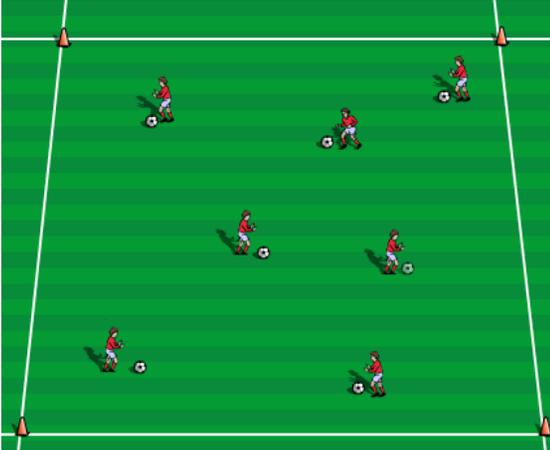


St. Mary's SOCCER

U08/09 Academy Session 3

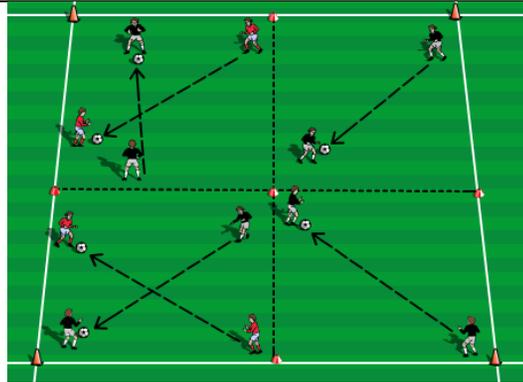
Main Topic: Passing

In this session we will continue to work passing with a focus on two players working together.

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
Warmup Activity		
<p>1st Activity – 4 Surface Dribbling 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.</p>
<p>2nd Activity – Large Group Activity</p>	<p>OPTIONAL ACTIVITY DETERMINED BY THE FIELD/SITE COORDINATOR</p>	

3rd Activity – Paint the field

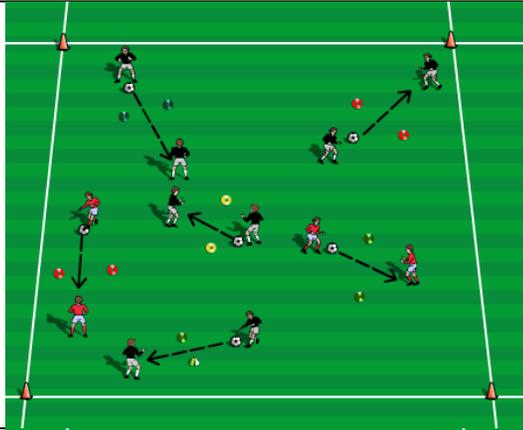
In this activity, the training grid will be divided into 4 sections with 1 or 2 pairs on each section. The ball is a paintbrush and the object is for each player to “paint” their section by passing the paintbrush back and forth over their section.



To paint their section each player must move after each pass so their “brush” ends up painting the entire area. The players must focus on keeping their brush on the ground because it cannot paint if it is not on the ground. How do they keep their brush on the ground? Ans: Striking the ball at the equator instead of underneath it.

4th Activity – Gate Passing

In this activity, spread 8 to 10 cone “gates” around the training grid with two cones for the gate about 3-4 ft apart. Object is for pairs to work the ball around the grid by passing it through each gate.

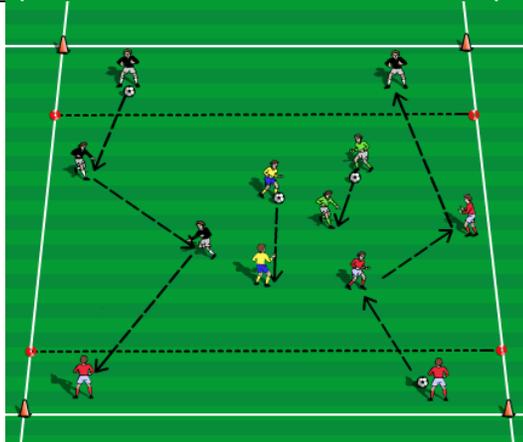


Players must work with their partner to pass it through the each gate.

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

5th Activity – End Zone Passing

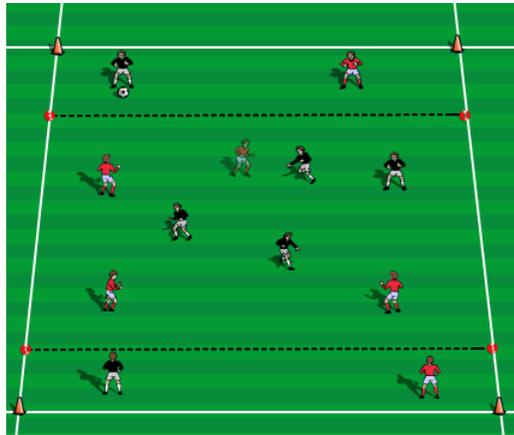
In this activity, place a pair of players in each end zone and the remaining pairs of players inside the remaining area. Each player must play the ball to their partner within the area who then plays it to an endzone player. The endzone player then plays the ball back to that player who plays it to their partner who plays it to an endzone player at the opposite end of the grid.



Players must work with their partner to get the ball to the endzone player and then work it back to the other endzone. See how many times they can cross the ball across the area in 2 minutes. Then switch out the end zone players.

6th Activity – End Zone Game

Two teams set up with one player in each end zone. Object is for the team in possession to play the ball from one end zone to the other. Ball must stay low to the ground and there is no defending in the end zone. Point is scored every time a team take the ball from one end zone to the other.



Encourage end zone players to stay active and move to get in a better position to receive the ball from a teammate. Don't force the ball, if there is not space to move the ball forward it can be played back to the end zone.

Once players get the hang of it, change the game to where the endzone player changes places with the player that passed them the ball. The endzone player can either dribble into the space or pass to a player other than the one they are swapping with.

Cool Down

Cool Down - Juggling

The purpose of this activity is to develop Hand-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. Repeat alternating feet/thigh. Juggling is a great activity to end every session. Work towards players being able to juggle a ball a few times using either foot, without it touching the ground. See if players can beat their # of juggles each week.

For players that are having difficulty, they can have the ball bounce off the ground before juggling. Make sure the players are just dropping the balls with their hands instead of tossing the ball in the air.