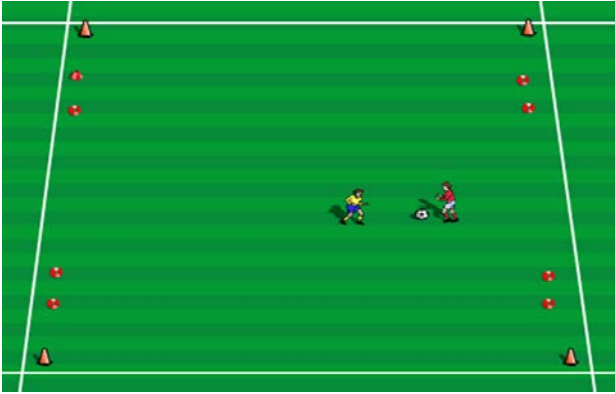


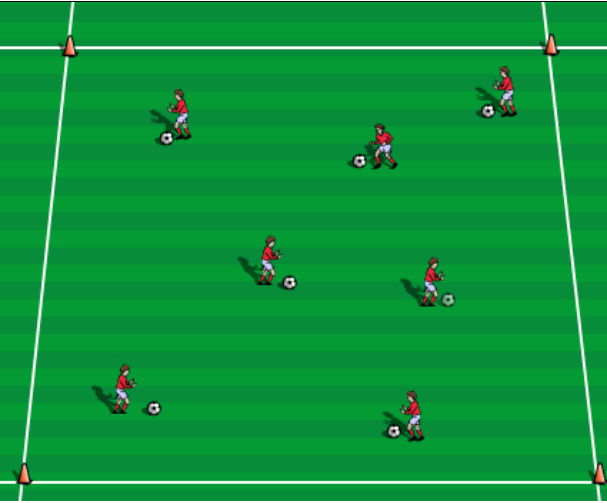
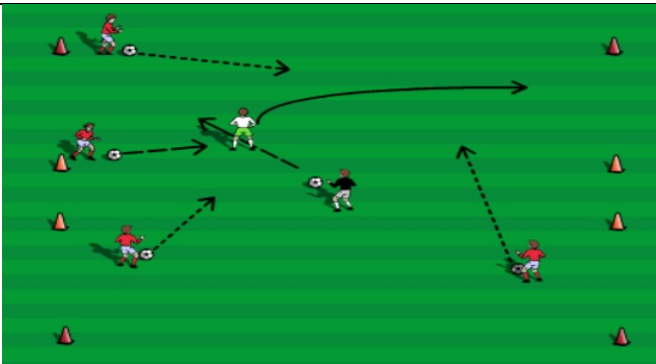
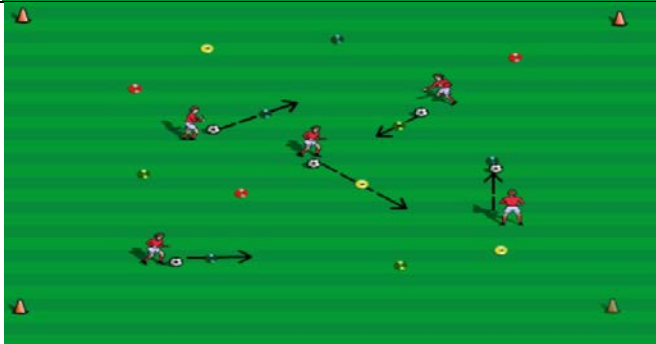
# St. Mary's SOCCER

## U06/U07 Academy Session 4

### Main Topic: Intro to Passing

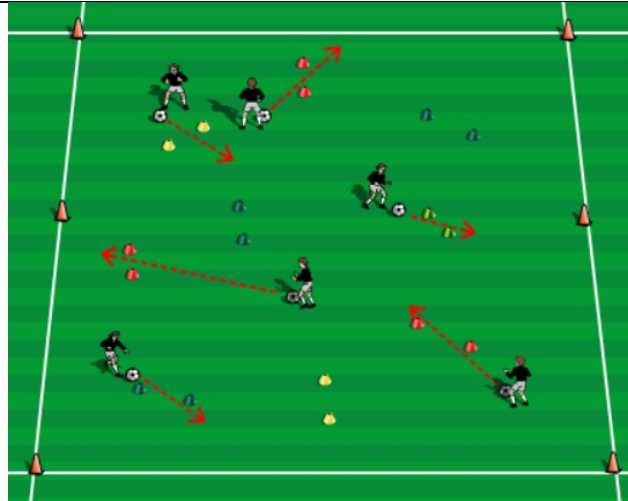
In this session we will introduce the players to striking the ball with the inside of their foot at a target. At this age we are not concerned with them being able to pass with technical perfection but instead want to encourage them to just use the inside of their foot.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<b>Warmup Activities</b>		
<p><b>1<sup>st</sup> Activity – Warm up game</b>            Set up two cone goals (gates) at each end of the grid. Players must dribble through the gate goal to score.            Prior to when practice is scheduled to start &amp; as soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 4v4.            After all your players arrive or 5 minutes after the start time, you can move on to the other activities.</p>	<p>20 X 20 yard grid</p>  <p>Start 1 v 1 and add players as they arrive.</p>	<p>Limit the coaching, This should be only a warmup activity as you wait for your players to arrive and to get them focused on soccer. Coach should carry a couple soccer balls and if a ball goes out of bounds the coach can call out “new ball” and provide one to play. This will save time instead of waiting for your players to chase down a ball that went out of bounds.</p>

