

# HOW TO ORGANIZE A PRACTICE SESSION

PLAYERS DON'T COME TO LEARN, THEY COME TO PLAY. THE CHALLENGE OF COACHING IS HOW TO SNEAK IN THE LEARNING.

CANNOT TREAT A PRACTICE LIKE MEDICINE ("I KNOW YOU DON'T LIKE THIS, BUT IT'S GOOD FOR YOU"). THIS APPROACH DOESN'T WORK IN THE LONG RUN.

ACTIVITIES FALL INTO 3 BROAD CATEGORIES:

1. REPETITION TYPE
2. CONTEST/RACE TYPE
3. GAME-RELATED FUN GAMES

**GAME IS THE TEACHER APPROACH VS METHODOICAL APPROACH.** WHICH APPROACH IS MOST APPROPRIATE FOR YOUR PLAYERS? A MIX?

QUESTIONS A COACH SHOULD ALWAYS ASK HIMSELF/HERSELF:

- IS THERE ENJOYMENT?
- IS THERE LEARNING?
- IS IT APPLICABLE TO THE GAME?
- IS IT TECHNICALLY CORRECT?
- AM I STOPPING TOO MUCH?
- SHOULD I MOVE ON?

THIS HANDOUT INCLUDES THE FOLLOWING 3 SECTIONS:

1. PLAYER DEVELOPMENT MODEL (FOR SELECTING A TOPIC)
2. THE GAME IS THE TEACHER APPROACH TO PRACTICE
3. THE METHODOICAL STRUCTURED APPROACH TO PRACTICE

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# **PLAYER DEVELOPMENT MODEL**

## **RECREATIONAL LEVEL**

### **TECHNIQUE! TECHNIQUE! TECHNIQUE!**

**U-6 TO U-8: DRIBBLING (1V1)**  
**U-10 TO U-16: PASSING, DRIBBLING, SHOOTING**

### **TACTICS**

**U-10 TO U-12: PLAYER, THE BALL, HIS OPPONENT, AND HIS IMMEDIATE VICINITY (1V1 TO 3V3)**  
**U-12 TO U-14: SMALL GROUP PROBLEM SOLVING (4V4 TO 6V6)**  
**U-14 TO U-18: LARGE GROUPS AND TEAM TACTICS (8V8 TO 11V11)**

# **THE GAME IS THE TEACHER APPROACH**

**U-6 TO U-10**

## **FUN GAMES**

**VERY LITTLE COACHING, IF ANY  
TO FOSTER THE LOVE OF THE GAME  
SUCCESSION OF FUN GAME-LIKE ACTIVITIES  
ACTIVITIES OF SHORT DURATION  
EMPHASIS ON DRIBBLING ACTIVITIES  
FINISH WITH A SCRIMMAGE**

# « THE PHASES OF SOCCER DEVELOPMENT »

Every child that is introduced to the game of soccer, embarks on a journey of discovery, starting from the moment he/she first kicks a ball. The ones that eventually develop into high level players, go through the following phases of growth, generally in the sequence shown:

## **Phase 1 – Introduction to Soccer**

First experience of organized play, usually anywhere between 4 to 12 years old. First exposure to teams, coaches, practices and games. First attempt at mastering the skills of the game. Soccer might not be the only sport played, as the player dabbles in many sports and activities. If the introductory experience was fun, the player might move on to phase 2. If the experience was not enjoyable, the player will likely drop out of soccer.

## **Phase 2 – Commitment to Soccer**

If the introductory phase proves an enjoyable experience, the player will decide that he/she likes soccer and is keen to continue playing the game. The most common motivators for continuing to play soccer are: (a) discovering the freedom inherent in soccer, the players' game - the freedom to run and do with the ball whatever the instinct dictates, (b) a noticeable or rapid gain in skill, (c) having a 'fun' coach, and (d) enjoying the social aspects of a team sport. It's not necessary for all of the above four motivators to exist together for a commitment to be made. All it takes is one reason. And it's not necessarily just the best players who make a commitment to soccer. Players of all abilities can fall in love with soccer and make it their sport of choice.

Once a player chooses soccer as his/her main sport and commits to playing it on a regular basis, soccer becomes an integral part of the weekly routine and is ingrained into the family life. This marks the birth of the 'Soccer Family', the 'Soccer Mom' and all that it entails.

## **Phase 3 – Commitment to Excellence**

Once soccer is chosen as the main sport, players begin to acquire soccer idols as they spend more and more time watching high level games. And with exposure to high level soccer, come the dreams about emulating their idols. At this stage, many players start to compare themselves to their peers and begin to wonder whether they are good enough to play the game at a high level. Unfortunately, some players quit soccer at this stage, when the realization that they are not as good as their peers hits home. But some develop an aspiration to become top players and make a commitment to work on their game. They are hooked! A player who is committed to excellence trains on his/her own in addition to the normal team practices. He/she watches games intently, trying to learn from the best. He/she becomes self-analytical, constantly looking to improve, and basically eats, drinks, and sleeps soccer.

## **Phase 4 – Commitment to Winning**

This is the stage when a player reaches a high level of technical and tactical maturity and, with it, a competitive streak. This player is seriously looking at a college or professional career in soccer and therefore, sets high standards, both for himself and for his team. The player who is committed to winning has no patience for slackers, wants to play with other players of similar ability and drive, and is looking to constantly challenge herself in practice and in games.

