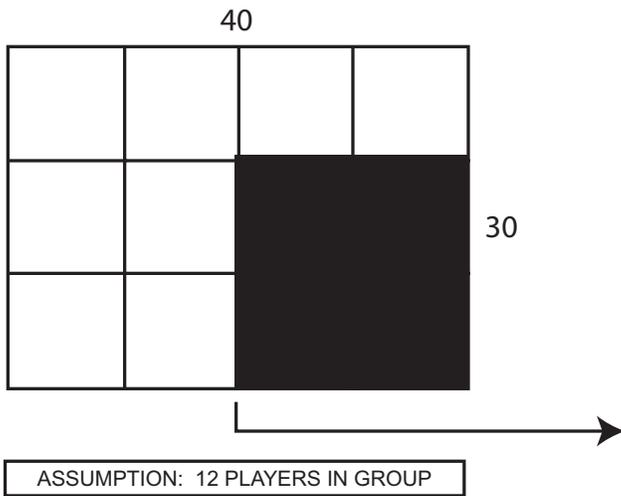
1. Coach can start catching players out by pointing in the wrong direction.
2. Each player dribbles out with a ball. Coach holds: 1 arm up - #1, 2 arms up - #2, arm to player's left - #3, arm to player's right - #4.
3. Develop the game into straight sprints across the far line, but have the players start in different positions: (#1) on all 4's, (#2) on knees, (#3) laying face up, (#4) laying face down, (#5) facing the other way.

Key Coaching Points

1. Get upright as quickly as possible.
2. Keep your head still.
3. Move your arms forwards and backwards, not side to side.
4. Lean forwards and lift your knees.

URNS & BURNS - Dribbling & Turns

Turn, Pass & Move



Purpose

To practice selecting the controlling surface for the aerial ball.

Organization

Set out a circle of discs within a 20 x 20 yard area.

Station six players around the circle and six players inside the circle. All outer players have balls.

Game Objective

Dark players inside the circle move to any player on the outside of the circle. The light player calls the name of the surface that he wants the dark player to control the ball with. The light server then tosses the ball to the head, chest, thigh or foot of the dark player, who must control the ball off to the side and turn to play the ball to a different player on the outside of the circle. The dark player moves to a new server. Rotate positions.

Progressions

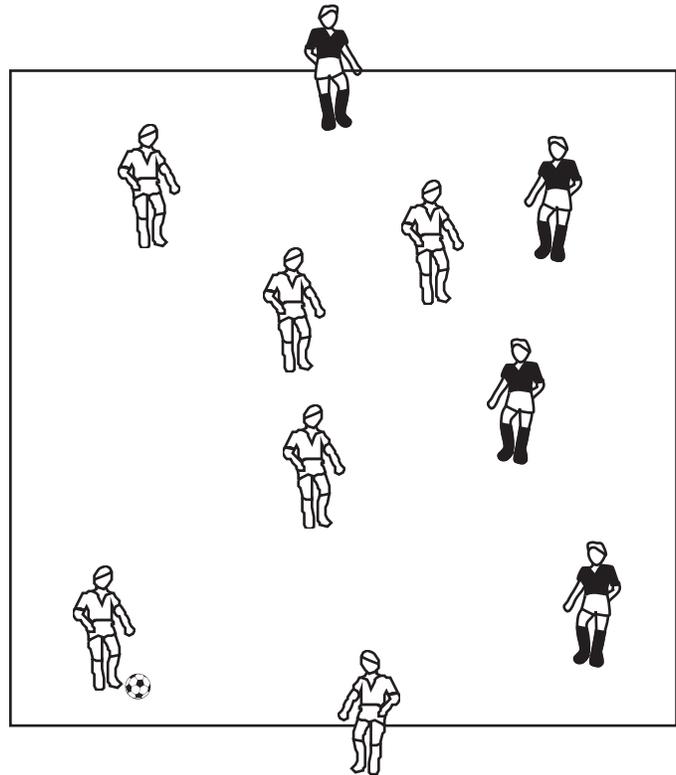
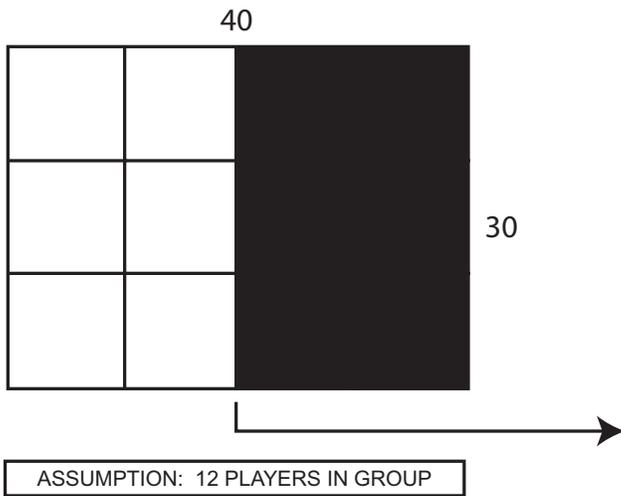
Play the ball to the person on the opposite side of the circle to the server thus accentuating the turn. Vary the type of pass used.

