

DESCRIPTION

Players each have a cone, facing a partner who's about 20 yards away (reduce that distance for younger players). Players stand a yard behind the cones and play the ball to one-another, the ball must stay outside of their cones. Play right foot only first so players must use a trapping touch to move the ball across their body to this right side. Then switch to left foot only.

WARM UP

To progress, have players about 5 yards apart, start at one side of the area. They will play the ball to each other as they move across the area - one player will be moving backwards at all times.

TECHNICAL

In the same set-up, players will now move the ball around the outside of their square with the two players along from them. Start with the ball traveling clockwise. Coach will shout switch and the ball must change direction. Coach will shout diagonal and the ball must now go diagonally every second pass.

To challenge players you can add in a second ball to the group. To advance things you can add players (6 feet apart) to the corners, now players must play a pass and then complete a give & go with the receiving player.

Turn this in to a challenge by playing with two balls, they start at opposite corners. The balls will chase each other in a clockwise direction: if a player gets caught on then ball by the ball behind them they owe you a soccer specific punishment (make this age appropriate and fun, not a real punishment). To make things interesting coach can change the direction of the ball as they play

TACTICAL

Same set-up as above but this time give a ball to each player on one side of the grid, one player will go in the middle. The middle player must receive a ball and connect it to the other side, ask them to avoid straight lines, they should try to make triangles with the pass they receive and the pass they give. Give each player a turn in the middle and allow them 60 seconds to complete as many triangles as they can.

To progress you can repeat but ask them do do it with one touch in the middle.

GAME

Small-sided game, similar set-up as above but mark a line through the middle of your area as shown. This time you will add a defender to one half of the field. They are not trying to steal the ball, they are only allowed to block the pass.

You can divide your group in to teams and keep track of their completed passes.

COACHING POINTS

**FIRST COACHING POINT - OUTSIDE FOOT**

Players should use the outside foot, imagining the cone is the defender

**SECOND COACHING POINT - GROUND**

**PASSES**

The idea is for the ball to move quickly while being under control, the passes should be zipped in along the floor

**FIRST COACHING POINT - COMPOSURE**

Players may be inclined to go rush, stress the importance of concentration and accurate passes when under pressure

**SECOND COACHING POINT -**

**COMMUNICATION**

Players should be making eye contact, calling and using hand gestures to ensure they are connected before releasing a pass

**FIRST COACHING POINT - PLANNING**

Players should know where the ball is going next before they receive the pass

**SECOND COACHING POINT - COMMUNICATION**

Players on the outside should help the middle player move the ball efficiently by calling for a pass

**COACHING SUMMARY**

This part should be fun, high energy and enjoyable. Work with each player on their mechanics as we try to increase the % of successful passes

DIAGRAM

