


St. Mary's SOCCER

U06/U07 Academy Session 5

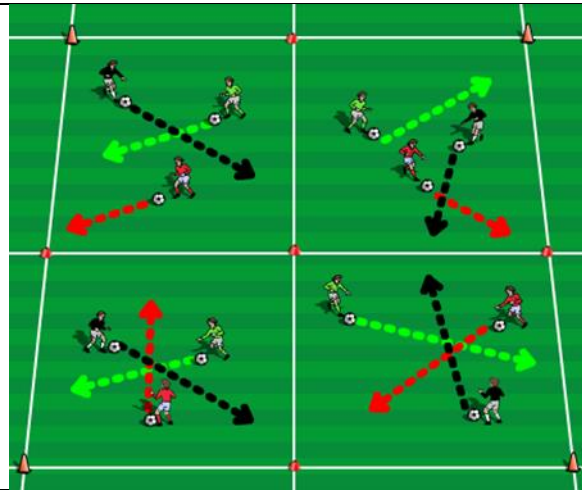
Main Topic: Passing

In this session we continue working with the players on striking/passing the ball with the inside of the foot but introduce them working with other players.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<p>1st Activity – Warm up game 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 & 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 style="text-align: center;">Warmup Activities 20 X 20 yard grid</p>  <p style="text-align: center;">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>

2nd Activity – Paint the Field

In this activity, the training grid will be divided into 4 sections with an equal number of players in each section. Explain that the ball is a paintbrush and players need to paint their section by dribbling their paintbrush around the grid. Have them paint using the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole).



Have the players utilize the 4 different surfaces of the foot. Make sure to have them use both feet.

3rd Activity – Large Group Activity

The site/field coordinator will gather all players around one of the team grids to demo one of the activities.

OPTIONAL ACTIVITY DETERMINED BY THE FIELD/SITE COORDINATOR

4th Activity – Paint the Field with partners

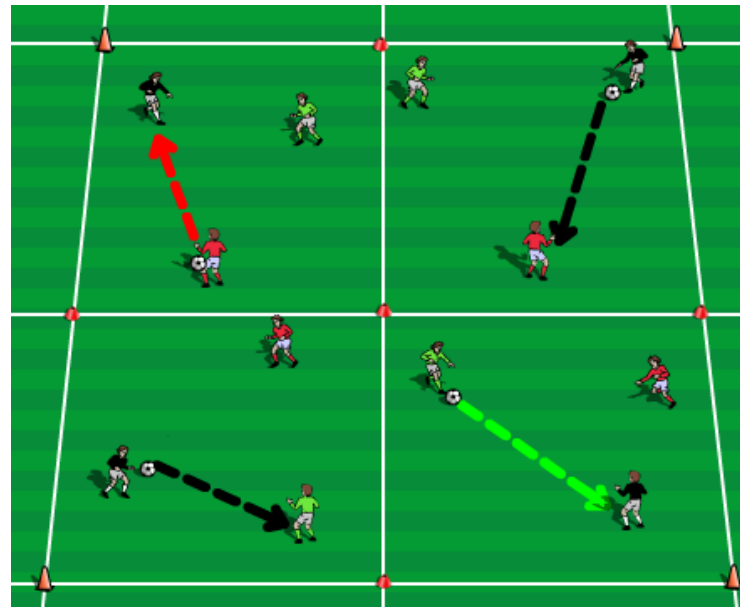
The same players in each grid from activity 2 will “paint the grass” by passing the ball between them and moving.

If the ball comes off the grass then it doesn’t count as being painted so it is important to keep the ball on the ground.

The goal is to cover as much of the grid as possible with their passes.

If the ball goes out of the grid then that group begins their “painting” all over.

Young players will be less reluctant to pass the ball to an adult so use coaches/parents to help facilitate them passing the ball.



Players this age may be reluctant to share (“pass”) the ball with another player. Coaches/parents can be used for the players to pass to. A player will pass the ball to the coach/parent and they will pass the ball to a different player.

‘Guided Discovery’ questions:

Q: How do I pass the ball to keep it on the ground?

A: Strike the ball in the middle “equator” with the inside of the foot.