Key Coaching Points

1. Establish a balanced position before making contact with the ball.
2. Make eye contact before you pass to an outfield play.
3. Use the drag back and step over turn.

URNS & BURNS - Dribbling & Turns

Numbers Up Game



Purpose

To develop dribbling to pass.

Organization

Set out a 20 x 30 yard area. Play 5 v 5 +2 target players stationed on the end lines. 1 ball per practice.

Game Objective

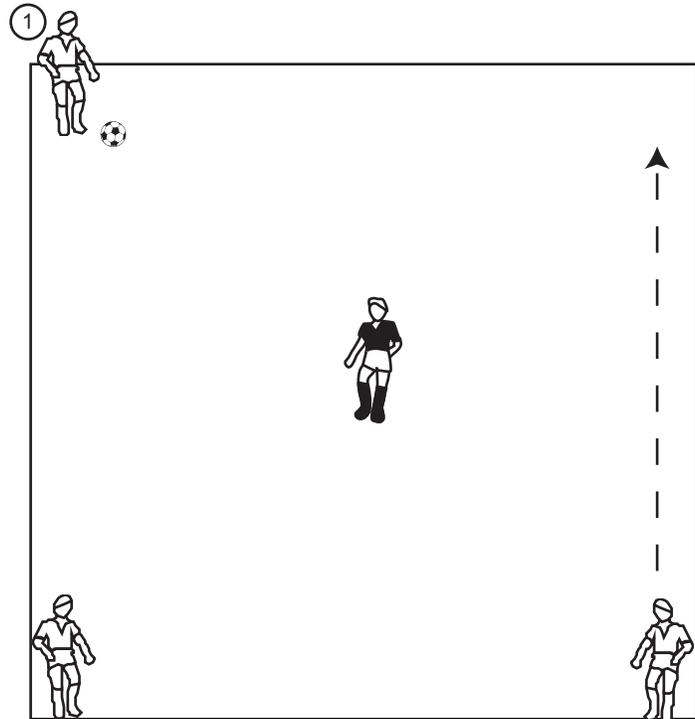
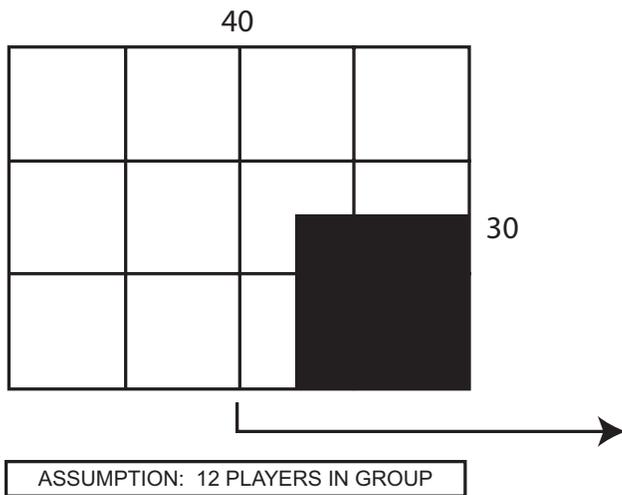
The object of the game is to play the ball to the target player stationed on the end line. The player making the final pass to the target player then joins the target player on the end line. First team with all 6 players on their end line wins. If the ball goes out of play, pass the ball in. When a team gets a player on the end line, the other team starts from that line with the ball.

Progressions

You can only pass after attempting a turn or fake.

Key Coaching Points

1. Use fakes and turns to keep possession.
2. Make forward runs in front of the ball.
3. Win the ball and go forward.



ASSUMPTION: 12 PLAYERS IN GROUP

Purpose

To develop passing angles.

Organization

Set out a 15 x 15 yard area. Groups of four, three light attackers and one defender (dark player). Play 3 v 1 keep-away in the confines of the area. Repeat in two other areas for a total of 12 players.

