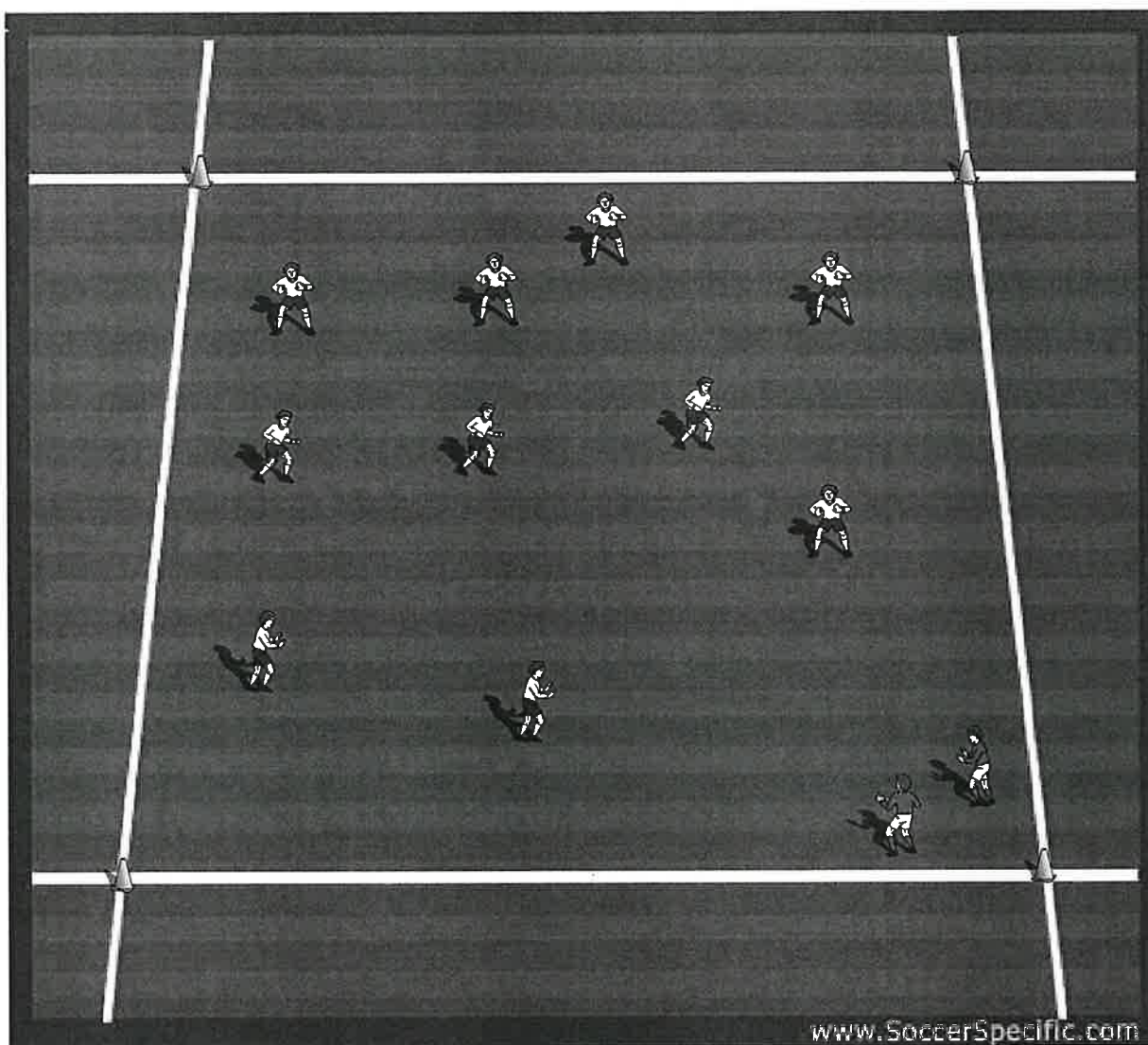


Passing practice

Bridge Tag



Bridge Tag

Purpose- Fun warm up for players before soccer exercises

Organization-

20x20 Grid

Two red players stand alone on the side (monsters), ready to tag players waiting in the grid (Yellow Players)

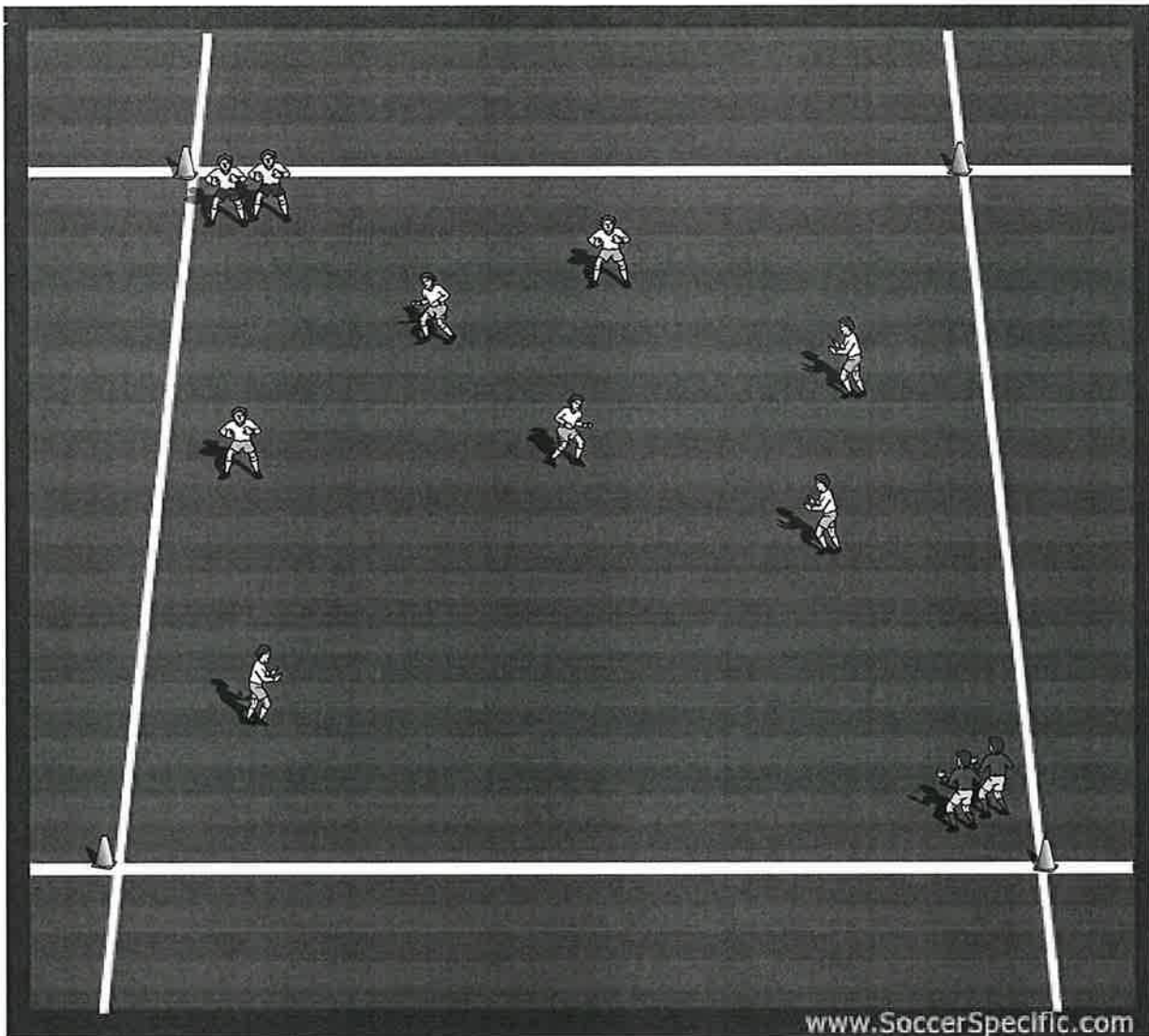
When a player is tagged, they go down on all fours and make a bridge.

To become free a yellow player in the grid a teammate must crawl under the bridge for the player to become free.