## **Implication**

The phases described above are intrinsically developed within each player. Adults cannot and should not push or 'fast track' players through these phases but rather allow the players to progress at their own pace. Some players show promise early while others are so-called late maturers. It typically takes 6 to 10 years for players to go from phase 1 to phase 4. Adults cannot decide for the players in which phase they need to be. Let the players decide! Most players never progress beyond the first phase, let alone reach the fourth one. Your task, as adults in charge of running a youth sport association, is to provide all your players the programs, the resources and the opportunity to advance through the phases of development without putting any pressure on them. Let the players decide for themselves how much they want to commit.

# PLAYER DEVELOPMENT MODEL

<b>Technique</b>	<p><b>U6 - U8</b> Basic Technique Stationary Unopposed (Fundamental)</p> <p><b>U6 - U8</b> Basic Technique Movement Unopposed (Match Related)</p> <p><b>U10 - U12</b> Basic Technique Speed Opposed (Match Condition)</p> <p><b>U12 - U14</b> Advanced Technique Movement Unopposed (Fundamental)</p> <p><b>U12 - U16</b> Advanced Technique Movement Opposed (Match Related)</p> <p><b>U14 - U18</b> Advanced Technique Speed Opposed (Match Condition)</p>
<b>Tactics</b>	<p><b>U11 - U15</b> <b>Individual Tactics (skills)</b> technique on demand support individual defending creating space for oneself initiative</p> <p><b>U12 - U16</b> <b>Small Group Tactics</b> wall pass cross over overlap support third man running defensive cover creating space for others</p> <p><b>U14 - U18</b> <b>Team Tactics</b> width, shape switching, play interchanging positions (versatility, adaptability) set plays (restarts) systems rhythm</p>
<b>Fitness</b>	<p><b>U6 - U18</b> Agility</p> <p><b>U12 - U18</b> Endurance (with ball)</p> <p><b>U14 - U18</b> Strength</p> <p><b>U15 - U18</b> Speed</p>
<b>Psychology</b>	<p><b>U6 - U18</b> Fun</p> <p><b>U6 - U10</b> Foster Love of the game</p> <p><b>U10 - U12</b> Commitment (soccer is main sport)</p> <p><b>U12 - U16</b> Pursuit of excellence (sets standards wants to improve practice on his/her own)</p> <p><b>U16 - U18</b> Commitment to winning (mentally tough disciplined strong desire to win)</p>

AGE	Practice Allocation	
	Technique	Tactics
U6 - U10	95%	5%
U11 - U14	75%	25%
U15 - U18	50%	35%
		15%

**Basic Technique - short passing**  
dribbling  
receiving  
heading

**Advanced Technique -**  
dribbling past players  
shielding, shooting, volleying  
crossing, long range passing  
tackling, curling passes, chipping



# THE GAME IS THE TEACHER

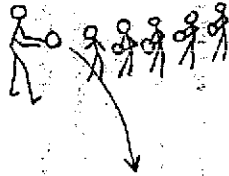
## CLINIC FOR REC COACHES

Can Also Be Used As The Fun Games  
Morning Field Session For The 'F' Course

### INDIVIDUAL ACTIVITIES

#### 1. FETCH THE BALL!

Coach throws balls in any old direction. Players chase balls and bring them back to the coach. Coach calls out the method of fetching: rolling, dribbling, bouncing, on the head, behind the back, etc.

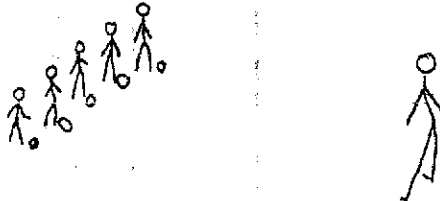


#### 2. CAN YOU DO THIS?

Coach does ball gymnastics and very basic coerver type moves. Players copy. Coach asks players to lead and make up tricks for all other players to copy.

#### 3. HOW CLOSE CAN YOU GET IT?

Players stand 10-20 yards from the coach. Players have one ball each. Players roll or pass the ball towards the coach to see which ball comes to rest the closest to the coach.



#### 4. YELLOW / GREEN / RED.

Players stand 20-30 yards from coach. Coach calls out the colors. "YELLOW" means a slow jog (or dribble). "GREEN" means a sprint (or a fast dribble). "RED" means a full stop. Players who do not follow the commands need to re-start from beginning line. See who can get to the coach first.

#### 5. TREASURE HUNT

Coach and players place on the ground in random fashion cones or bibs or any items that can be picked up easily. On coaches command, all the players dribble their ball over the strewn items. Each player picks up and carries whatever they dribble over. When all items are picked up, the winner is the player who picked up the most pieces.

## 6. COVER YOUR EYES

Players dribble the ball in an area. When coach shouts COVER YOUR EYES! all players need to crouch and cover their eyes beside their ball. Coach shouts "NOW!" and all the players need to get up quickly and dribble the ball to the coach. Coach changes positions so that players need to find him.

