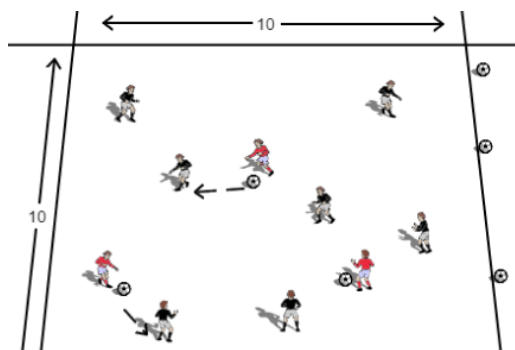




ARKANSAS
RISING

5v5 / Under 8 / K, 1st, 2nd Practice #3.1 Passing w/ Inside Outside of feet

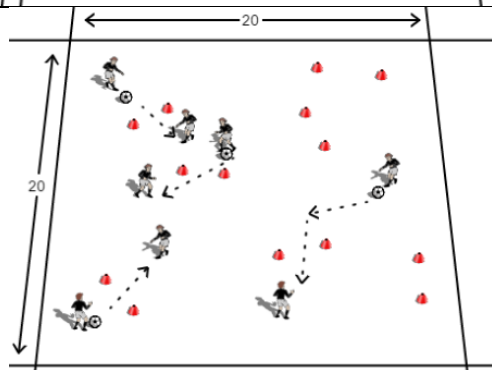


Exponent Tag (Technique) 10x10yd grid. Can make larger as needed.

- Every player is in the grid without a ball, except three players who start on the outside with a ball. All the remaining balls are around the outside of the grid.
- When the coach starts the game, the three players dribble into the grid and try and hit other players below the knees with their ball. If a player gets hit, they go grab a spare ball and become a tagger as well.
- Play until there is only three players left without a ball. Restart the game with those three as the first taggers.
- If a player hits someone above the knee, the hit doesn't count, and that tagger is in 'timeout' for 15 seconds.

Coaching Points:

- Talk about locking ankle when passing (toe up, heel down), and striking ball at equator or above.
- Stress weight and timing of pass to hit a player. Can dribbling the ball better set up a pass? (10 mins)



Gates in Pairs (Technique) 20x20yd grid

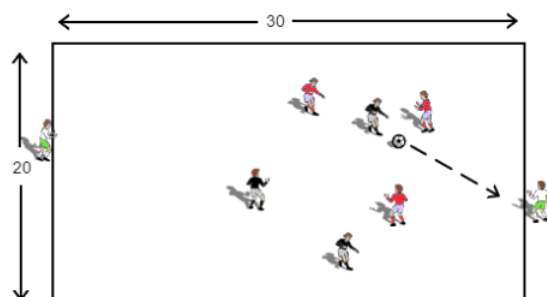
- Put your players in pairs with one ball per group.
- Create a series of gates (two cones, 1yd apart) for the players to pass through
- Players have to pass through the gates to their partner on the other side. Once a gate has been passed through, the pair has to pass through a different gate for another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

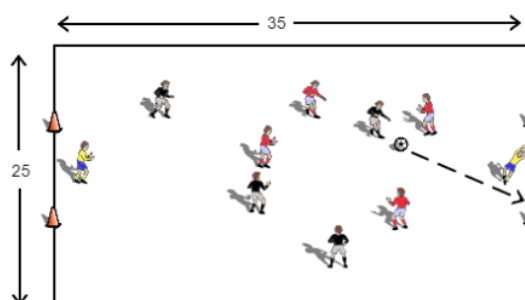


Find the coach! (Technique/Tactics) 30x20yd grid

- Play 3v3 or 4v4 (make additional grids as necessary)
- A coach (or parent) stand on each endline and acts as a moving goal.
- The object is to pass the ball to the coach on the sideline you are attacking. The coach can move on the sideline to offer a better passing angle.
- When a goal is scored, the coach passes to the other team who tries to score to the coach on the other side.

Coaching Points:

- Use peripheral vision when dribbling to see surroundings!
- Encourage players to use the inside of their feet to pass. Get excited when you see it happen!
- Ask players what they should do if they can't immediately pass to the coach on the endline they are attacking. (dribble, or pass to a teammate).
- If you have multiple fields, switch the teams on the fields every few minutes so each team can play someone new.
- (15 mins)



Scrimmage (Holistic) Expand your grid to 35x25yds

- Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- Cones for goals are 5yds wide and use goalkeepers.

Coaching Points:

- None! Just sit back and let them play. Help remind them of ASA's rules for their age group: offside, thrown-ins, goalkicks and corners. Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.
- (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). How can dribbling the ball change how you want to pass the ball (dribbling attracts attention from defenders, so by dribbling, you open up different space to pass). Have a team cheer, and dismiss the team!