Play for 90 seconds. For the monsters to win all the players must be tagged and in a bridge position

For the yellow players in the grid to win, one player must be still standing and not in a bridge

Chain Tag



Chain Tag

Purpose- Fun warm up players before soccer exercises.

Organization

20x20 grid

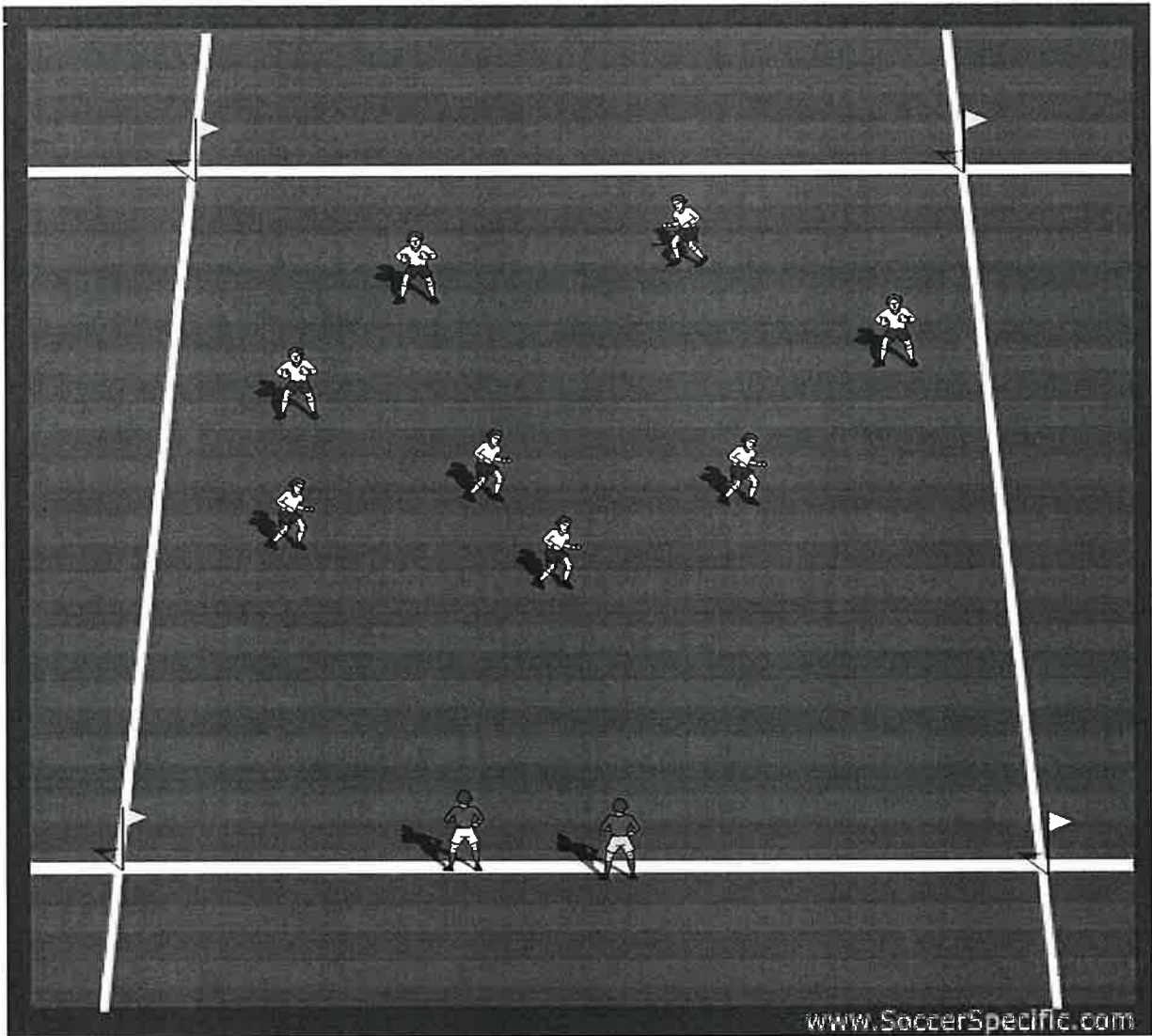
Two teams of two in scrimmage vests

All other players inside the grid

On coaches command the teams in scrimmage vests run around the grid and try to tag the neutral players in white. The team who tag the most players wins the game

All players must stay in the 20x20 grid.

Railroad Tag



Railroad Tag

Purpose- Warm up to get body ready for soccer practice.

Organization

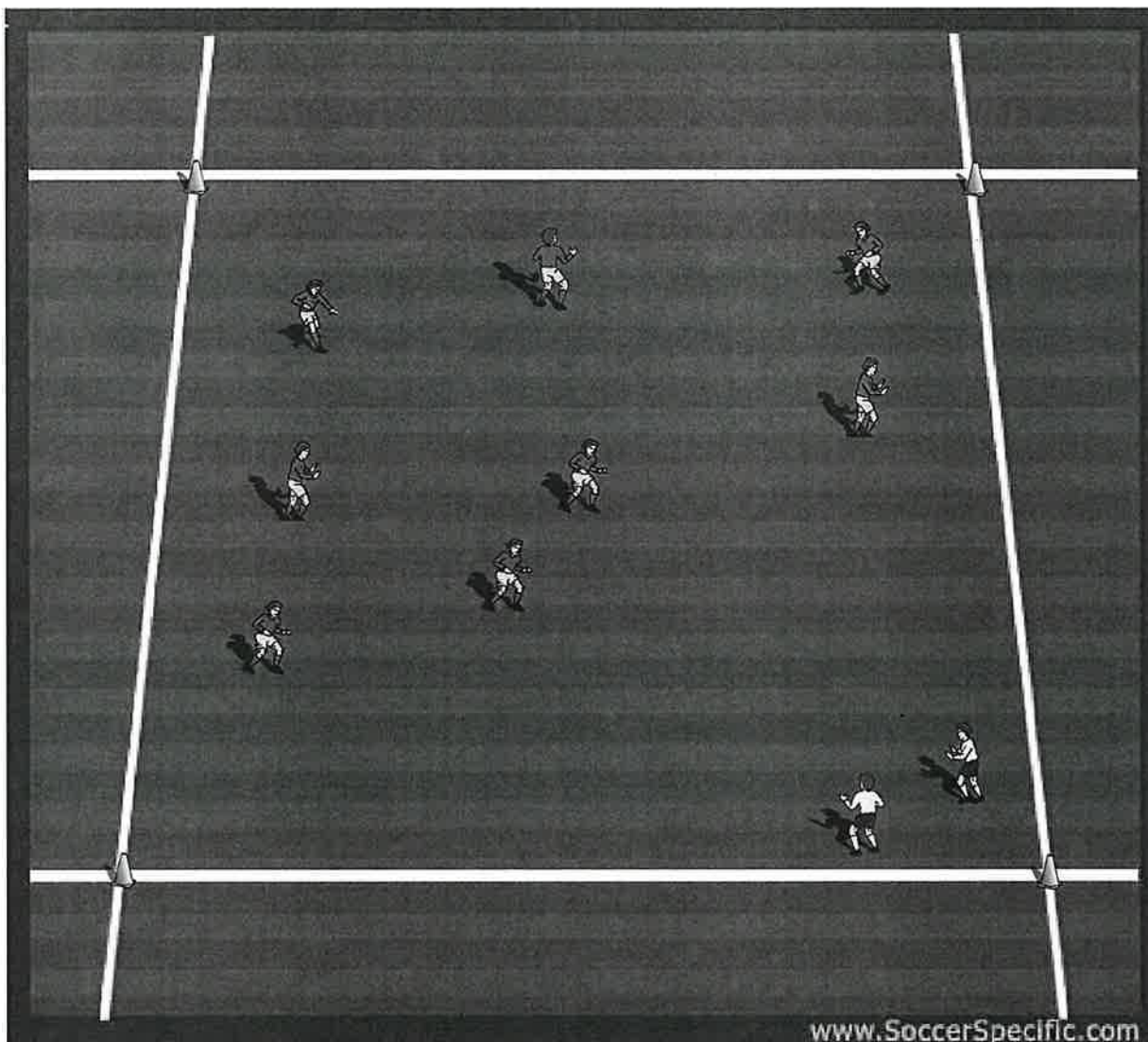
Two players will be designated as "it."

