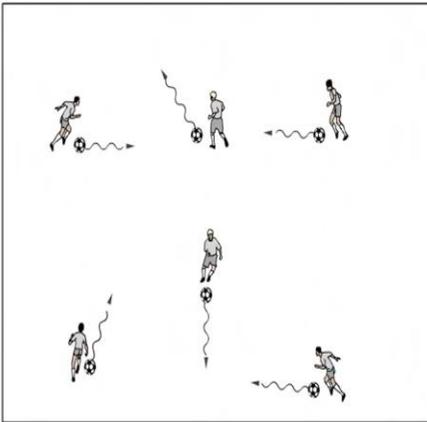


U6: Week Five and Six
Ball Control and Passing



Warm-up Ball Control and Passing

Players dribble in the space "color the field"/"explore the forest"

Body Part Game - players dribble and when the coach calls out a body part they put it on the ball as quickly as possible.

Numbers Game - players dribble and when the coach holds up a number they have to call out the number as quickly as possible.

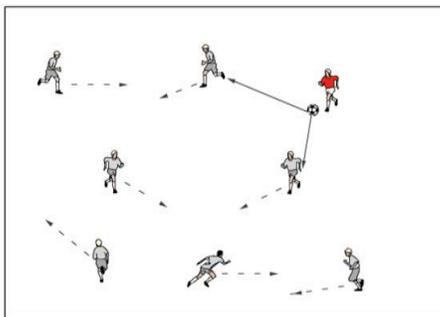
Coaching Points (ball control)

Keep the ball under your nose

Bend your knees.

Use the laces to dribble (toes down, heel up to the sky)

Use your inside/outside/bottom of the shoe to turn/change direction



Warm-up Soccer Dodgeball

Players run around the space, the coach tries to pass the ball to hit the players' shoes.

Once a player is "hit" then they try to pass the ball against the other players' shoes.

Play until everyone has been "hit".

Coaching Points (passing)

1) Toes up at the side, heel down, inside of the foot (use your "logo")

2) Contact the middle part of the ball by raising the inside of the foot

3) Planting foot alongside the ball prior to contact with the other foot

4) Follow through forwards, land on the passing foot.

Passing Game

Split players into groups of no more than 6 players.

Set up 2 goals on each end line, 3 yards wide off each corner.

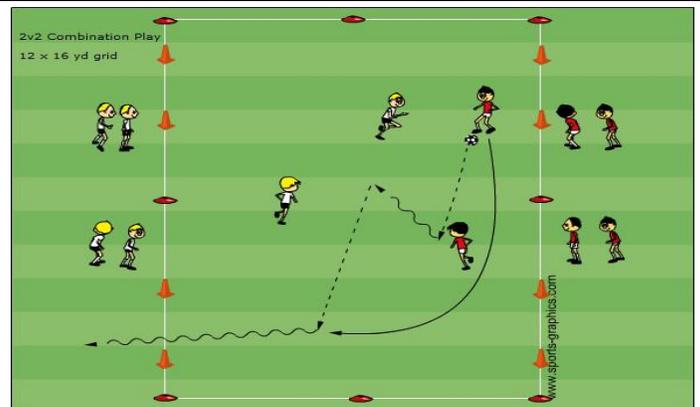
1) Coach plays a ball into one team, who try to score on either of the two goals on the opposite end line.

2) Defending team should try to score quickly on either of their goals when they win the ball.

Additional Coaching Points

1) Soft first touch to control the ball, no one time "clear/boot".

2) Decision of WHY to pass to their friend?



Conditioned Small Sided Game(s)

Divide players into equal teams.

Play 3v3 or 4v4.

Each field has four goals in the corners.

Teams attack 2 goals and defend 2 goals.

Once a goal is "scored" the opposition starts with the ball.