## 7. HOUSE DRIBBLE

Players dribble the ball in a grid and must follow coaches commands:

STOP: means players must stop by putting their foot on the ball

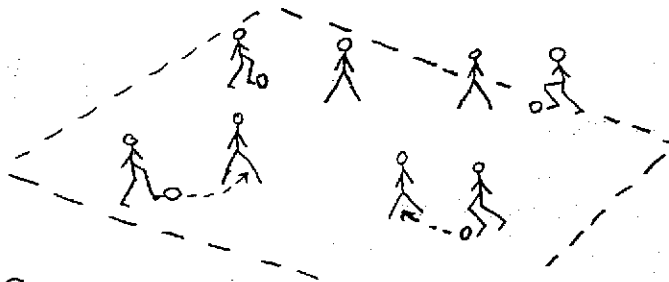
ELBOW: means players must stop ball by putting their elbow on the ball. Coach can call other parts of the body too.

CHANGE: Players leave their ball and quickly find another ball.

THREE: Players need to get in groups of three. (Coach can shout any number)

## 8. NUTMEG

Half the players have a ball and dribble around in a grid. The other half are without the ball and are standing with their legs spread open. On command the players with the ball dribble the ball through the legs of all the standing players. The first players to 'nutmeg' all the standing players and dribble to the coach is the winner.



## 9. FREEZE TAG

All players are in an area with one ball each except one player who doesn't have the ball. The player without the ball tries to tag all the other players. The other players try to avoid being tagged while dribbling their ball. If a player gets tagged, he is frozen i.e. must stay still with legs spread open. Other players can free the frozen players by, dribbling their ball through the frozen player's legs.

## PARTNER ACTIVITIES

### 10. ELASTIC BAND

Players in pairs. One ball per pair.

One player kicks the ball through

his partner's legs. The partner chases

the ball and dribbles it back to kicker who now turns and opens his legs to become the chaser. Repeat back and forth.

Progress by throwing the ball over partner's shoulders. Progress by calling a number. The chaser must bring the ball back by touching the ball as many times as the number called.



### 11. BALL BALANCING

Partners have a ball, without using hands

Partners keep a ball between their backs

While bending down to a sitting position  
and back up to a standing position.

Use the same idea for different parts of the body:

forehead, chest, shoulder, etc.



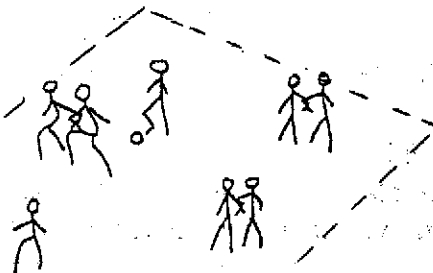
### 12. PARTNER RACES

Partners race against other partners from starting to finish line while balancing a ball in various ways as commanded by the coach. Examples: Partners must hold the ball using 2 knees, one elbow and one hand, partners must hold the ball using one foot and one hand, etc.

### 13. BOMBARDMENT

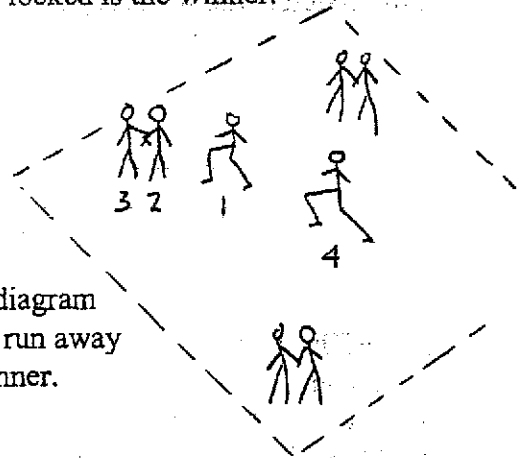
Players in pairs, one pair has a ball, the other pairs are locked together arm in arm. The loose pair try to hit the locked pairs by kicking the ball at the pairs below the knees.

Pairs are allowed to move but must stay within the grid. Each pair that gets hit becomes loose, get a ball and starts to hit the remaining locked pairs. Last pair to remain locked is the winner.



### 14. THREE IS A CROWD

Partners are locked together as in 'Bombardment' above. One player chases a second player to tag him. Player being chased can lock into a pair but since three players cannot stay locked together, the third player must break loose and avoid being tagged. For example, in the diagram above, 4 chases 1. If 1 hooks his hand into 2, 3 must leave and run away from 4. If 4 tags 3, 3 becomes the tagger and 4 becomes the runner.



### 15. PARTNER FREEZE TAG

Players are grouped in pairs with one ball per pair. Each pair passes the ball while moving within an area. One pair does not have a ball and are the tagging pair. Each one of the tagging players tries to tag players but is allowed to tag only players who have the ball. If a player is tagged while in possession of the ball, he stands frozen with his legs open. His partner can free him by dribbling their ball between the frozen player's legs. If the dribbler also gets tagged, the pair become taggers. The last pair with the ball is the winning pair.



## GROUP ACTIVITIES

### 16. GROUP FETCH

Two teams in an area. The coach holds 2 balls, one ball for each team. Coach throws both balls away simultaneously. Each team must bring the ball back to coach using passing with the condition that each player must touch the ball on its way back to the coach. Progress to 2 touch passing or 1 touch passing. Variations: left foot passes only, juggle twice and pass, backheels only, every pass must be at least 20 yards long, etc.

Progress to the coach only throwing one ball. Now both teams compete for the ball and each team tries to bring the ball back to the coach. To avoid crowding, the coach can move around area.

### 17. TRANSITION

Two teams of four. Each team has 3 players with one ball each standing behind their goal line.

The fourth player from each team is in the field playing 1v1. In the diagram, the White team is playing against the Red team. The White player in the field tries to score a goal.

