

# Milton YS -- 1st Grade: Week 7

Category: Technical: Passing & Receiving

Skill: U7

Move of the Week: Cruyff Turn



Hermes Lima Soccer Academy, Quincy, United States of America

## Through gates (15 mins)

### Set Up:

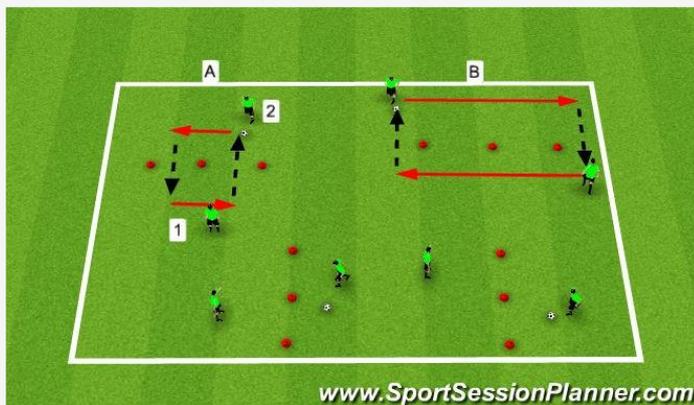
3 cones each 2 yards apart - numerous sets of three cones set up around the field.

Partner work. Player 1 passes through gate to player 2 (Shown in diagram A). Receives inside of foot and takes across body plays through next gate

Progressions 1 - Change direction (play the other way encouraging using both feet to control and pass the ball) - move the ball with both feet - can they use inside, outside, and sole of foot to move ball.

Progressions 2 - rather than playing between the cones, can you play on the outside of them like shown in diagram B.

Competition - How many passes can each pair make in a certain time? play again, can they beat their score? which pair can get the most in the groups



### Coaching Points

Be ready to receive the ball - once you make a pass, move to become the option again. do not have passer waiting for you to move.

1st touch out of feet (small pass to yourself)

proper passing technique - including hips facing where you want the ball to go to.

## Monkey in the middle (10 mins)

In a suitable sized area - if too easy for the possessing team make the area smaller. If too hard for the possessing team, make the area bigger.

3 or 4 players play possession from 1 defender, if the defender wins the ball, they swap with whoever they won it off.

If the team keep it away from the defender for a certain number of passes (5 or so) the defender has to do something silly - Jumping jack shouting, I am a pink fluffy star or sing a song to the group (Something fun and lighthearted, do not embarrass or force kids to do it.

### Coaching points -

Pass and move off the ball to help teammates

Talk to each other to be helpful

good passing technique



## 2v2 pass (15 mins)

### Set Up

Small field 20x20, 2 gates/goals at each end.

Players are divided into 2 teams. Each member in these teams gets a number. Coach calls out 2 numbers and those corresponding players sprint to the end cone and enters the field. Coach serves a ball into the middle to initiate 2v2.

Bonus point for passing before you score!

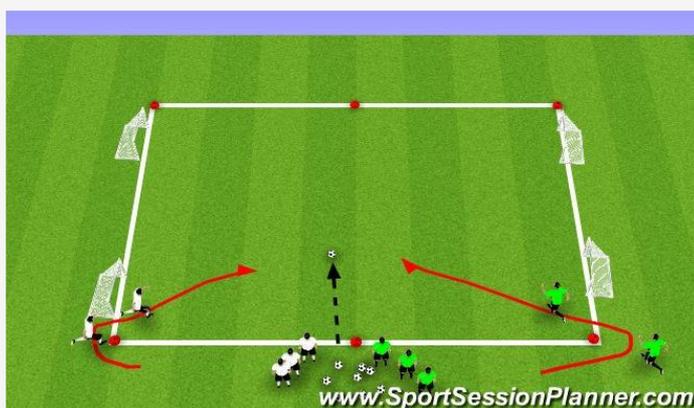
### Coaching points:

Look for teammate in better space

Switch the play if crowded on one side - try to score on the wide goal no one is near

change in direction and speed

Commit defender.





Questions-

Where are the defenders and the space?

Can you attack with speed?

## In town Scrimmage

Scrimmage -

Both teams split into even numbers and play against each other over 2 fields

Coaches have spare balls at your feet to pass in if ball goes out of bounds in order to keep players on field.

Any player not overly involved or shy - give them their own ball to score a goal - does not matter what goal they shoot into – encourage a sense of accomplishment/success.