On coaches command the players who have been designated as "it" will chase all of the other players around the field and try to tag them. If a player is tagged, they have to lie down on the ground on their stomach, like a railroad track. Another player that has not been tagged yet, can jump over the player that is lying down and then they can get up

Coaching Points

Work on agility and movement

Pull the Pinny



Pull the Pinny

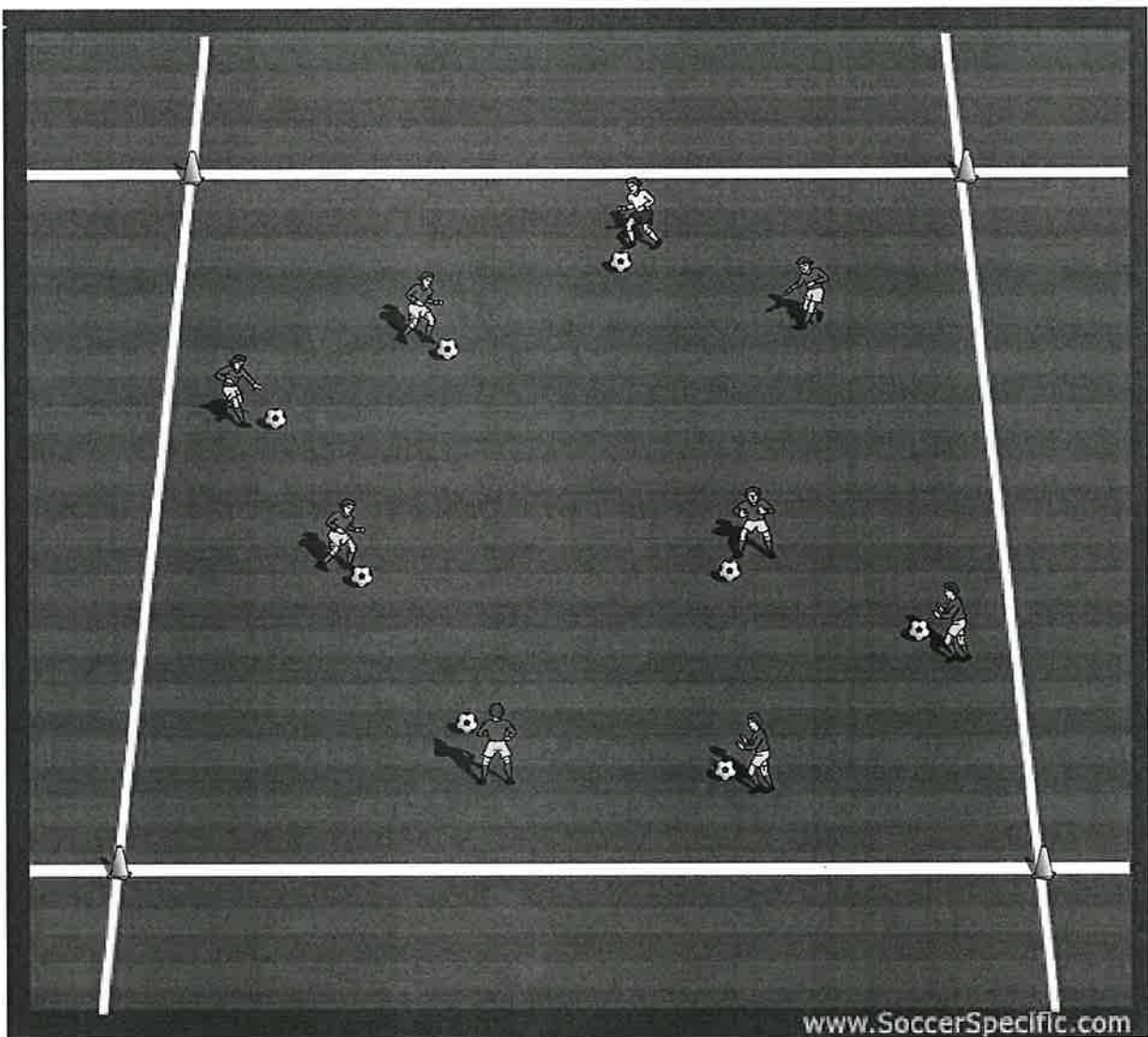
Purpose-To improve soccer related movement.

Organization

Set up a 20x20 grid, two players wearing a different color scrimmage vest to separate them from the other players in the grid.

All other players get a scrimmage vest and tuck it down their shorts and it hangs down like a tail. On coaches command the two players run around trying to pinch the players tails. Once a players tail has been pinched, they help and join the others, until all pinnies have been pinched.

Pac Man



Pac Man

Purpose- To improve **dribbling** and **passing** skills.

Organization- One player "Pac Man" has a soccer ball in a confined area (20x20) The other players try to stay away from "Pac man" who tries to hit the player's ball with their ball. If your ball is hit, you go outside the area, perform 10 toe taps and rejoin the game.

Progression

Add more "Pac Men"

"Pac Man" does not use a ball

Coaching points

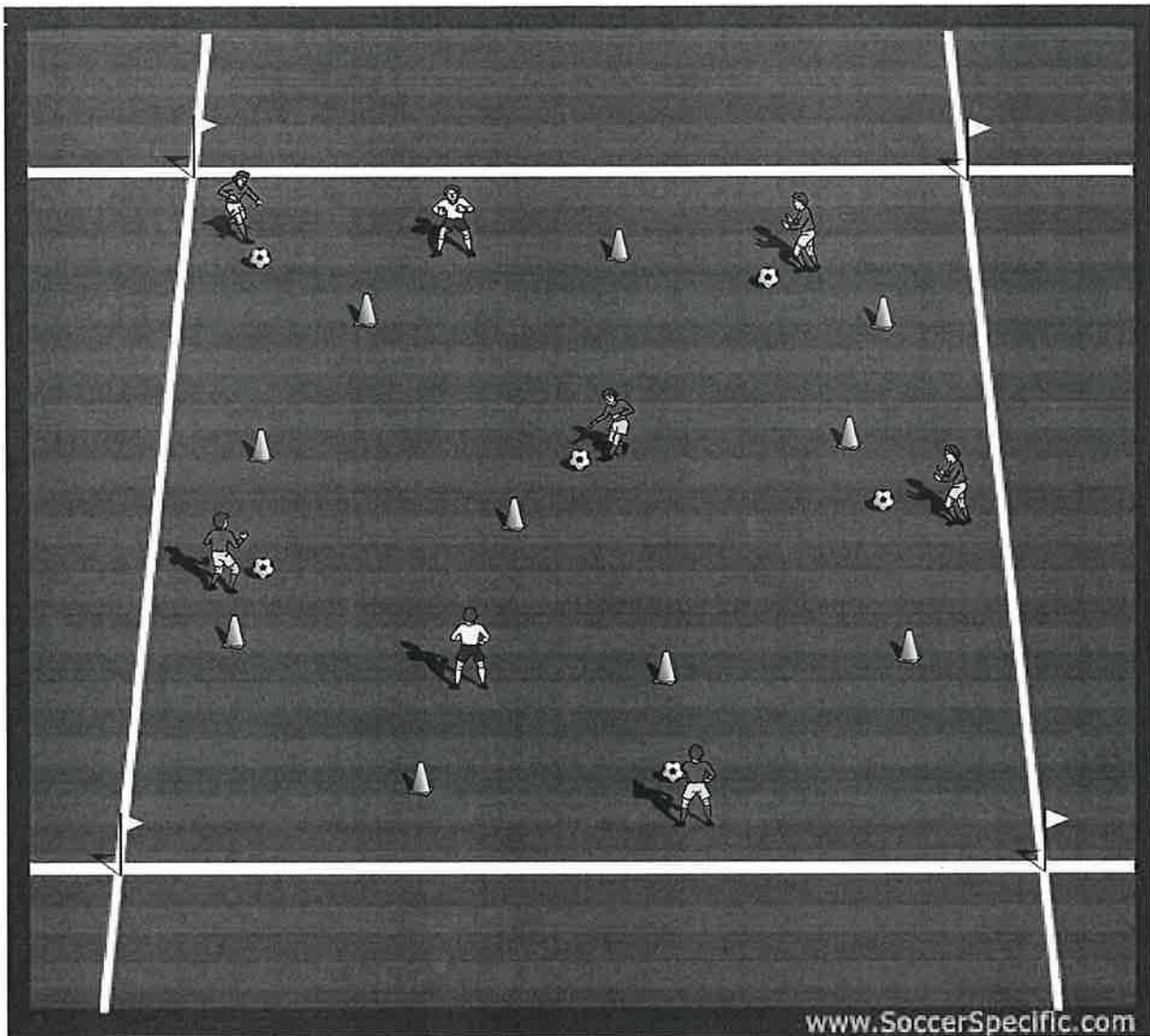
Keep head up

Dribble quickly, approach from an angle

Keep body still and over the ball

Ankle locked and follow through to the target.