If the ball crosses the CD end line, the white player #1 becomes the defender and one of the Red players on the end line immediately attacks the White goal.

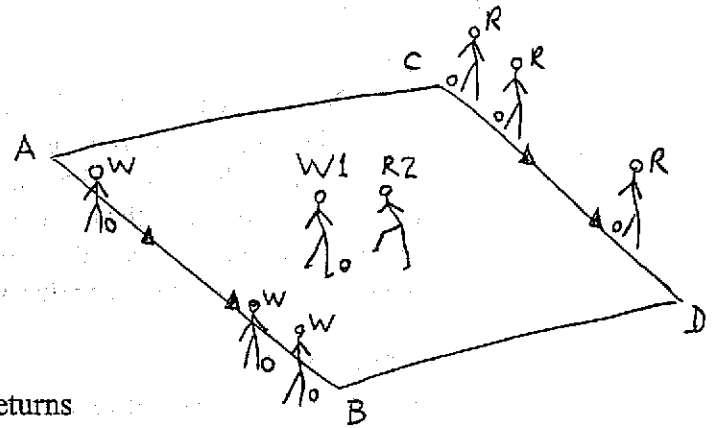
(Red player #2 returns to his end line). If the ball crosses the AB end line, a new White player becomes an attacker while the Red player on the field becomes the defender.

This game is continuous and requires a quick transition from attack to defense by the player on the field as well as a quick transition from standing

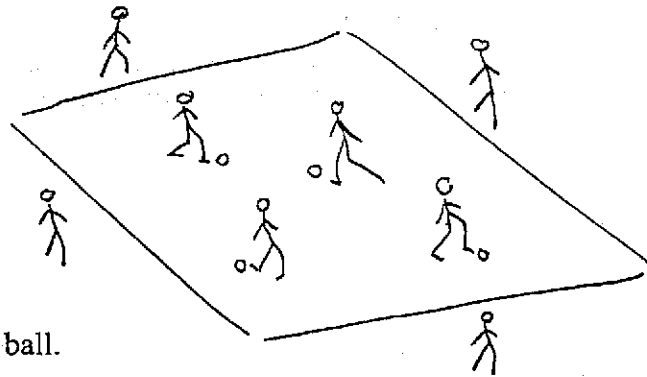
at the end line to attacking by the other players.

Progress to 2 v 2

Progress to 3 v 3



### 18. COWBOYS AND INDIANS



Two teams of 3 to 6 players each.

One team inside the grid, each player with a ball.

Other team around the grid.

On coaches' command the outside team enters grid and attempts to kick all the balls out of the grid.

The players of the inside team each protects his own ball. Once a player loses his/her ball, he stays in grid and helps his teammates keep their balls.

Play stops when all the balls are kicked out.

Switch roles.

Winning team is one who clears all the balls in the quickest time.

# THE GAME IS THE TEACHER (PART 2)

## Fun Games for Recreational Players

### DRIBBLING

#### 1. TAIL GAME

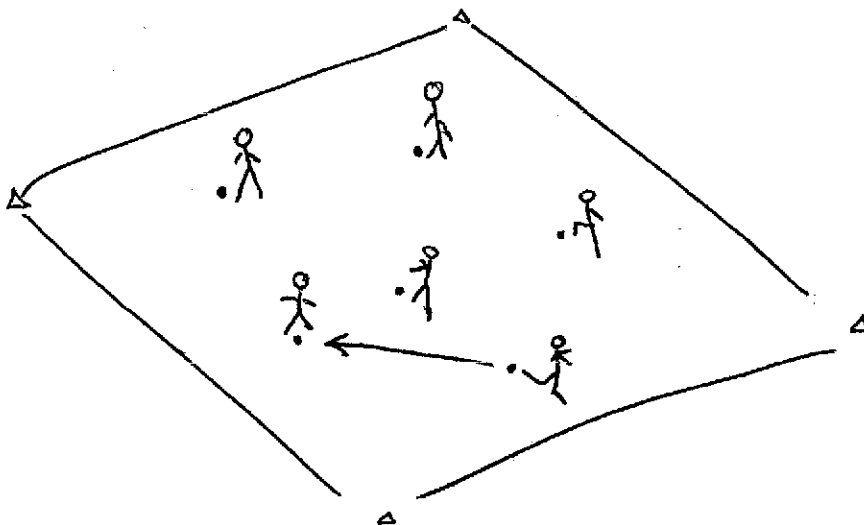
Each player creates a hanging tail by shoving part of a bib into the back of his shorts, leaving a large portion of the bib hanging and visible. The players all have a ball and dribble their ball inside a grid. The objective is to pull the other players' tail off and throw it to the ground while protecting their own tail. To make it a contest: When the coach calls STOP!, the players who still have a tail get one point. Repeat until the winner who has accumulated 5 points.

#### 2. HOSPITAL TAG

All the players dribble their ball in a grid. Each player tries to tag other players and evade other players from tagging him. When a player gets tagged, he/she continues to dribble but must touch the tagged area with one hand while dribbling. If a player gets tagged again, he/she must touch the new tagged area with the second hand while continuing dribbling. If player is tagged a third time, he/she must go to a designated area outside the grid (hospital) to do a 'healing' activity before returning to the grid to start dribbling afresh. Healing activity could be anything, such as jumping jacks or jumping over the ball five times or juggling, etc.