<p><b>2<sup>nd</sup> Activity – 4 Surface Dribbling</b>  This is a review of the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole).</p>		<p>Ask one of your players to tell you a surface of the foot they can dribble with and then have them demo it. Have the rest of the players dribble with that part of the foot. Make sure to have them practice with each foot. Continue until you have reviewed each dribbling surface. Once all 4 primary surfaces have been reviewed you can have the players work on the lean and push move that was introduced in week 3.</p>
<p><b>3<sup>rd</sup> Activity – Large Group Activity</b>  The site/field coordinator will gather all players around one of the team grids to introduce the Pull Back</p>	<p>OPTIONAL ACTIVITY DETERMINED BY THE FIELD/SITE COORDINATOR – DEMO OF PULL BACK</p>	
<p><b>4<sup>th</sup> Activity –Target Practice</b>  The purpose of this activity is to introduce the players to taking shots at a moving target using the inside of the foot.</p> <p>As the coach places down the cones for the next activity, the players will attempt to take shots at the coach’s legs with their ball.</p>		<p>Instruct the players that they must keep the ball low to the ground when they are taking shots. Keeping the ball low requires that the ball be struck with the inside of the foot at the equator (middle of the ball). Not every players will be able to utilize the inside of the foot, but still encourage them to try.</p>
<p><b>5<sup>th</sup> Activity – Hit the Cone</b>  In this activity, use several tall orange cones that players can knock down or flip small cones upside down and tell the players they must hit the cone with the ball and try to flip it right side up. Object is to get the players passing to a target.</p>		<p>Players dribble through the grid and will try to hit a cone by shooting their ball at it. Encourage them to try to use the inside of their foot to be more accurate but remember most children at this age will not be able to do it perfectly.</p>

### 6<sup>th</sup> Activity – Gate Escape

Two cones are placed approximately 2-3 ft apart as gates all over the playing area (try to have as many gates as you have players). Players dribble through one gate and then proceed to dribble through another gate. Once they get the hang of it, encourage them to try to do it a little faster but it is important to ensure once they pick up the speed they are still dribbling under control.

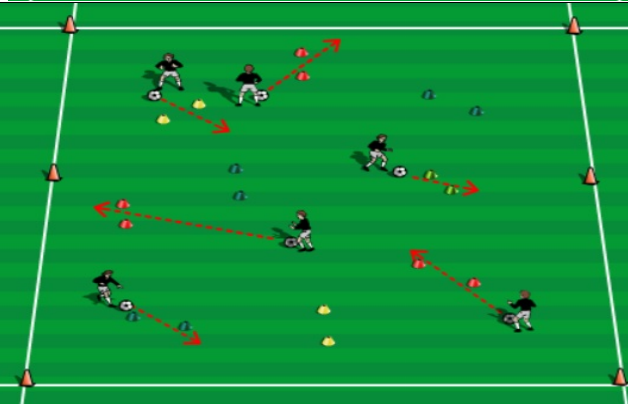


Try to see how many gates we can dribble through in a minute.

On the 2<sup>nd</sup> attempt, can we dribble through more gates than we did the first time?

### 7<sup>th</sup> Activity – Gate Escape Passing

The purpose of this activity is to allow the players to move to a target and pass the ball through the gate. Two cones are placed approximately 2-3 feet apart as gates all over the playing area (try to have more gates than players).



For this activity, instead of dribbling through the gate, the players must pass the ball through the gate and then run around the gate to retrieve it.

Encourage them to not kick the ball too hard so they don't have to run far to get it and start dribbling again.

### 8<sup>th</sup> Activity - Capture the Ball

Set up 2 or 3 home bases in the corners of the grid. Divide the players equally among the bases. All soccer balls are in the center of the grid.

On coach's command, all players try to dribble as many soccer balls as they can to their home base. Teams can steal balls from other bases.

Team with most balls after 30 seconds wins the round.



Scheming (how to get the most soccer balls, steal soccer balls from other home bases and how to defend your home base).

A fun activity to end the session.

**Cool Down**

**Cool Down - Juggling**

The purpose of this activity is to develop Hand-Eye or Foot-Eye Coordination. Players drop the ball and juggle once and then catch it. If a player cannot use their foot then have them juggle the ball once using their thigh.

Players pick up their ball and gently drop it to juggle it once using their foot or thigh. We don't want them to toss the ball in the air but to just drop it gently, juggle once and then catch the ball. Repeat alternating feet/thigh.