Game Objective

Light player #1 starts with the ball. The goal of the practice is to pass the ball around the outside of the square playing keep-away from the lone (dark player) defender. Whenever a light player is obstructed from play by the defender (as shown in the above diagram), he should be looking to move to the vacant corner to create a second passing option. Rotate positions.

Progressions

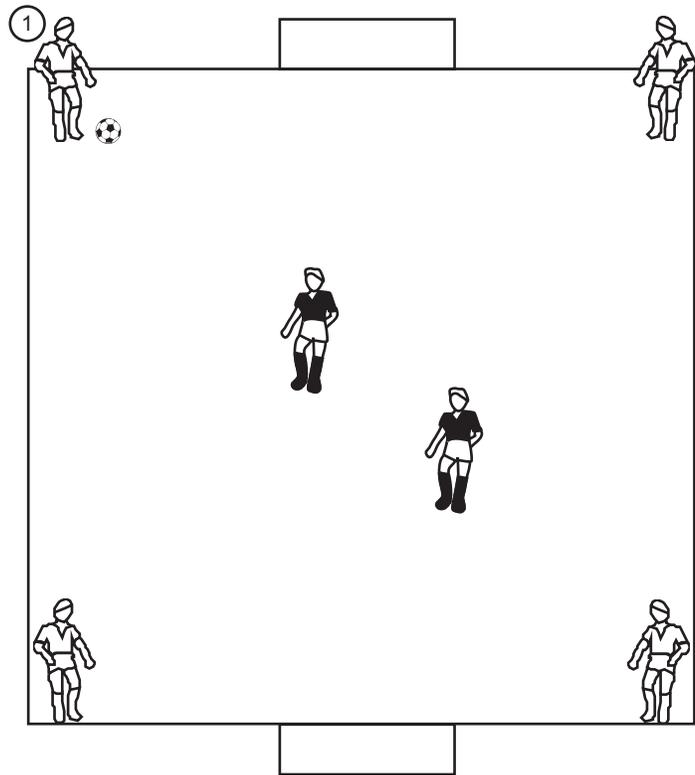
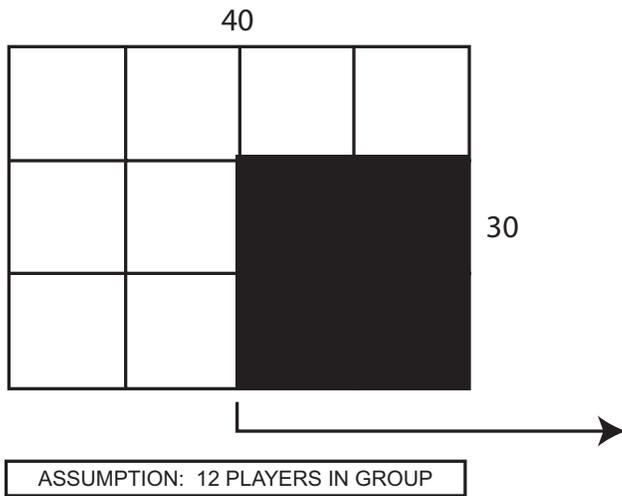
1. Defender walks through the activity, then progresses to passive and finally active resistance.
2. Allow players to move away from the corners and play freely in the area.

Key Coaching Points

1. Attackers should look to pass with accuracy, timing, disguise and correct pace.
2. Players should disguise their intentions so that defenders are wrong footed.
3. Call for the ball when you are in space to receive the pass.

SKILLZBUILDER - Passing & Control

4 v 2



Purpose

To develop penetration of the pass.

Organization

Set out a 20 x 20 yard area. Groups of six, four attackers and two defenders. Play 4 v 2 keep-away. The light players are stationed in the corners of the grid. One ball per group. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 starts with the ball. The object is to pass the ball around the outside and middle of the square, playing keep-away from the two defenders. Score one point for a pass around the defenders and 2 points for a penetrating pass that splits the defenders. How many passes can be made before defenders force ball out 3 times or score 1 goal? Repeat and rotate.