#### 3. KICK BOWLING

Players dribble their ball in a grid. One player is the bowler who dribbles around and tries to kick his ball to hit another ball. Player whose ball gets hit becomes the new bowler.



#### 4. COLOR DRIBBLE

Players dribble their ball in a grid. Coach puts a different color bib in each corner. When coach shouts YELLOW!, all the players must dribble the ball towards the corner with the yellow bib, around the corner and back into the grid. Coach can make it more interesting by occasionally switching the colors between the corners without the players noticing.

#### 5. TAG GAME

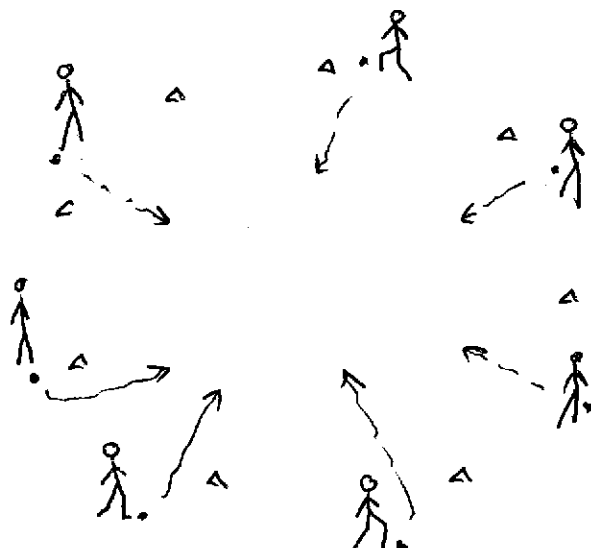
All the players in a grid, with half the players with a ball each, and the other half are without the ball. The players with the ball dribble and chase, trying to tag the players without the ball. If a player is tagged, he takes over the ball and dribbles to tag players without the ball. To make it a contest: When the coach shouts STOP!, the players without a ball get a point. Winner is the player who accumulates 5 point first. Can do it the other way around, with players without the ball chasing the dribblers, in which case the players who have the ball each time play is stopped get a point each.

#### 6. SHADOW DRIBBLING

Players in pairs. The front player has no ball and his partner is behind him with the ball. The front player moves around a large area, occasionally changing directions and turning whichever way. The partner with the ball must stay within the shadow of first player throughout. To make it a contest: When the coach shouts STOP!, players who remain close to their partners get a point.

#### 7. CIRCLE SOCCER

Players dribble a ball each <sup>around</sup> a large circle. When coach shouts CROSS!, all the players must dribble across the circle to the opposite side without bumping into each other or losing control of the ball. To make it a contest: The first to get to the other end gets a point.



## PASSING

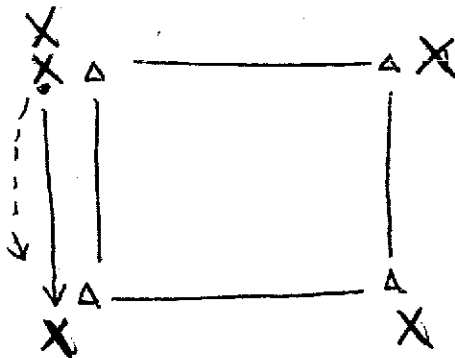
### 8. GATE PASSING

Players in pairs, about 10 yards apart, with a gate (two cones, 2-3 yards apart) half way between them. The players pass the ball through the gate to each other. To make it a contest: The pair who completes the most passes through the gate in a specified amount of time, say one minute, is the winner. Adjust distance and gate width to fit the level of the players.



### 9. AROUND THE SQUARE

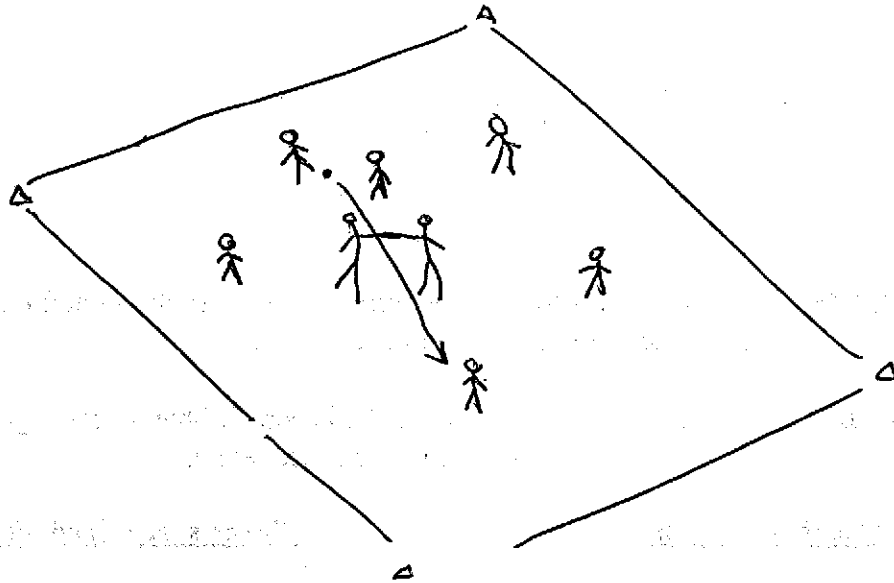
Players split into groups of 5. Each group positioned as shown in the corners of their square, with the ball starting in the corner with two players. The first player (Lead Player) passes to the first corner and follows the pass by running to the new corner. The player receiving the pass controls and passes to the next corner and follows the pass by running to the next corner. The sequence is continued until the Lead Player ends up back in his original corner. To make it a contest: The group whose Lead Player returns to his original corner the quickest is the winner. (Can do this game with 6 players per group with 3 players starting in one corner and game finishes when the third player from starting corner returns to his original corner)



## GAMES

### 10. GOAL ON THE MOVE

Two teams of 3v3 to 5v5 playing in a large grid. Both teams score on the same goal. The goal is made up of two adults (or players who take turns) holding a stick and moving randomly around grid. A goal is scored by passing the ball through the goal to a teammate.



