

# NYSW Recreation Soccer

# Lesson 3 Passing

# **Under-6**

### Warm-up Running the Bases



- 1. Set up an area 20 x 20.
- 2. make a small corner box in each corner ( Safe base area)
- 3. All Players have a ball and dribble around area. (Except the tagger)
- The tagger carries a pinnie with them, they try to tag a player with a ball
   players with a ball can go into the safe corner bases and not be tagged
- 6. Only one player allowed in a corner base at a time
- 7. If tagger tags you, you become the tagger and you take his/her ball and become part of the game

#### Coaching pts:

- 1. Maintain control of ball without running into players
- 2. change of speed with ball
- 3. scan the field, avoid tagger, find opportunities to get into the safe base..

#### 6 minutes

# Knock over the Cones



- 1. Set Field up in 20 x 20 area
- 2 Set up tall cones scattered around the field
- Players dribble around then pass the ball toward the cone in effort to knock it over
- 4. Player moves onto the next cone still standing
- 5. Continue paying until all the cones are knocked over

#### **Coaching Points:**

- 1. Good technique
  - a. Plant foot next to ball
  - b. use inside of foot
- c. Heal down toe up
- 2. look at your target
- 3. the goal is to strike the ball strong enough to tip the cone over but soft enough to keep the ball in the area

### 6 minutes

## <u>Passing through</u> <u>Gates</u>



- 1. Set up a 30 x 20 grid
- Randomly place small goals made with 1. Emphasis proper passing cones around the grid technique. \* Heal down Toe
- 3. These small goals should be made up of cones that are about 1 yard apart.
- 4. Players will work in groups of 2. two players one ball
- Players will travel around the field passing the ball through the goals to one another
- 6.players should take two/three touches before passing
- 7. Then move onto another goal

#### Coaching pts.

- technique. \* Heal down Toe Up\*

  2. Look around find an open goal for you and your partner to find

  3. positive touches
- 6 minutes

#### 3v3 scrimmage

- 1. Set up 15 x 20 yard field,
- 2. play 3v3 rotate players
- 3. No Goalies

#### Coaching pts.

- 1. encourage players to dribble and pass the ball into the goal 2. have plenty of balls ready to serve in, helps keep the game going
- 25 minutes

Lesson Plan designed by Chris Pacilio, NYSW Recration Director. Questions: conatct **Pacilioc @nyswysa.org** for additional Coaching courses and training. Have FUN!!! (Rev 2012)