Progressions

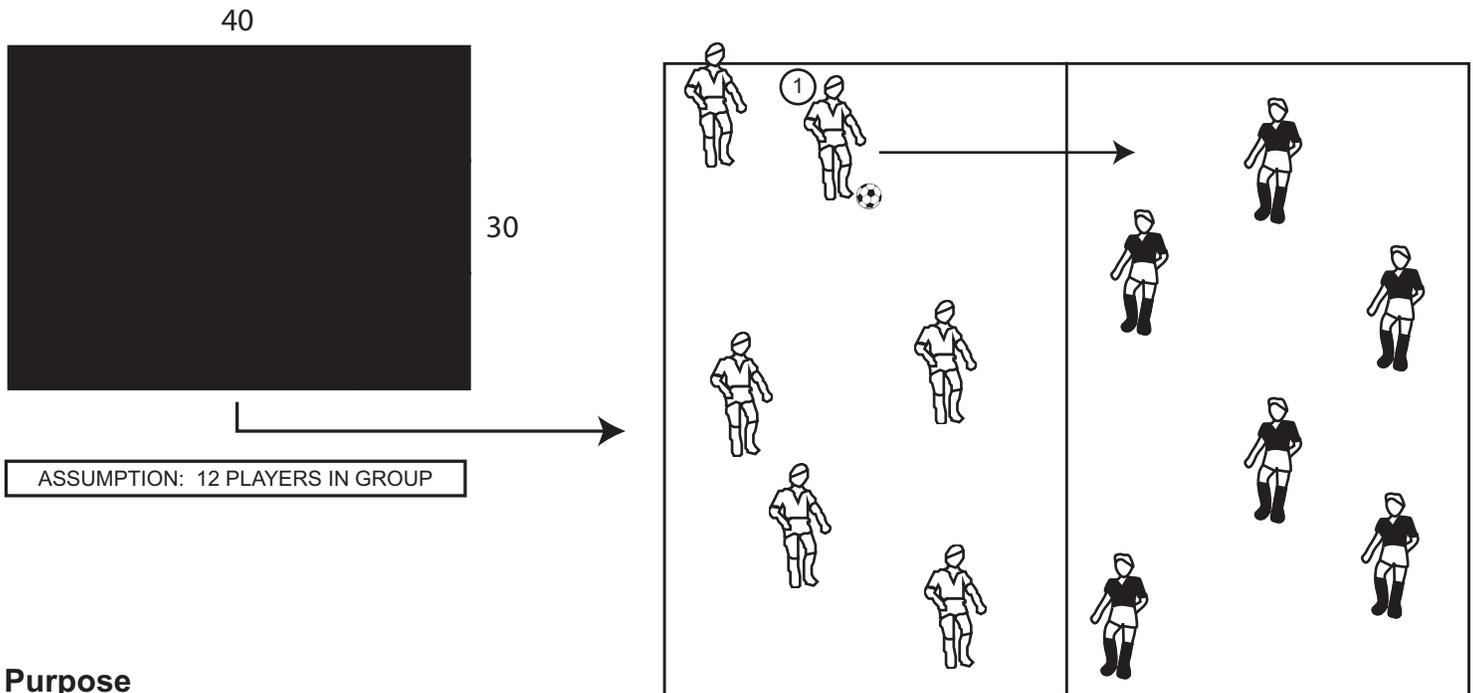
1. Defenders progress from walking through the activity to passive resistance to active resistance.
2. If defenders win ball, they then try to score on either goal—the attackers try to get back to defend the goal but cannot use hands to stop a goal. If the defenders score, they should change places with 2 of the attacking players.

Key Coaching Points

1. Quality of the first touch to create a new angle for safe passes.
2. If the defender is not nearer to the passer than the receiver when the ball is played then the ball has been released too soon.
3. Know the moment of transition and react—from attack to defense.

SKILLZBUILDER - Passing & Control

Transition Game



Purpose

To develop transition play.

Organization

Set out a 40 X 30 yard area in two 20 x 30 yard grids. Station six players in each grid. One ball per practice.

Game Objective

The light team has possession of the ball. Light player #1 passes the ball into the opposing area. The light team sends three players into the opposing area to defend. A goal is scored when the dark team makes 5 consecutive passes without an interception. Repeat in the opposite direction.