### 11. TOUCH THE CONES

Two teams of 4v4 to 6v6 play a regular game with 2 goals. A number of cones are placed on the perimeter of the grid. The only condition is that every time a player passes the ball, he/she must sprint to any cone, touch it and return to play.

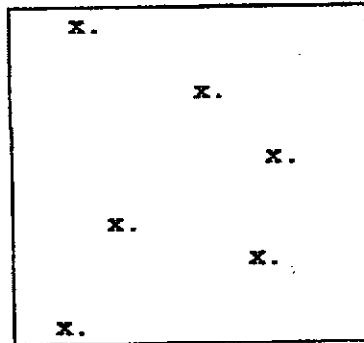
### 12. ELIMINATION

Two teams of 4v4 to 6v6 play possession in a grid. Possession means they just keep the ball from the other team, without goals. If a team makes 4 consecutive passes, play stops and the defending team must put two of its players on the perimeter. If the game was 6v6, now we have a game of 6v4. The team of 6 tries to string another 4 consecutive passes and if they succeed, the defending team loses another 2 players who must stand on the perimeter. This keeps going until one team is completely eliminated. The defending team can bring back the lost players by winning possession and passing the ball to one of the eliminated players on the perimeter who can now re-enter the game. The 'numbers down' team must first bring back all its players before they can eliminate players from the other team.

## GAME 1: HOUSE DRIBBLE

CAN BE USED AS WARM-UP

10 - 15 Yds. Sq.



**OBJECTIVE:** To allow players to become comfortable at dribbling and manipulating the ball without the presence of opponents.

**ORGANIZATION:** 6 to 10 players with one ball each, dribble inside a grid. Players respond to coach's commands as shown below.

### Coach's Command

### Player's required response

Right foot (or left)

Players dribble with right foot only

Stop (or "Red Light")

Players stop the ball by placing one foot on top of the ball

Turn

Players change the direction of the dribble

Right Elbow (or other body part such as nose, forehead, knee, cheek, etc.)

Players stop the ball by placing the body part on the ball

Clear the house

Players dribble fast out of the grid

Sit

Players sit on the ball

Jump

Players stop the ball and run around it jump over the ball, two legged, side to side

Change

Players leave their ball and get another ball

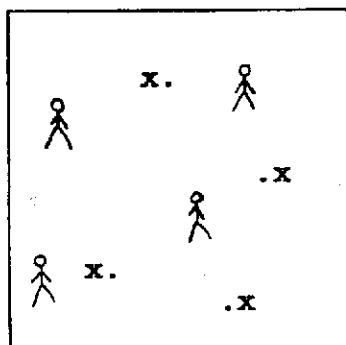
Three (or any other number)

Players dribble into groups of three

**VARIATION:** Instead of shouting a body part, the coach can touch an area on his body and the players need to stop the ball using the same area.

### GAME 3: NUTMEG

CAN BE USED AS A WARM-UP



x - Dribbler

⏏ - Player (or Parents)  
stand with legs open

**OBJECTIVE:** Improve dribbling and changing direction with heads up.

**ORGANIZATION:** Half the players with one ball each. The other half stand in grid with legs open. Players with the ball dribble in this grid and 'NUTMEG' as many players as possible in 30-60 seconds (push the ball between standing player's legs). Cannot nutmeg the same player in succession.

Rotate roles

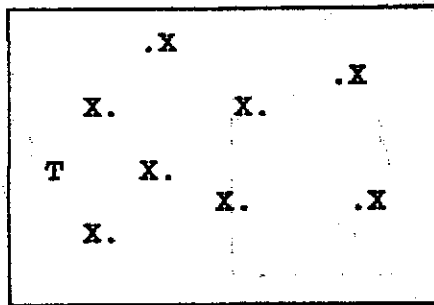
**VARIATION:** Add a defender who tries to take the ball away from any of the dribblers. Dribbler who loses the ball becomes the new defender.

**Note:** If parents are available, use them to stand in grid with legs open. Parents can also have a turn at dribbling in order to see for themselves that soccer is not as easy as it looks.

## GAME 4: FREEZE TAG

CAN BE USED AS A WARM-UP

20-40 YDS. SQ.



x - Player with ball  
T - Player tagging

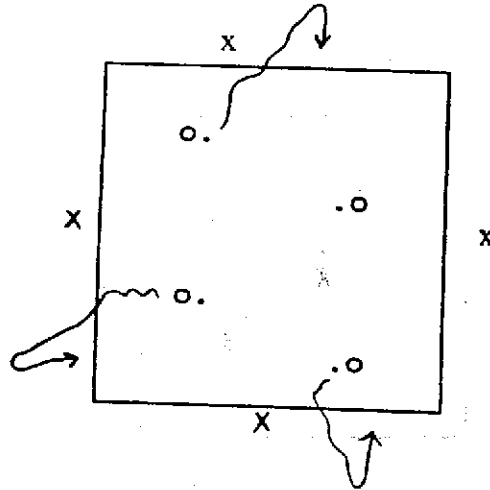
**OBJECTIVE:** Improve dribbling and changing direction.