Star Wars



Star Wars

Purpose- To improve passing accuracy

Organization- Set up a grid 20x20 with the red players who all have a soccer ball and two defenders in yellow as shown in the diagram. Around the grid set up a number of cones. On the coach's command players dribble around the grid, hitting the cones to the floor. Defenders attempt to protect the cones by winning the ball. Time the players to see how long it takes to knock down all the cones.

Progression- Use weaker foot only to pass and knock down the cones.

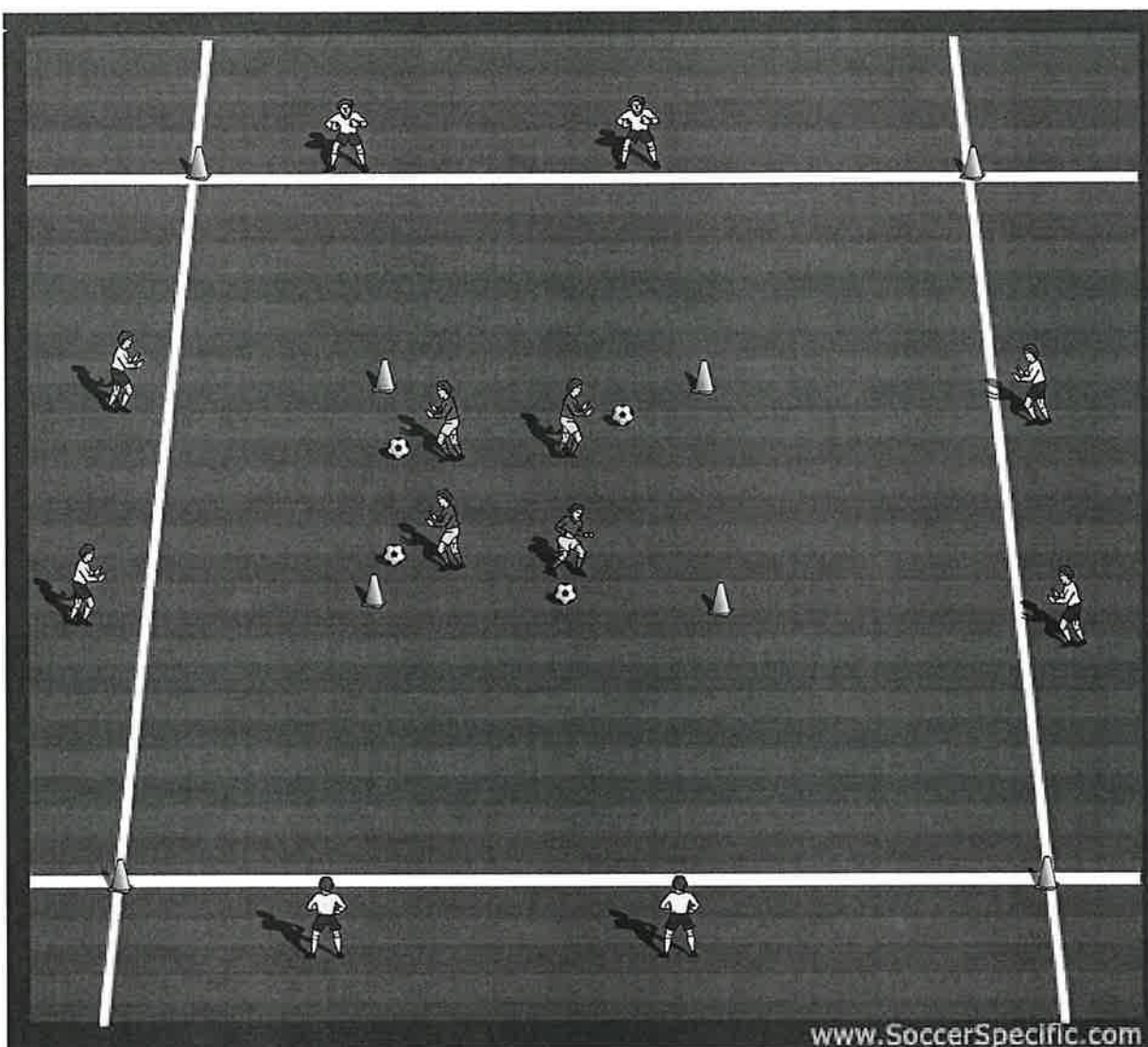
Coaching Points

Keep head up, look for space and open cones.

Attempt to use different surfaces of the foot to knock down the cones.

Strike the ball firmly, so you knock down the cone

Pin Ball Wizard



Pin Ball Wizard

Purpose- To Improve communication and **passing** skills.

Organization

Area 15x15 & 10x10

4 players dribble their ball within the 10x10 grid. On the command of the coach they have to play their soccer ball to each of the players on the outside of the 15x15 grid, whilst staying in their grid. Time how long the players take and then do it again and ask the players if they can beat their time.

Change middle after players complete two attempts, so everybody plays in the middle grid.

Purpose- Ask players to use weaker foot only.

