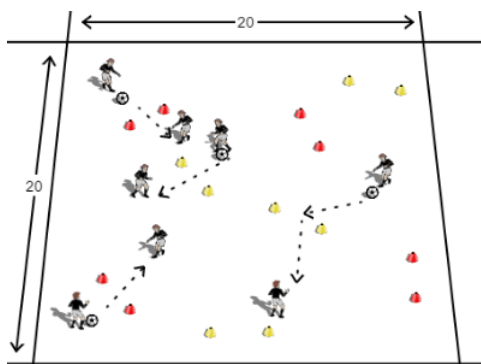


## 5v5 / Under 8 / K, 1<sup>st</sup>, 2<sup>nd</sup> Practice #6.1 Receiving Open (Body Shape)



### Color Gates in Pairs (Technique) 20x20yd grid

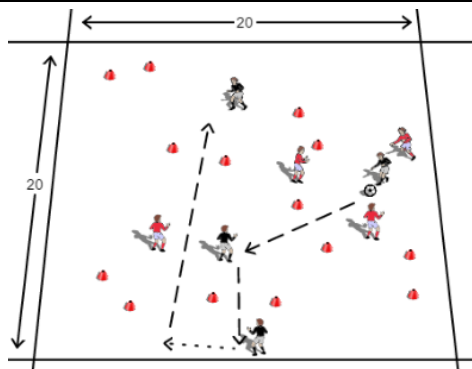
- Put your players in pairs with one ball per group.
- Create a series of gates (two cones, 1yd apart) for the players to pass through
- Make half the 'gates' a different color of cone (example: 3 red gates, and 3 blue gates).
- If you don't have different color cones, make half the gates out of pennies.
- 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:

- Groups have to alternate color of goal they go to, or can only go to one color etc. Be creative!

#### Coaching Points:

- Players need to try and take their first touch with the ball when receiving in the direction they want to go next.
- Encourage players to open their body to the field so they can see more of it! (10 mins)

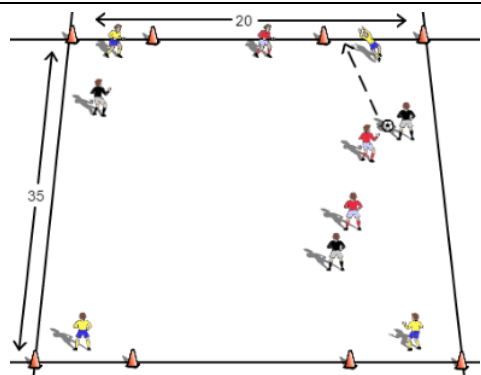


### Goals Goals Goals! (Technique) 20x20yds

- Spread a series of "goals" around the grid, which are two cones 2yds apart. Can use gates from game before.
- Split your group into two teams.
- Teams try to score as many goals as they can by passing or dribbling through a goal. Once a goal is scored, they go to another one. Teams can score on any goal.
- If the other team wins the ball, they start attacking goals. If ball goes out of bounds, is a kick in to the other team. Keep score.

#### Coaching Points:

- Encourage players to open their body when receiving the ball so they can see more of the field
- Players need to try and look over their shoulder before receiving a ball to they know what is behind them
- Ask players to take their first touch towards to next goal they want to go to. Don't stop the ball, but use its momentum when receiving to redirect.
- Can teammates spread out to help person with the ball find space? (10 mins)

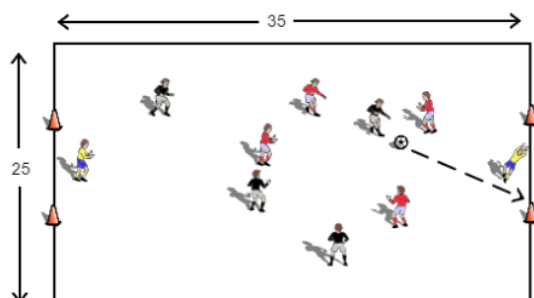


### 4 Goal Game with Goalkeepers (Technique/Decision Making) 20x35yd grid

- Same game as last week, but focus is now on receiving and opening body to field.
- Make field and place two 4 yard goals at each corner. Each goal will have a goalkeeper.
- Play 5v5, with two goalkeepers from each team in the goals. 3v3 on field.
- Each goal counts as 1pt.
- Normal soccer rules, except no corners. Use goalkicks instead of corners.
- Can use the goalkeepers on own team to play backwards and help keep possession.

#### Coaching Points:

- Encourage players to be aware of their surroundings. If one goal is crowded with defenders, can they look to go towards the other goal?
- Take a look over your shoulder before receiving
- Open body to field
- Encourage players off the ball to get wide on field to offer better passing options.
- Communication!
- (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)