



ARKANSAS  
RISING

## 5v5 / Under 8 / K, 1<sup>st</sup>, 2<sup>nd</sup> Practice #3 Passing



### Soccer Marbles (Technique) Unlimited space (to a point)

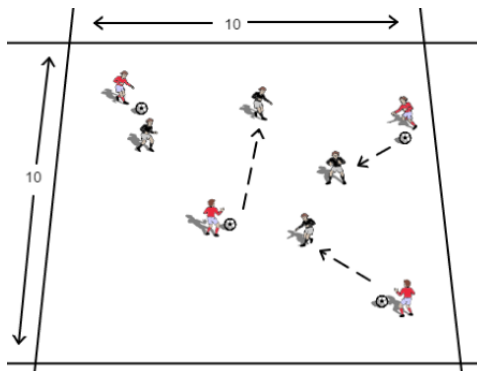
- Players are in pairs with one ball each (so, everyone has a ball).
- Game starts with partners facing each other about 3yds apart from each other. Decide which partner gets to go first.
- The first person kicks their ball and tries to hit the other person's "marble." If contact is made, that person gets a point. If they miss, then they don't. Both players must wait until both balls stop moving before it is the next person's turn. No stopping your ball!
- Players only get one touch on the ball for a turn. They cannot move their ball after it stops rolling to set up a better angle.
- Switch partners after each round and play again.

**Progression:** Challenge players to only use their non-dominant foot.

### Coaching Points:

- Demonstrate how to lock the ankle (toe up, heel down)
- Square hips towards target, and use inside of foot to be more accurate when striking the ball.

(10 mins)



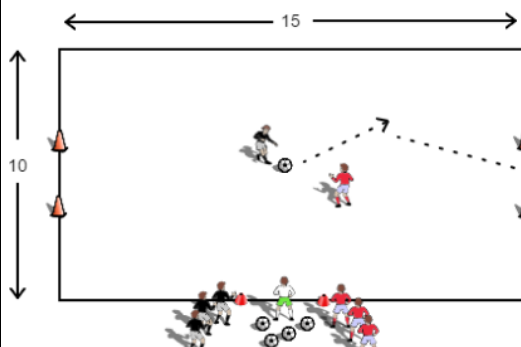
### Team Tag (Technique/Cardiovascular) 10x10yd grid. Can make larger as needed.

- Split team into two groups. One group will have balls, while the other don't.
- When coach says go, the players with the balls try and hit (below the knees) as many of the other team as they can with their ball. If they hit someone, they get a point. If they miss, they get their ball and try getting someone else. Players without the balls are trying to stay away.
- Play for 1 minute. At the end of the minute tally up how many points each person has and add their scores together to get their team score. Switch roles and play again.
- Play for several rounds. Encourage teams to get a higher score than they did last time.
- If players aren't able to get many people, make grid a bit smaller.

### 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?

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. (10 mins)

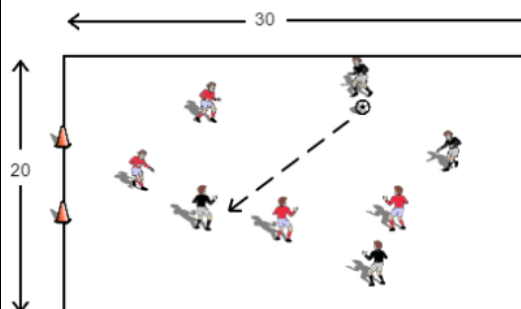


### Get Out of Here! (Technique) Decrease the grid to 10x15yds

- Add a two yard goal to each side of your field, and make two lines of players. The coach needs to be in the middle of the lines with all the balls.
- 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. They need to bring the ball back to the coach. Keep score.

### Coaching Points:

- Players need to keep the ball close to try and beat their opponent 1v1.
- Once you get past the defender, players need to take longer touches so they can run faster to get away from the defender!
- Applaud players who are using big toe, little toe to dribble at defenders, and are taking close tight touches.
- Get excited! Have the players cheer for their teammates! (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. Help remind them of ASA's rules whenever a ball goes out of bounds, and use those opportunities to show them the proper restarts. We do throw-ins at 2<sup>nd</sup> grade, so show them what a throw-in looks like if they are having trouble. Play with goalkicks and corners, just like in a real game, and show them where to stand on a goalkick.
- Get excited when you see a pass using the inside of the feet!

(25 mins)

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**Practice Conclusion:** What should our foot look like when passing? (toe up, heel down). Why would we want it to look like this? (it creates a solid surface to pass with. Also, it keeps the ball from rolling over the top of our foot while passing). Where should our non-kicking foot be when passing? How much power should I put on a pass? (depends on where your target is. We want enough for the ball to get there, but not so much the it's hard for the other player to control). Have a team cheer!