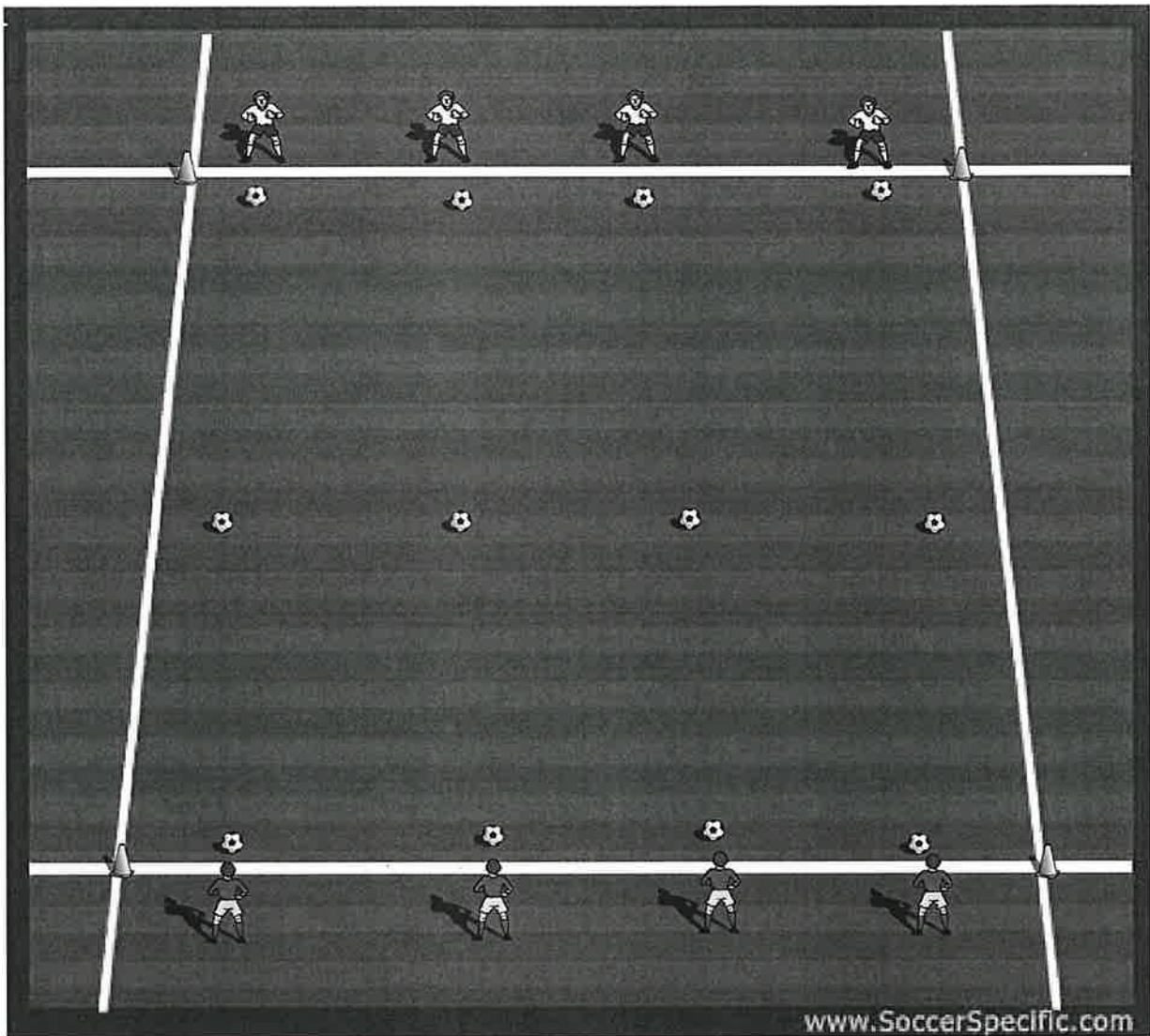
Coaching Points

Keep your head up and nose in front of the ball, so you know who is free to pass to.

Always attempt to pass to an open player.

Make players aware the most accurate part of the foot to pass with is. The inside of the foot.

Crush the Ball



Crush the Ball

Purpose- To improve **passing** technique

Organization- Players are split into two different teams and are placed either side of the grid. On the coach's command, players must pass their soccer balls and hit the soccer balls in the middle, over the opposition's end line. Winning team is the team that gets the most soccer balls over the opposition's end line.

Progression- Ask players to use weaker foot only.

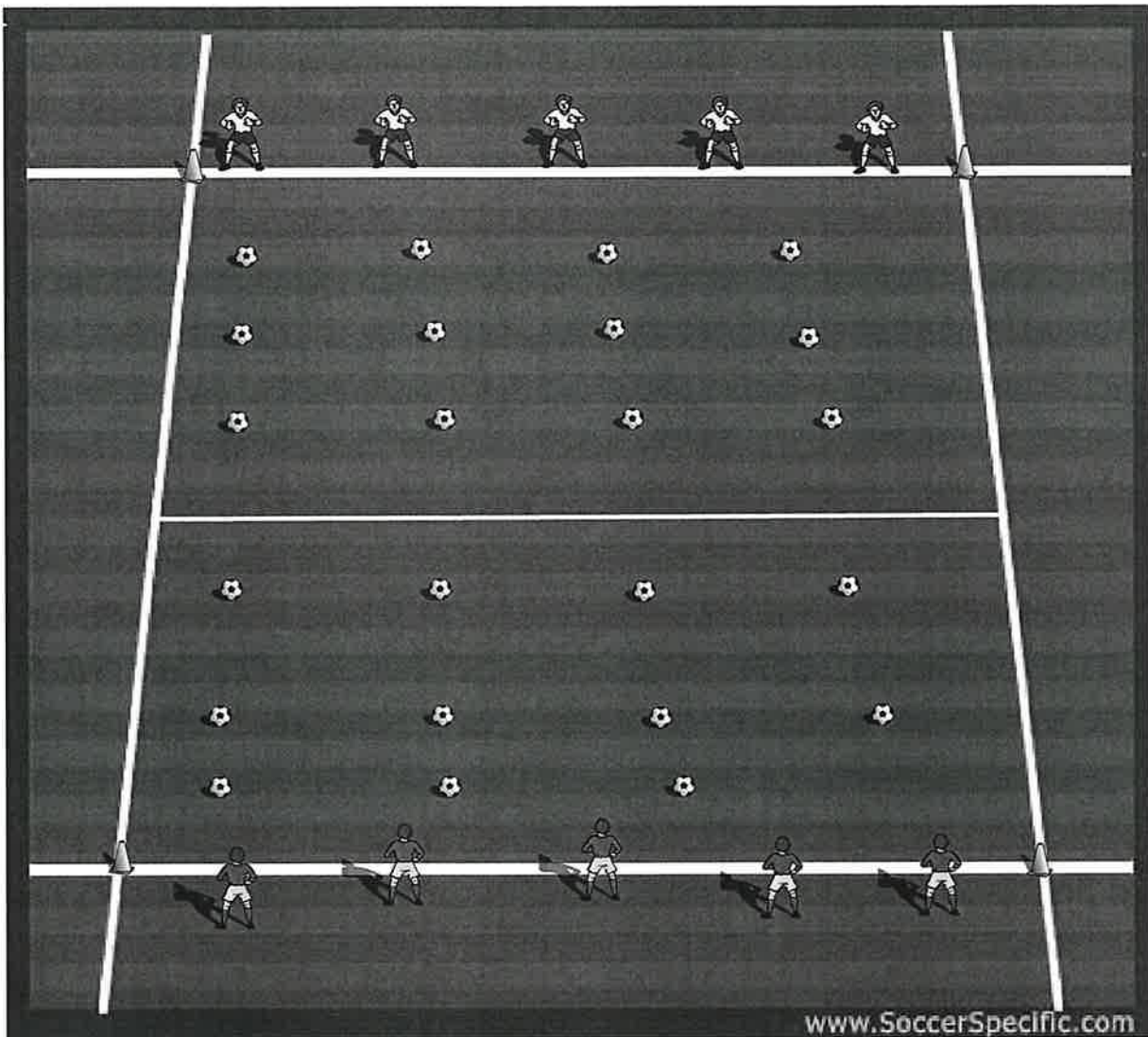
Coaching Points

Use the inside of foot for accuracy, non kicking foot placed by the side of the ball, approach from angle ankle locked and follow foot through to the target

Communicate both visually and verbally

Keep head up to scan area and see which balls to attack

Pass the Buck



Pass the Buck

Purpose- to improve the technique of passing

Organization- Set up a 30x30 grid and place balls in each side of the grid, as shown in the diagram. On the coach's command, players run from the end line to a ball in their own half and pass it into opponents half. The player then runs back to the end line and repeats the process. Continue the process for two minutes and at the end of two minutes, the balls are counted up and the winning team is who has the most balls in the opponents half.

Progression- Use weaker foot only.

