

Practice Plan

U6 Week 3 - Passing

At U6 we want to try to get our players to learn to place the ball with their passes. The tendency will be to just make big kicks and we hope to encourage more control with shorter placed passes.

546: Push Pass

Objective: This demo illustrates the technical teaching points for the basic push pass.

Description:

- Approach the ball facing the intended direction of the pass, keeping your shoulders and hips open towards the target
- Plant the non-kicking foot even with the ball and a comfortable distance (appx 6-9") to the side of the ball
- Point the plant foot directly towards the target
- Position the kicking foot with the toe pointing up and ankle firmly locked in position
- Keep both knees bent and your body weight centered over the ball
- Strike the midpoint of the ball with the inside of the kicking foot
- Keep your head down and eyes focused on the ball
- Follow through with the kicking leg towards the target to maintain power and accuracy
- Measure the power of the pass so the ball reaches your recipient quickly, but is still easy to control
- Make sure the ball stays on the ground by giving it topspin (back-to-front spin)



Notes: 5 mins

547: Instep Drive

Objective: This demo illustrates the technical teaching points for the instep drive.

Description:

- Approach the ball at an angle (off-center from the direction of the target, favoring the non-kicking foot side)
- Plant the non-kicking foot approximately 9" away from the ball, with toes pointing towards the target
- To keep the drive low, plant slightly ahead of the ball; to drive the ball through the air, plant slightly behind the ball
- Lock the ankle of the kicking foot with toes pointed down
- Strike the midsection of the ball, and follow through with the kicking foot directly towards the target (avoid crossing over towards plant foot)
- Allow your momentum to carry you forward, and land on your kicking foot to continue your run
- Keep your head down and eyes focused on the ball



Notes: 5 mins

453: Two Team Passing Tag

Objective: Two Team Passing Tag is a fun warm-up exercise for your players.

Description: Divide your players into two even teams. Each player on the first team has a ball (this team will be the "Taggers"). The players on the other team (the "Runners") are confined to the penalty area. When the coach yells "Play!", the Taggers attempt to pass

their balls so that they hit the lower legs of the Runners. If a Runner is hit by a ball below the knees or is forced to run out of the penalty area, he is "frozen" in place. The Taggers must chase their own balls after each pass before attempting to hit the next Runner. The Taggers win if they freeze all Runners in less than a minute, and the Runners win if any member of their team remains unfrozen when time expires. Play again, and switch roles.
Notes: 8 mins - Continually focus on passing technics. 4 mins with push passing. 4 minutes with instep passing.



212: Creating Passing Angles

Objective: This exercise improves your players' quality of touch in improving passing angles around defenders.

Description: The first player initiates action by pushing the ball to one side to improve his passing angle around the cones. He then passes to the player in line facing him, after which he sprints to the back of the opposite line. The receiving player cuts the ball to either side on the first touch, passes to the first line, and then sprints to follow his pass. Continue this pattern, encouraging your players to use different cuts on each reception.

Variants: Replace the cone barrier between the two lines with a defender, and continue.
Notes: 8 mins - Encourage good push/instep pass technique. Get players to pass in front of their teammate, (pass placement).

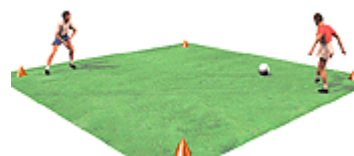


014: Pass-and-Move in a Grid (in Pairs)

Objective: This exercise requires your players to "pass and move".

Description: Line up four cones in a square pattern. Two players line up facing each other on opposite cones. One starts with a ball, and passes it to the space in front of the cone directly across from him. The other player must move into that space to receive the pass, and then pass it to the open cone diagonally across from him. The first player moves into that space to receive the pass, and the rhythm continues.

Notes: 5 mins - Here the focus has become passing into space. Try to get players to pace the ball so it almost stops next to the target cone.



058: 3v1 Keepaway in a Grid

Objective: This exercise works on maintaining ball possession in tight spaces and challenges players to quickly provide close support to their teammates.

Description: Set up four cones in a 10 yard square box. Position three players on the outside of the grid, and a defending player in the middle. The outside players should have the ball, and play 3v1 keepaway. Have the defender switch places with anyone who loses the ball.

Variants: 1. Next, require the three attackers to use exactly 2 touches on each possession (one touch to control, and a second to pass).

2. Require your attacking players to receive every pass using only the outside of either foot.

3. Limit the attackers to a maximum of 3 touches, and don't allow players to use the same number of touches used by the player who passed to them (no consecutive 1-touch passes, no consecutive 2-touch passes, and no consecutive 3-touch passes).

Notes: 8 mins



418: Defend the Cones

Objective: This is a fun game for your players to play as a scrimmage while focusing on individual dribbling and passing skills.

Description: Using half a field, line up two rows of five cones along each touchline. Divide your players into two equal teams. One team defends the cones on the left; the other team defends the cones on the right. The winner is the team which uses the ball to knock over the greatest number of their opponents' cones.

Variants: 1. Play again using more than one ball.

2. Play with three teams. Set up three groups of cones in a triangle pattern, and give a ball to each team to start play.

3. Have players "capture" cones as they knock them over and run back to add them to the set of cones they are defending. The first team to capture all the cones wins.

Notes: 8 mins - during this game be sure to encourage player to use instep or push passing. Complement good technique and challenge others to do the same.



757: Bumpers

Objective: This small-sided game emphasizes combination play, rapid ball movement, and finishing.

Description: Set up a playing area in half a field to two full-sized goals, with cones indicating sidelines along the width of the penalty area. Place a goalkeeper in each goal, and divide your field players into four teams of four. Two teams start inside the playing area, and the remaining players distribute themselves around the goal lines and sidelines to serve as "bumpers". Have a supply of extra balls available next to each goal.



Play 5v5 (4v4 plus two keepers) inside the playing area for five minutes. The bumper players are restricted to one touch, and are available to support players from either team in the middle. The bumpers should move along the perimeter of the field to make themselves available for a wall pass as much as possible. To keep the play moving, have a goalkeeper introduce a new ball whenever the previous ball has been knocked out of play. When time expires, the teams switch roles and play again.

The team scoring the most goals after two rotations wins the game. In addition, the two keepers compete against each other, with the keeper who concedes the fewest total goals winning.

Notes: 8 mins - Play 3 v3 and no keepers. Have 3 players along each side as bumpers and have them remain still. The field players must past to a bumper before scoring.

All contents copyright © 1996-2011 by SoccerROM LLC. All rights reserved.
Questions? Comments? Contributions? Contact us at admin@soccerrom.com