**ORGANIZATION:** 6 to 10 players dribble their balls in the grid. One player without a ball tries to 'freeze' players by touching them. Each player who is frozen must stand with his/her legs open and wait until his teammates 'unfreeze' him by dribbling their ball between his legs. Tagging player tries to freeze the whole team within 60 seconds.

Increase difficulty by adding a second tagging player.



## GAME 6: JAIL BREAK

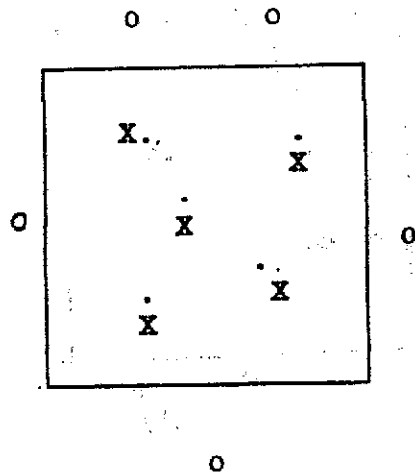


**OBJECTIVE:** Improve dribbling past opponents, changing direction and accelerating with the ball.

**ORGANIZATION:** 4 to 6 players inside a grid 15-25 yds. sq. 4 to 6 players stand along perimeter of grid. Players inside the grid have one ball each. The players inside the grid (prisoners) try to break out of jail by dribbling past the prison guards (x's) out of the grid. Prisoners return inside the grid and attempt to break out again through another side. The prisoner who can break out of and back into prison the most times in 60 seconds is the winner. The guards (x's) are not allowed in the grid and are not allowed to chase the prisoners outside the grid. Guards can only move laterally along the grid lines.

Rotate roles.

## GAME 14: COWBOYS AND INDIANS



**OBJECTIVE:** Improve dribbling, shielding, vision, passing and teamwork.

**ORGANIZATION:** 2 teams of 3 to 5 players each.  
One team inside the grid, each player with a ball.  
Other team around the grid.  
On coaches' command the outside team enters grid and attempts to kick all the balls out of the grid.  
The players of the inside team each protects his own ball. Once a player loses his/her ball, he stays in grid and helps his teammates keep their balls.  
Play stops when all the balls are kicked out.

Switch roles.

Winning team is one who clears all the balls in the quickest time.

# **THE METHODOICAL STRUCTURED APPROACH**

**U-10 TO U-19**

**EACH PRACTICE HAS A SPECIFIC THEME  
STARTS WITH TOPIC RELATED WARM UP  
MUST REPLICATE GAME SITUATIONS  
AGE AND LEVEL SPECIFIC  
EVERY ACTIVITY WITH THE BALL  
PRINCIPLE OF ECONOMIC TRAINING  
MAXIMIZE TOUCHES ON THE BALL  
INCREMENTAL PROGRESSION  
CHALLENGING ACTIVITIES  
DEMAND QUALITY  
COACHABLE MOMENTS  
BALANCE ACTIVITY LEVEL WITH STOPPAGES (TEACHING)  
MUST STILL BE FUN  
FINISH WITH A SCRIMMAGE**

**TECHNICAL TOPICS**

**PASSING**

**RECREATIONAL LEVEL**



10 - 15 Yds.

**PAIR PASS**

**ORGANIZATION:**

- Players work in pairs
- Stationary passing

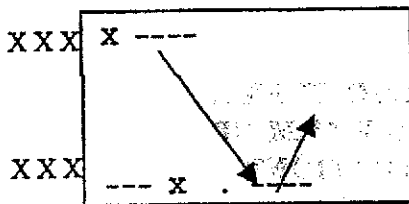
**COACHING POINTS**

- Control - look up - see partner-look down - pass.
- Step into ball
- Non kicking foot alongside ball and pointed towards target
- Head steady with eyes on ball
- Keep ankle rigid
- Contact ball with inside of foot (toes out)

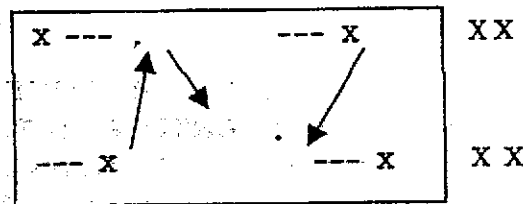
**COACHING POINTS (Cont'd)**

- Strike through center of ball
- Follow through towards target
- Accurate, firm passing
- Pace of pass easy to control
- Ball rolling on the ground

30 - 40 Yds.