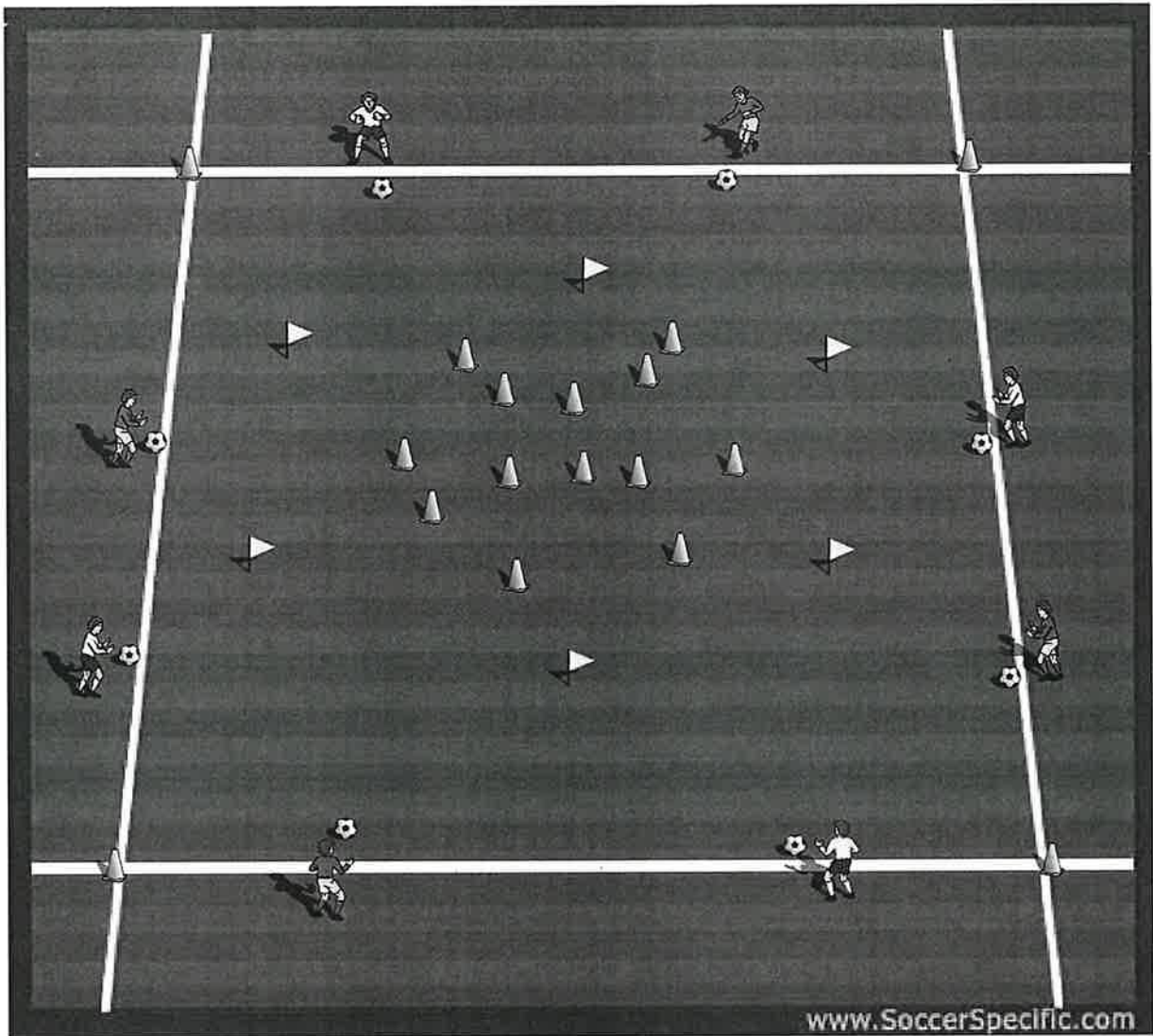
Coaching Points

Use the inside of the foot

Approach ball from angle, ankle locked and follow through to your target

Work on weight of pass

Crazy Cones



Crazy Cones

Purpose- To improve passing technique.

Organization- Set up a small circle and inside set up cones randomly in the area. Each player needs a ball. On coach's command the player's try to pass the ball at a cone and knock it down. The player who knocks the most cones over wins. Players do not have to use their own ball and after passing , the player needs to find the closest ball and try again.

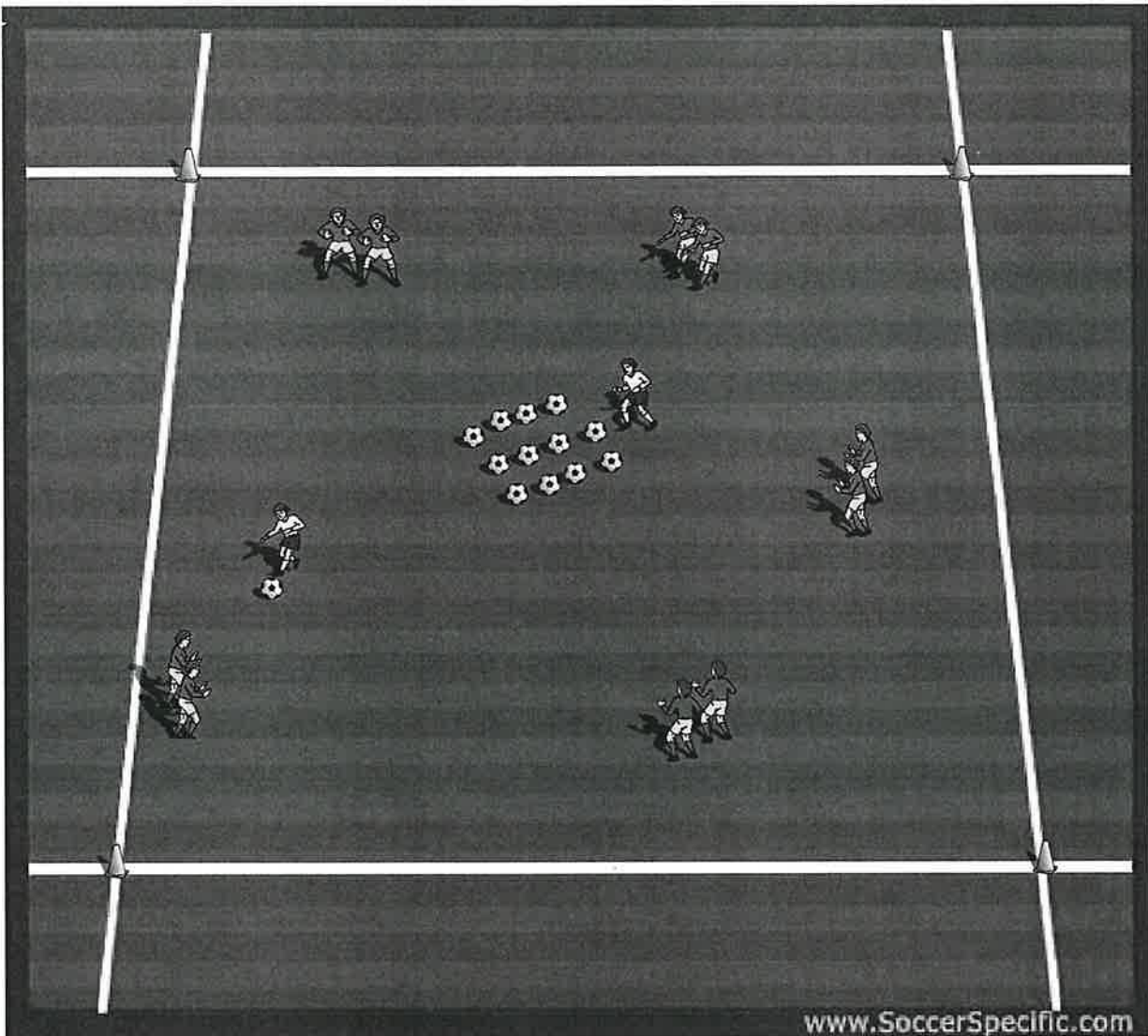
Progression-

Ask players to use different surfaces of the foot
Coach calls that players can use their left foot only, right foot only.
Split players into two teams and play as teams only.

Coaching points

Approach from an angle
Keep body still and over the ball.
Ankle locked and follow through to the target.

Space Invaders



Space Invaders

Purpose- To encourage, passing, dribbling and decision making.

Organization-The coach stacks up soccer balls in the middle and the rest of the players team up in two and link arms. On the coach's command he/she strikes the balls and runs around the grid, trying to hit players under the knee. If the players are hit they fall to the ground, then get up and join the coach trying to hit the other players. The winning team is the last team standing.

