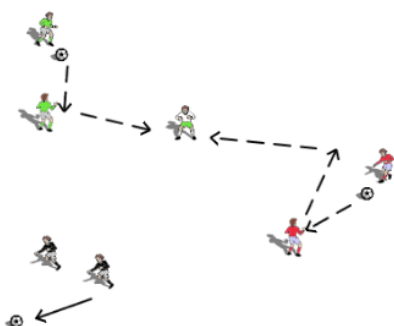




ARKANSAS
RISING

4v4 / Under 6 / PreK, K & 1st Practice #4.1 Passing



Back to Coach in Pairs (Technique/Problem Solving/Cooperation) Unlimited Space

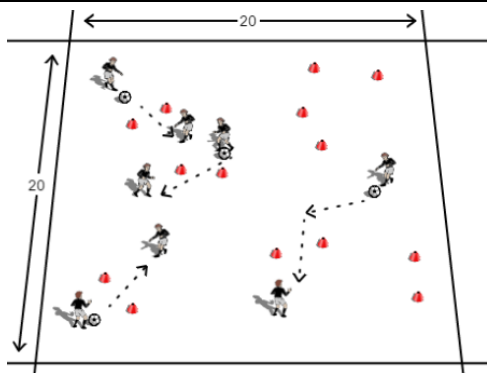
- Players are in pairs, with one ball per group.
- Each pair hands their ball to the coach, who throws them one at a time in a different direction. Say a number (between 2-5) as each ball is being thrown.
- The players have to try and bring their ball back with that number of passes between them. For example, "5!" means the players pass the ball 4 times, with the 5th pass being to the coach's feet
- Pick up ball, throw in a new direction, and yell a new number.

Progression:

- Coach walks around while pairs are passing ball back. Can players still get ball to you in right number of passes?
- Yell higher numbers as game progresses

Coaching Points:

- Stress weight and timing of pass. Communication.
- Players need to lock their ankles (toe up, heel down) when using the inside of their foot to pass in order to be more accurate. Demonstrate this to players. (10 mins)



Gates in Pairs (Technique) 20x20yds

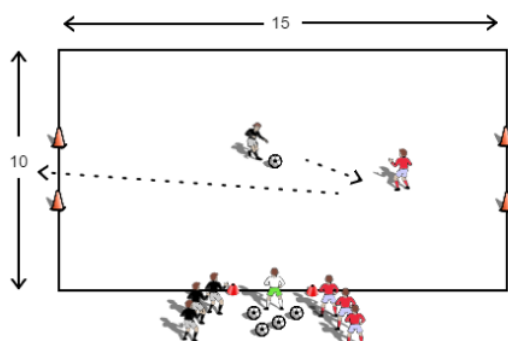
- Put your players in pairs with one ball per group.
- Create a series of gates (two cones, 1yd apart) for the players to pass through
- Players have to pass through the gates to their partner on the other side. Once a gate has been passed through, the pair has to pass through a different gate for another point.
- Play for 45 seconds. Ask players their score and repeat the game challenging each pair to beat their group's own score.

Progression:

- Players have to beat their score, but give them a stipulation that they can only use certain parts of their feet to pass the ball. Example: only inside of feet, only left foot etc.

Coaching Points:

- Players need to lock their ankles (toe up, heel down) when using the inside of their feet to pass. The non-kicking foot (the one you're balancing on when kicking) should be planted to the side of the soccer ball, a few inches away. You want your kicking foot, and non-kicking foot to be about shoulder width apart from each other when passing. (10 mins)



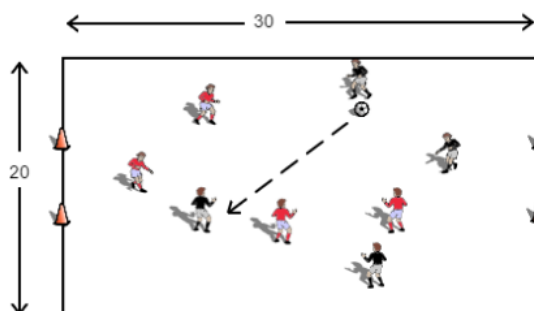
Get Out of Here! (Technique) Decrease the grid to 15x20yds

- Same game as last two weeks, but now in **pairs**.
- Add a 2yd goal to each side of your field, and make **four** lines of players. Coach needs to be in middle of the lines with the balls. Give pennies to two of the lines, who are on the same team.
- A ball is played by the coach into the field, and the first person in each line comes out and tries to score in the opposite goal. When the ball goes out of bounds, or a goal is scored, coach yells "get out of here!"
- Players leave the field, and return to the end of their line by running around outside of field with ball. Keep score and challenge teams to remember the score and be competitive!

Coaching Points:

- Encourage working together and movement off the ball to open space for a shot on goal.
- Players should use inside of feet to pass and shoot.
- Communication

Get excited when you see players using inside of their feet! Encourage players to look for goal first, and if they can't score, can they pass to their teammate who can? (15 mins)



Scrimmage (Holistic) Expand your grid to 30x20yds (same size as your game field)

- Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- Cones for goals are 2yds wide (same as for a game)
- There are no goalkeepers

Coaching Points:

- None! Just sit back and let them play. For 1st grade, we use kick-ins instead of throw-in. Use this scrimmage as an opportunity to teach them the rules. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart. Same if there is a goalkick.
- If you see someone attempt to beat someone 1v1, get excited! Praise the attempt, not the outcome!

(20 mins)

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Practice Conclusion: Bring your players in for the last five minutes of practice and recap your session using open-ended questions. How do we lock our ankle? (toe up, heel down). What part of our foot should we use to be accurate in a pass? (inside). Can we shoot using the inside of our feet too? (Of course! It's very accurate!) Where should your non-kicking foot be placed when passing the ball? Show me! Have a team cheer, and dismiss the team.