

◆ U6 Activities for Week 3 ◆

Coaches,

Here is the practice plan for this week. I would like to get into basic passing techniques and stop the toe ball tendencies.

Club Demo on Passing - 15 min

Exercise 2 (passing #1-4) – 8 min

Caught Red Handed – 8 min

Maze (passing) – 8 min

Scrimmage – 21 min (Make 1 pass before shooting on goal. Continue on spreading out players on offense).

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Exercise 2

Function: Passing

Equipment:

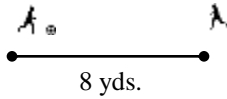
- Entire team
- One ball per player

Description:

1. Divide players into pairs with one ball between them. Have them pass 5 yards away to start with.
2. Move the players to 8-10 yards away from each other with continuous passing.
3. Move the players to 3 yards away with continuous passing.
4. Switch between steps 2 and 3 every 30 seconds. (You can also see which group can complete the most passes in 10 seconds)
5. Players are to receive, control and pass all within 2 touches.
6. Players are allowed only 1 touch to receive and pass the ball back.

Focus On:

- Toe up, heel down when passing and receiving a ball
- Taking at least one step into the ball before passing
- Passing with the instep and inside of foot. (Vary between the two)



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Caught Red Handed

Age Appropriate: 5-8
Function: Dribbling & Passing

Equipment:

- Entire team
- One ball per player
- 1 vest
- 4 cones

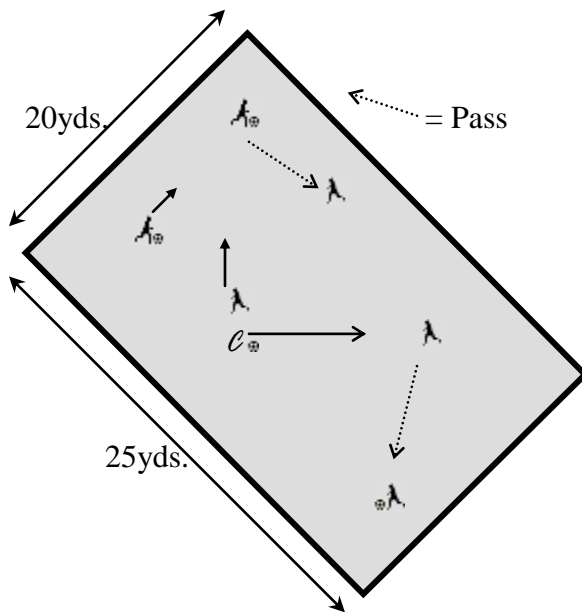
Objective: Not to have possession of the ball when coach is near (Keep away from Coach).

Description:

- Divide all players into pairs with one ball between them. The objective is for the pairs to pass and move in the kitchen grid. The coach is moving around tagging players with possession of the ball.
- A player can't be tagged if they don't have possession of a ball.
- Players may only pass to their partner.

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Have more than one person tag players
3. If tagged, players must do 5 jumping jacks and start playing again



Key Points for game success!

- Keep instructing players on what they should be doing.
- Give players a chance to pass before tagging them.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

Coaching Points:

- Technique of passing and receiving

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Maze

Age Appropriate: 4-18

Function: Dribbling, Passing and Coordination

Equipment:

- Entire team
- One ball per player
- 18+ cones

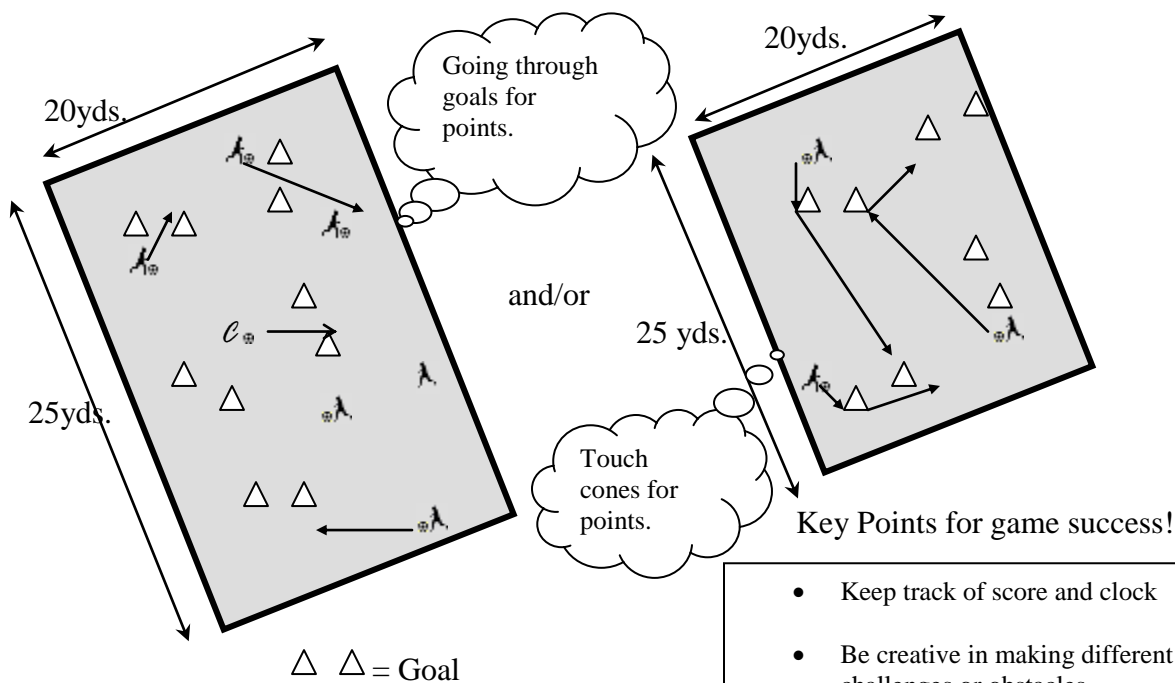
Objective: To be as quick and accurate as possible.