Progression- Ask players to use weaker foot only

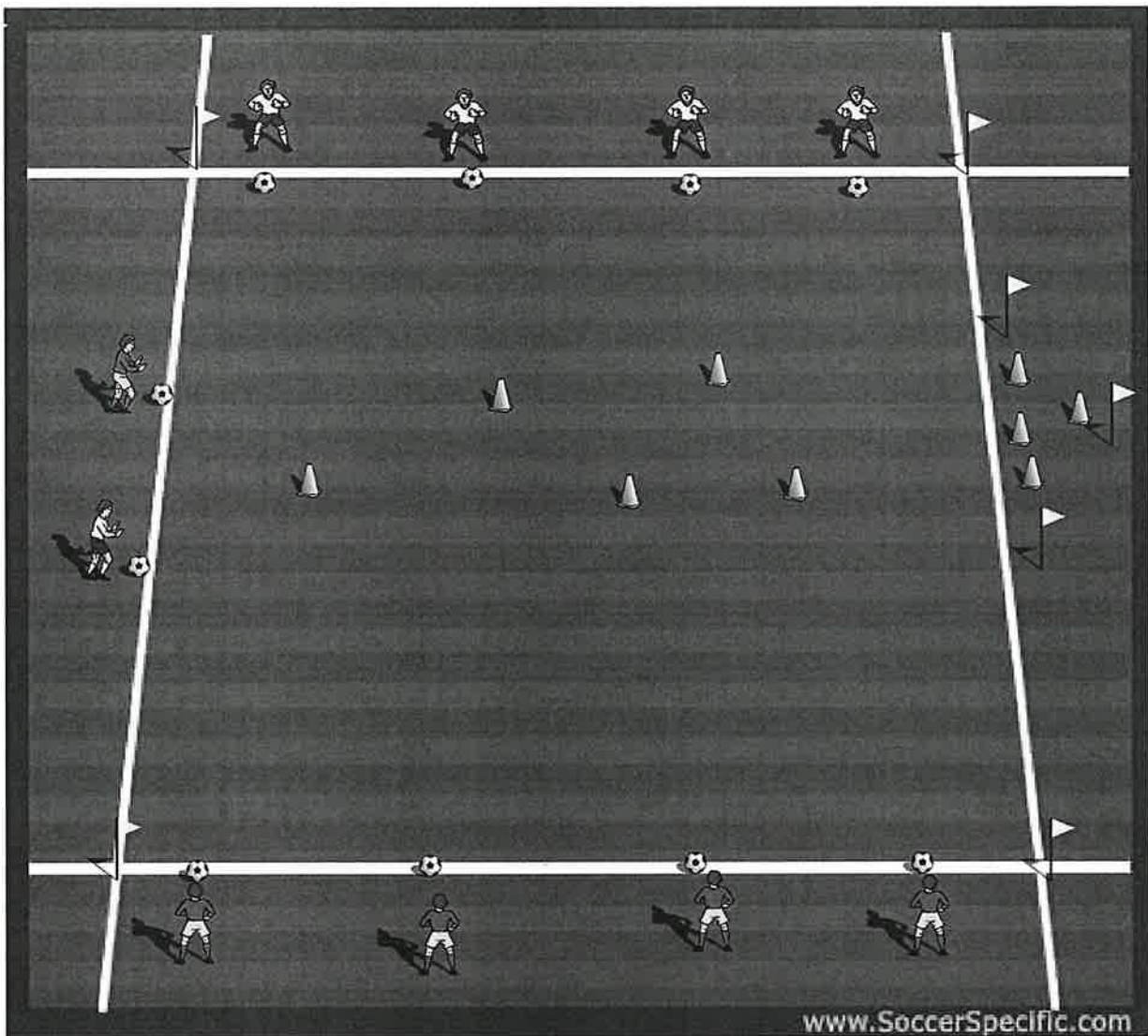
Coaching Points

Keep head up so you can see where the space invaders are

Dribble your ball into a position where you can shoot them

Keep your pass low and aim ahead of them if they are running across you

Paint Ball



Paint Ball

Purpose- To improve both **dribbling** and **passing techniques**

Organization- Set up a 20x20 grid and group players into two teams, a red team and a yellow team, facing each other. Two other players should be on the mid line, where they need to race through the cones and bring the cones back. First player to bring back two cones wins. The players on either end must try and hit the players on the opposite team and slow them down.