Progressions

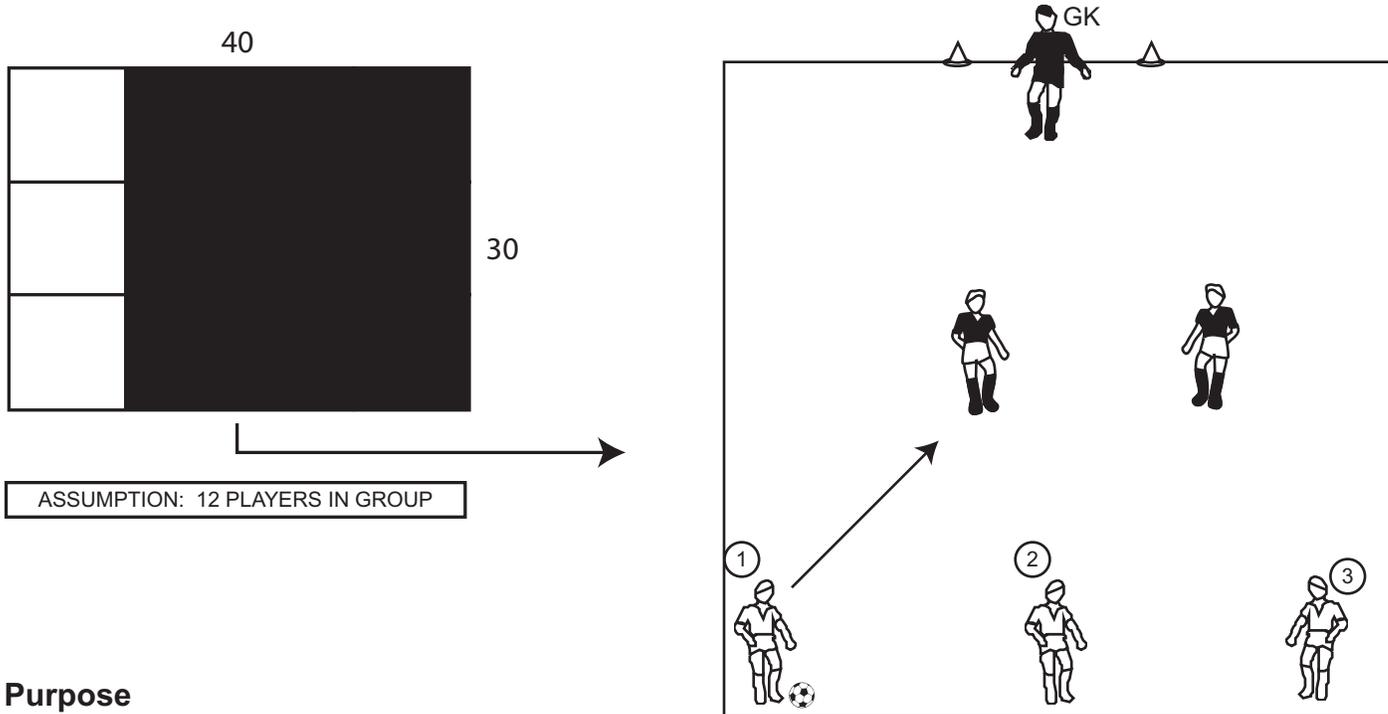
1. Increase the number of defenders to four.
2. Make the area smaller.

Key Coaching Points

1. The team in possession should be very mobile, making runs off the ball to create space for the ball carrier.
2. Players off the ball should be accessible to the ball carrier at all times.
3. When you win the ball, turn and get it to your team immediately.

BACKYARD SOCCER - Passing & Control

Attack & Defense



Purpose

To develop shooting in a confined area.

Organization

Set out a 30 x 30 yard area. Position 3 attackers along the endline and 2 defenders plus a goalkeeper in the area. The attackers have 1 ball between them. Repeat in another area for a total of 12 players.

Game Objective

Light players #1, #2, and #3 combine to attack the goal at the top of the diagram. The player in possession attempts a shot on goal. The two supporting attackers (light players #2 and #3) follow-in for any rebounds from the defenders or goalkeeper. A goal kick = 1 point to the defenders. A score = 2 points to the attackers. A corner kick = 1 point to the attackers. First team to 10 wins. If the keeper saves the ball, he clears the ball back to the attacking team to repeat the practice.