Description:

- The Maze set-up will enable you to work on multiple skills. First, look at the picture below for a better understanding. With this set-up you can have the players touch as many targets (cones) as possible with a ball in 30 seconds; dribble through as many goals in 30 seconds; dribble around as many targets as possible in 30 seconds; pass through goals (cones) to a partner within 30 seconds...

Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Make a wall pass between goals; dribble a figure eight between cones; go through a goal then perform a pull back to go back through the same goal
3. Add or take away goal to make a more challenging course
4. Be creative. The list of training activities are endless



Coaching Points:

- Control of dribbling
- Sense of awareness
- Quickness of touches and directional change
- Quality and accuracy of passes between goals
- Communication between players

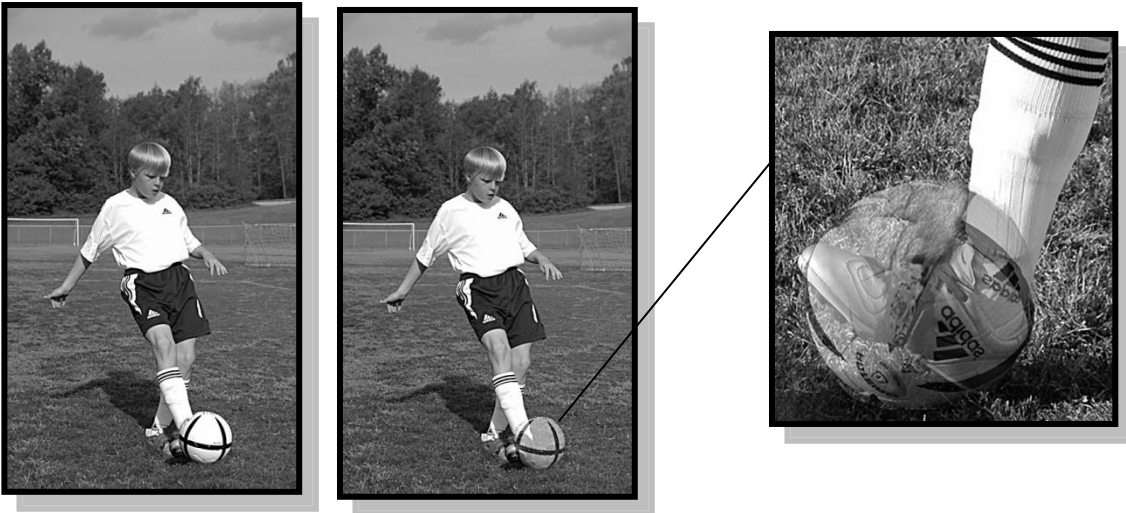
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Passing

Passing is the art of manipulating the ball to a specific area of choice. There is a variety of possible passing styles (*For examples:* push pass, instep, volleys, chipping, outside of foot pass, etc).

Push Pass:

A push pass is the most basic of all passes. In this pass, a player uses the inside of his foot to strike the ball. Because it is the most basic, it is the easiest way for a player to learn to kick a ball with control.



Fundamentals in Push Passes (Inside of foot pass):

- You should approach the ball from an angle, as this will help you gain accuracy.
- The plant foot (foot not striking the ball) will step right next to the ball. This foot will point in the direction the ball will go. This is because the body will swing and get in alignment with the foot's position.
- The striking foot will open up and will make contact in the middle of the ball with the middle of the inside of the foot. Toes up/heel down approach is used when making contact with the ball.
- Follow through the kick straight through the ball.

5 Basic Fundamental Steps

1. Approach
2. Plant foot
3. Swing
4. Contact
5. Follow Through

Helpful Hints:

- Generally the further back the plant foot is away from the ball the higher the ball will go. (Depending on how you strike the ball).
- When you strike the ball further away from the center (left or right side) the ball's path will bend more.

Always Tips:

- Keep your eyes on the ball all the way through contact.
- The approach and plant foot make for good placement.