Progression- Players must dribble with weaker foot only

Coaching Points

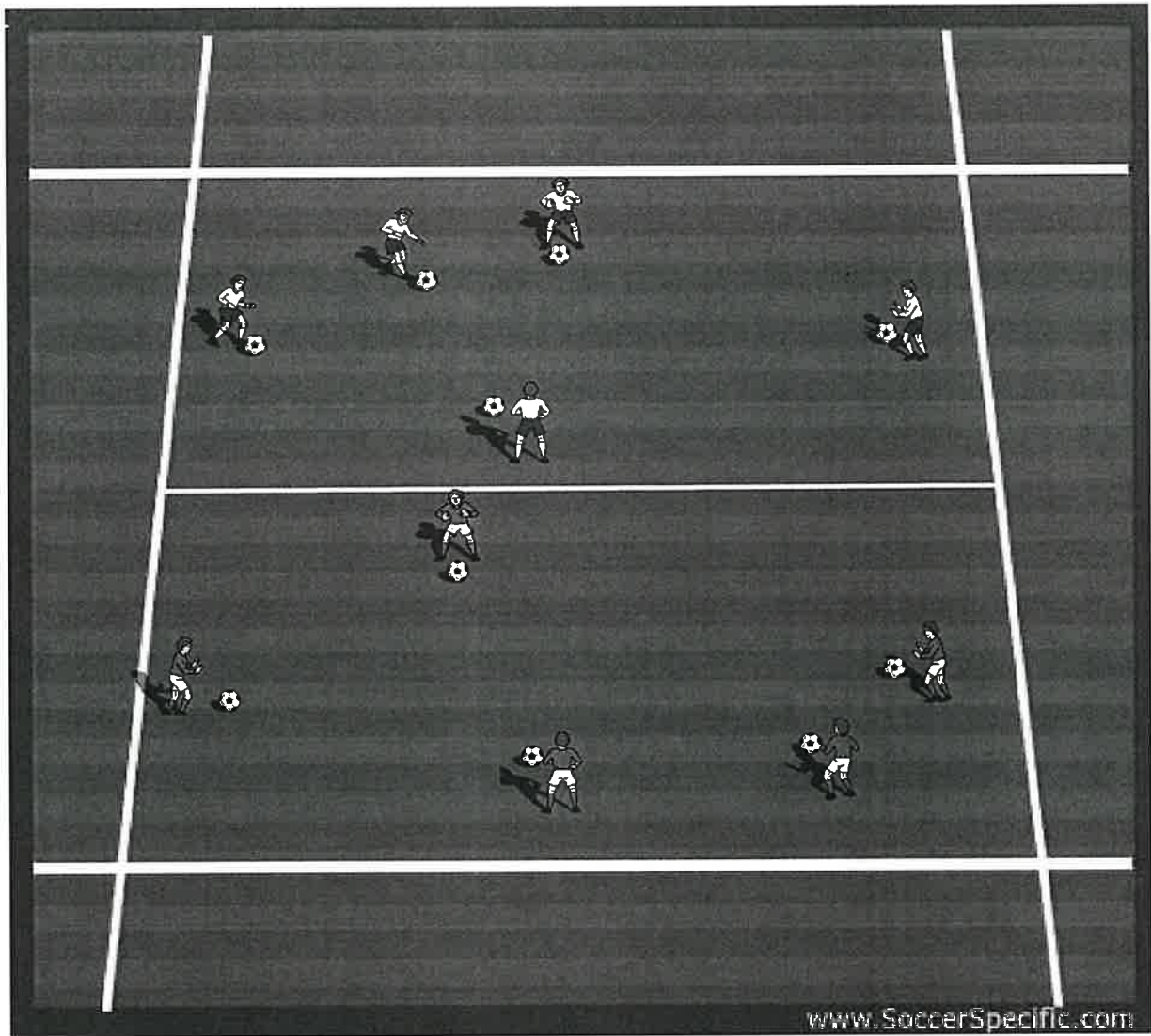
Keep ball close

Use all surfaces of the foot to dribble with

Communicate both verbally and visually

Use the inside of foot to pass for accuracy

Look Up & Listen



Look up and Listen

Purpose- To focus on **soccer skills** and **quick thinking**

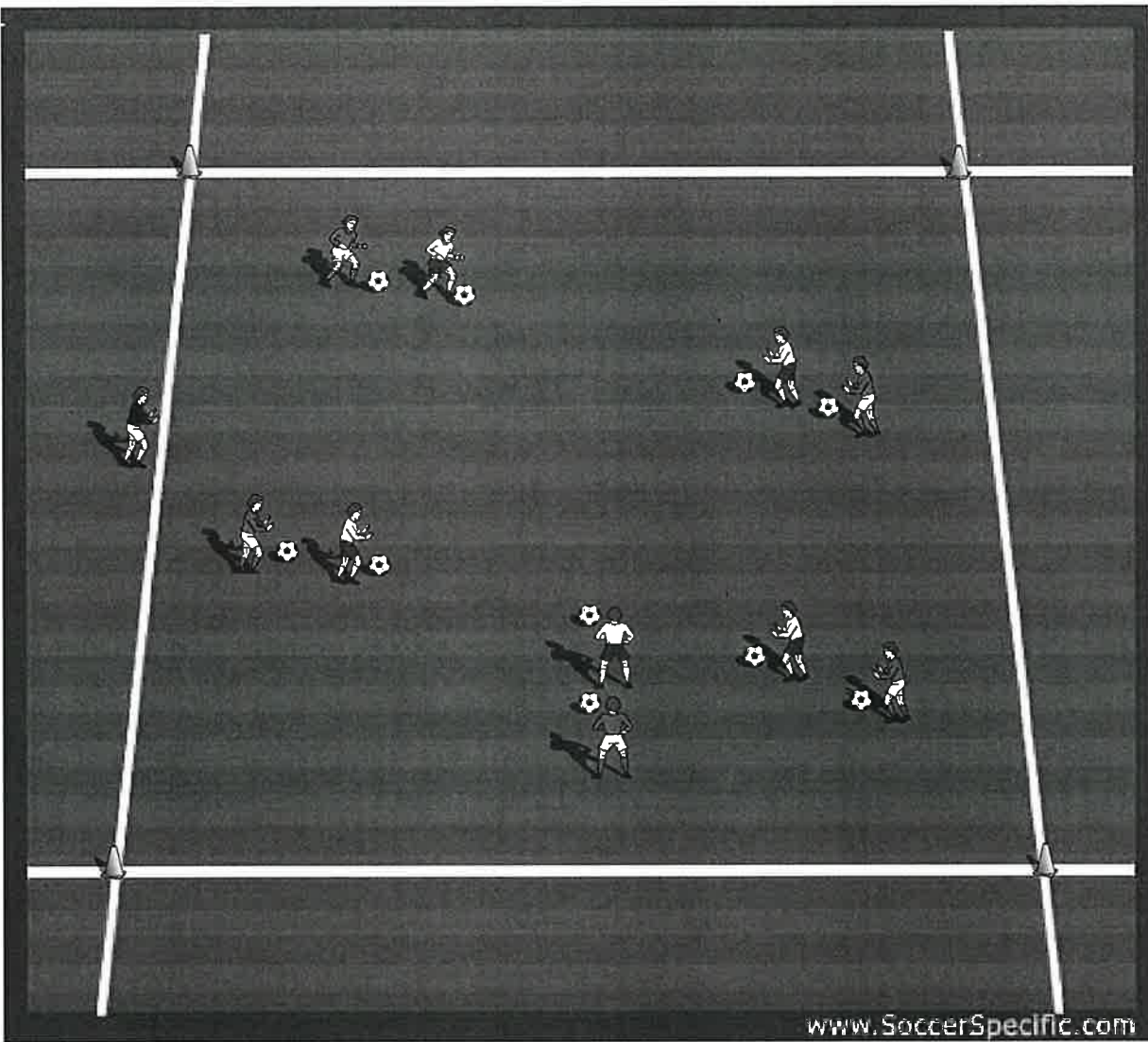
Organization- Divide the groups into two 15x15 areas, with all players having a soccer ball. Players dribble in their own separate areas and both watch and listen for signs from the coach what to do next. For example if the coach raises one hand in the air, players must work on change of pace. If the coach raises two hands all players change grids. If the coach calls out an order such as head on the ball, all players must place their head on the ball.

Progression- Ask players to dribble with weaker foot only.

Coaching points

Keep the ball close and head up to look for space
Use both feet and explore all surfaces when dribbling
Work as a team

Follow the Leader



Follow the leader

Purpose- To **keep the ball close** and **listen** to instructions.

Organization

Players are divided into pairs and enter a 20x20 grid.

Players are numbered one and two. Player number one starts as the leader and dribbles the ball anywhere in the grid. Player number two must follow player number one and copy all the moves skills that he/she shows.

Play for one minute and then change roles. After a couple of runs, change with a different partner in the grid.

Progression- Ask players to use weaker foot only.

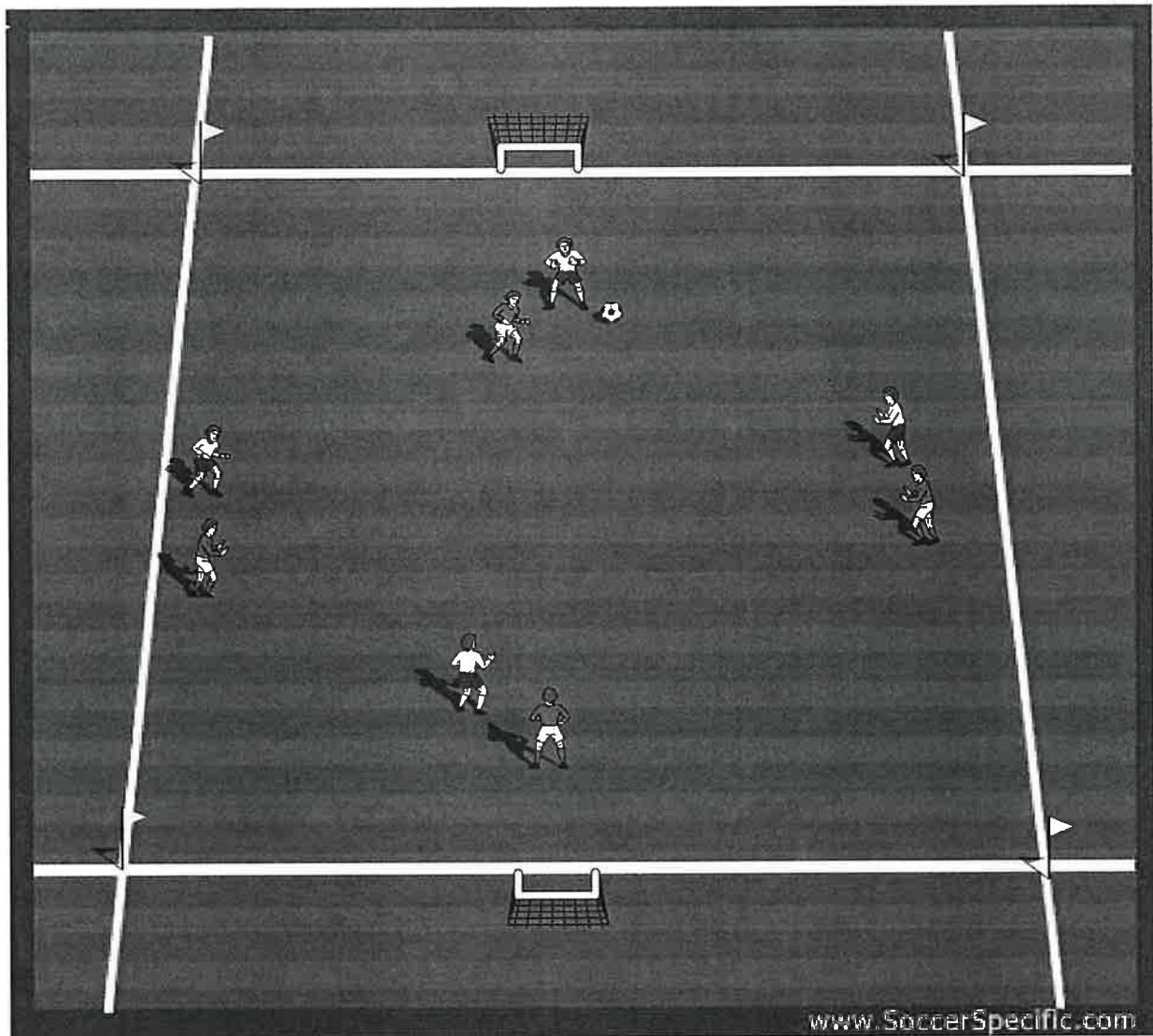
Coaching Points

Keep the ball close.

Ask players to use both feet and all parts of the foot.

Encourage players to use lots of different moves.

4v4 Scrimmage



4v4 Scrimmage Focus on topic that has been worked on in training.

Purpose- To improve skill and first touch in small playing area.

Progression- Add goalkeepers.