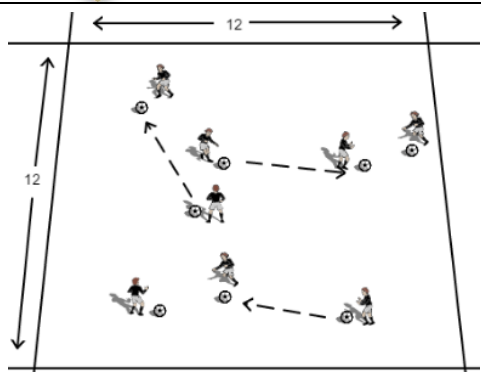




ARKANSAS
RISING

5v5 / Under 8 / K, 1st, 2nd Practice #6 Passing w/ Instep



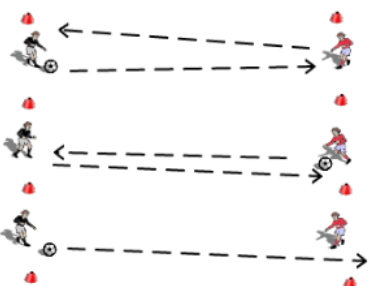
Ball Tag (Technique) 12x12yd grid

- Every player is in the grid with a ball
- When the coach starts the game, players try to tag another person's ball using their ball. They are not allowed to kick anyone else's ball.
- Players get a point when they tag someone else's ball. If your ball is the one getting tagged, you lose a point. Players can go into negatives.
- If your ball goes outside the grid, you have to perform 6 passes between your feet to get back into game.
- Play for 45 seconds. Ask players what they got and play again.

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?
- Talk about how to strike the ball with greater speed by using instep (laces). Foot should be opposite shape of passing with inside of foot: toe should be down, and heel up.

(10 mins)



Goal to Goal (Technique) Unlimited Space

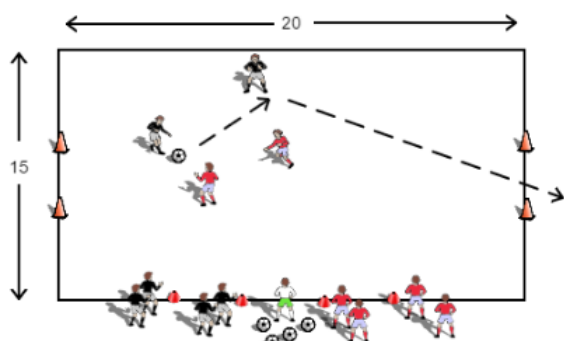
- Players are in pairs with one ball per group
- Each player has a goal (3yds wide). The goals are 10yds apart. Make further away/closer depending on ability. Have extra balls close by.
- The object is to score a goal on the opponent, but you can only strike the ball when it is between your own goal posts. Ball must be below shoulder height to count as a goal. Defender is a GK
- If ball goes in, they get a point. Opponent then starts with ball on their line and tries to score on opponent.

Progression:

- Ball has to be moving before striking it. Ball starts behind goal, and player gets one touch to get ball moving. Must still take shot before ball crosses over own goal while still moving to count.

Coaching Points:

- Players need to lock ankle down to use instep. Toe down, heel up. Strike ball in center with the knuckle of your big toe. Try to land on the foot you kicked with.

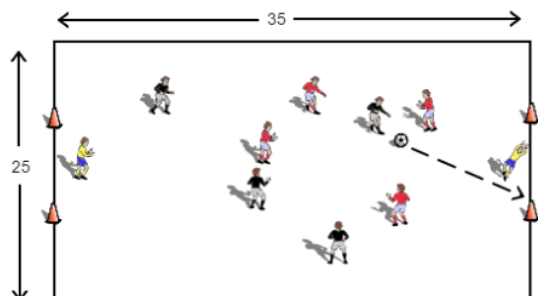


Partner Get Out of Here! (Technique/Decision Making) 15x20yd grid

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

Coaching Points:

- Encourage working together and movement off the ball to open space for a shot on goal.
- Players need to make the decision of placement vs. power. Should they use the inside of the foot and pass ball into goal, or use instep (laces) and add more power?
- Get excited when you see players shooting from distance! If a player can see an opportunity to score quickly, we want them to take it! (15 mins)



Scrimmage (Holistic) Expand your grid to 30x20yds (remove endzones)

- Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- Remove the four goals from corners and place goals in center to make a normal game field.
- 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 2nd 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.

(20 mins)

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Practice Conclusion: How is the shape of our foot different if using the inside of our foot to pass, vs. the instep (laces) to pass/shoot? (toe up, heel down for inside of foot, and toe down, heel up for instep). Show players. What does the coach mean when talking about placement vs. power? (we don't always want to blast the ball into the net. Inside of the foot is more accurate, and sometimes we just need to pass the ball into the goal). When should you look to shoot? (whenever you see an opportunity to! Always be looking to see if you can score).