Progressions

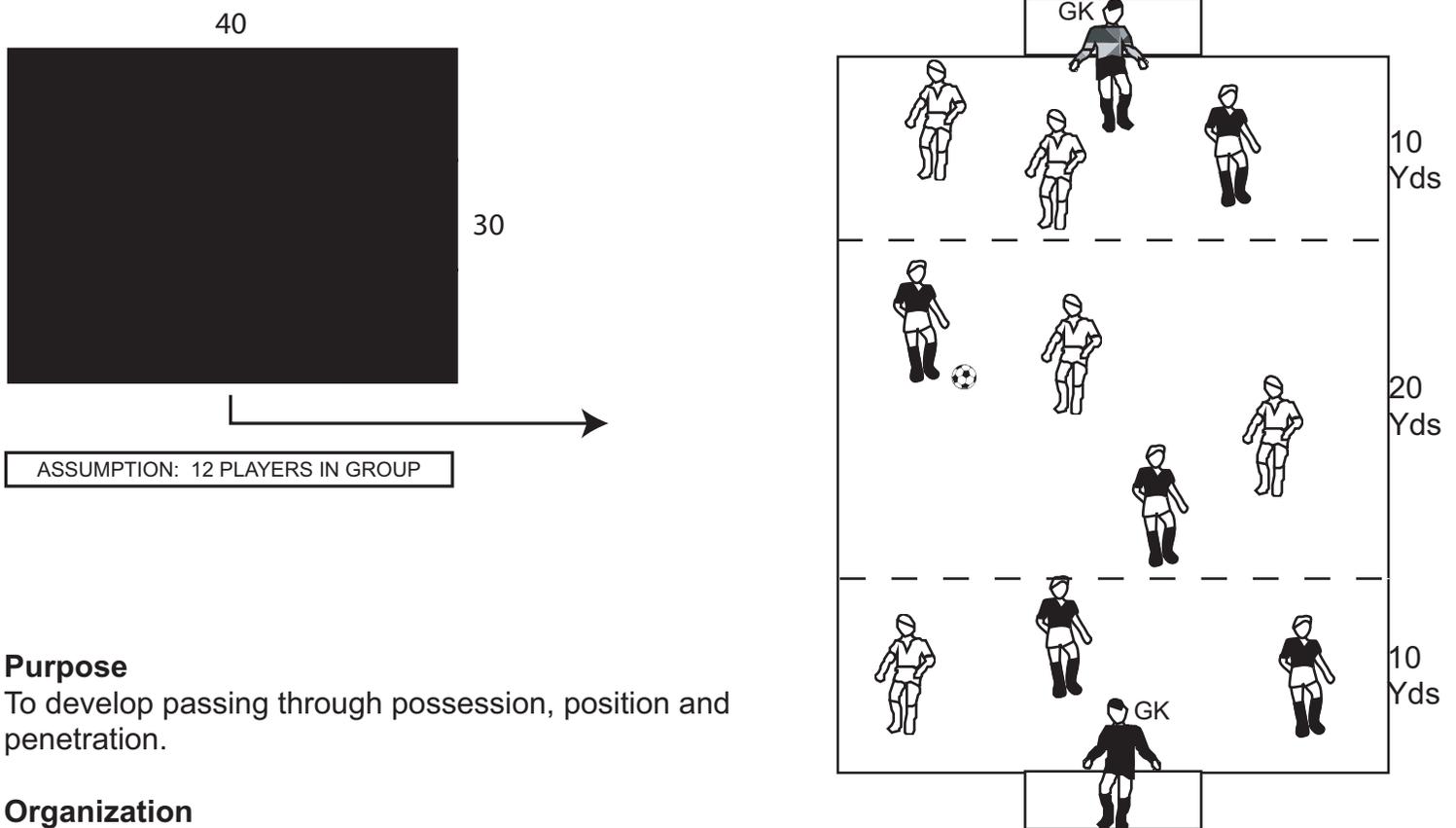
The attackers can pass to each other to create a better shooting opportunity.

Key Coaching Points

1. Observe the position of the goalkeeper.
2. Concentrate on accuracy.
3. Keep the head over the ball.
4. Strike through the middle or top half of the ball.
5. Follow through at the target.

MLS PLAYOFF - Passing & Control

4 P's (Passing For Position, Possession & Penetration)



Purpose

To develop passing through possession, position and penetration.

Organization

Set out a 40 x 30 yard area and divide the playing area as above. Station players with 2 v 1 in the defensive area, 2 v 2 in the midfield and 1 v 2 in the attacking area. Players must stay in these areas.

Game Objective

The team in possession plays the ball and maintains possession within their area. The object of the game is to penetrate the next area with a pass. The ball must go through consecutive areas—it cannot travel over more than 2 lines without being touched.

Progressions

1. After playing the ball forward, the passer can enter the next area to support the play.
2. Play 1/2's rather than 1/3's of the field. Only the 2 nominated midfield players for both teams can go across the half way line.

Key Coaching Points

1. Awareness of how and when to play in each 1/3 of the field.
2. When your team has the ball, offer support or create space by moving away from the ball.
3. Support behind if the player is under pressure or in front if they have time to turn.
4. Play the ball the way you are facing to keep possession.