15 Yds.



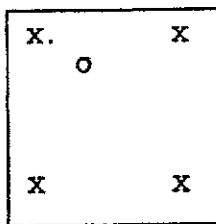
**PASSING ON THE RUN**

- Players in pairs
- Players pass into space in front of partner and move forward to receive pass
- Players interpass to other end

**PROGRESSION:**

- Players moving simultaneously in both directions
- Use outside of foot only
- One touch only

10 Yds.



10 Yds.

**KEEP-BALL**

**COACHING POINTS:**

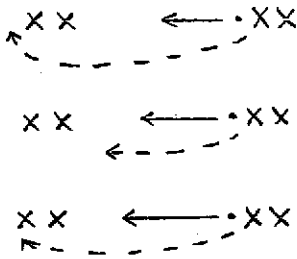
- Always have 2 players in support
- If defender is closing down, release ball early, if defender us far from ball, keep ball and "draw" defender
- Disguise pass by faking to pass one way and pass the other way by using instep or outside of foot.
- Pace of pass - make it "Playable" (easy to control)

**SCRIMMAGE**

Finish the practice with a scrimmage where teams can score a point by either scoring a goal or by completing 5 consecutive passes.

**ORGANIZATION:**

- 4 Attackers vs 1 Defender
- 4 Try to keep possession
- Progress to 3 vs 1

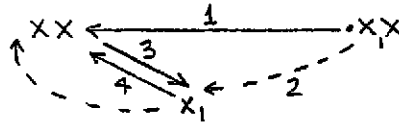


**LINE DRILLS:**

- GROUPS OF 4 TO 6
- PLAYERS PASS AND RUN TO END OF OPPOSITE LINE.

**VARIATIONS:**

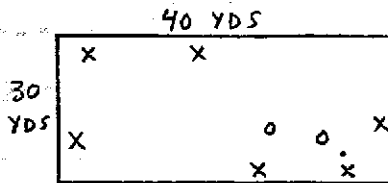
- FIRST TOUCH CONTROL, SECOND TOUCH PASS.
- FIRST TIME (TOUCH) PASS.
- DRIBBLE HALF WAY AND PASS.
- SET UP PLAY:



1. QUALITY PASS
2. ANGLED RUN
3. ONE TOUCH LAY BACK
4. PASS AGAIN AND RUN TO END OF LINE.

**COACHING POINTS:**

- ACCURACY OF PASS.
- PACE OF PASS-EASY TO CONTROL
- ROLLING ON THE GROUND.
- HEAD STEADY.
- EYES ON THE BALL.
- SEQUENCE: -CONTROL
- LOOK UP
- SEE PARTNER
- LOOK DOWN
- PASS.



**MAKE THEM CHASE**

**ORGANIZATION:**

- 6 ATTACKERS VS 2 DEFENDERS
- ATTACKERS MOVE AROUND GRID AND MAINTAIN POSSESSION.
- DEFENDER TRY TO WIN POSSESSION OR FORCE THE BALL OUT OF GRID.

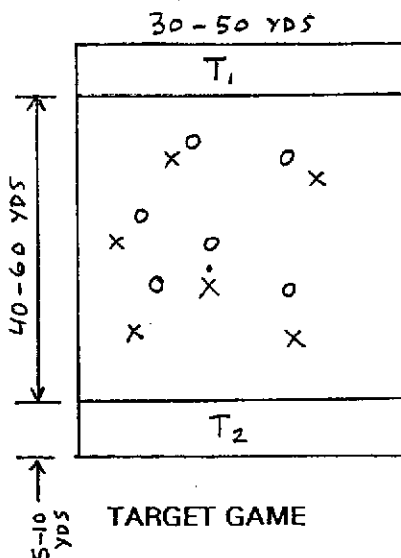
- ROTATE ROLES
- KEEP SCORE OF NUMBER OF CONSECUTIVE PASSES.

**PROGRESSION:**

- PLAY 5 VS 2
- PLAY 4 VS 2
- PLAY 2 TOUCH ONLY.
- PLAY 1 TOUCH ONLY.

**COACHING POINTS:**

- ACCURATE, WELL PACED PASSES WHICH ARE EASY FOR RECEIVER TO CONTROL.
- KEEP BALL MOVING.
- DRAW DEFENDERS TO ONE END THEN SWITCH BALL TO OTHER END.
- ADD 'DECEPTION' TO YOUR PASS-PRETEND YOU ARE PASSING IN ONE DIRECTION BUT PASS IN ANOTHER DIRECTION.



**TARGET GAME**

**ORGANIZATION:**

- 5 VS 5 TO 7 VS 7 PLUS 2 TARGET PLAYERS (T).
- ONLY TARGET PLAYERS ARE ALLOWED IN END ZONES.
- TARGET PLAYERS CAN ONLY MOVE WITHIN THEIR END ZONES.
- TEAM IN POSSESSION TRIES TO PLAY THE BALL TO T1. IF THEY SUCCEED THEN T1 PASSES THE BALL BACK TO THE TEAM WHO NOW CHANGE DIRECTION AND TRY TO PASS THE BALL TO T2.

- IF OPPOSING TEAM WINS POSSESSION, THEY START THE SAME SEQUENCE.
- TARGET PLAYERS ONLY ALLOWED TWO TOUCH.

**PROGRESSION:**

- ONLY 2 TOUCH FOR EVERYONE.
- CAN SCORE A POINT EITHER BY PLAYING TO T OR BY MAKING 5 CONSECUTIVE PASSES.

**COACHING POINTS:**

- SUPPORT THE BALL, BUT OPEN UP PASSING LANE TO TARGET BY SPREADING OUT.
- KEEP THE BALL MOVING.
- SEE POINTS ABOVE.

**FINISH WITH A SCRIMMAGE**