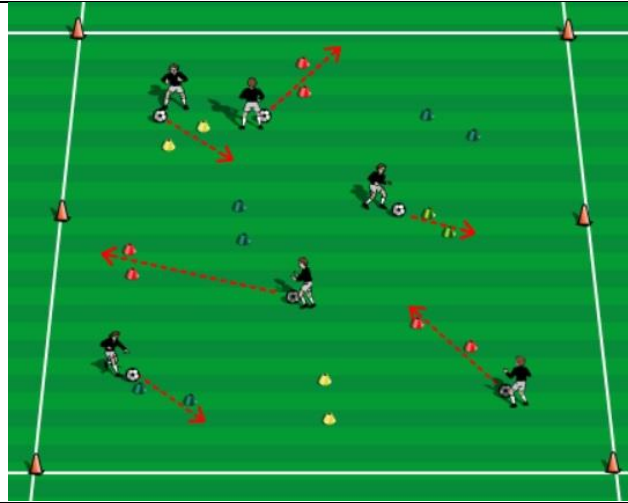
Q: How can your movement help your team paint the grid?

A: By moving to a new location each time we paint different areas of the grass.

5th 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.



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

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

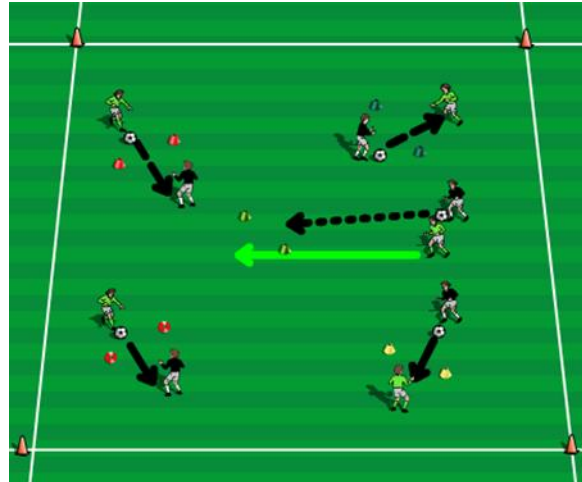
NOTE: This activity is just a precursor to ACTIVITY 6. If your players are understanding dribbling through the gates go ahead and move on to the next activity.

6th Activity – Gate Escape with Partner

Introduce this activity without a ball.

Pair up the players and have them run together through the various gates. The pairs must go through a different gate each time.

Once they get the hang of working together, introduce the ball and have them go around the grid passing the ball through the gates.



Players must work with their partner to pass it through each gate.

After they have gotten the hang of it, time them to see how many gates they can pass the ball through in a minute.

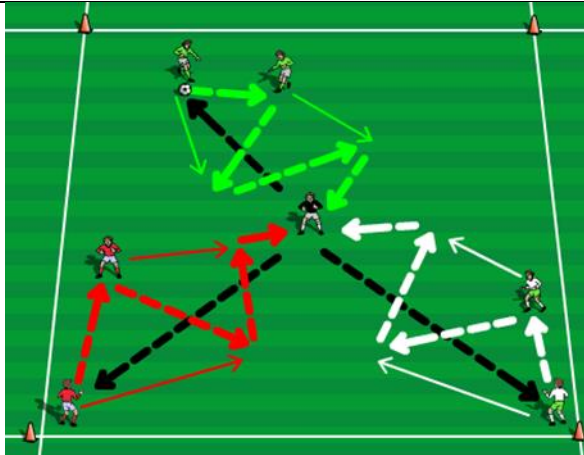
GUIDED QUESTIONS

Q: What are the things we can do to make it easier for our partner to get the ball.

A: Pass the ball to them. Don't hit the ball too hard or too soft. Keep the ball on the ground.

7th Activity – Ball Master

Use the same pairs as in Activity 6 with the Ball Master (Coach) in the center of the grid. The Ball Master throws or kicks the balls for each pair into an open space with each pair chasing after it. The Ball Master challenges the teams to return their ball with a set number of consecutive passes. Vary the number of passes and/or the distance the ball is sent out to place different demands on the players.



As the players progress, the Ball Master can move around the grid, requiring the players to work together more effectively.

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.