

Milton YS -- First Grade: Week 6

Category: Technical: Passing & Receiving

Skill: U7

Move of the Week: V-Turn



Hermes Lima Soccer Academy, Quincy, United States of America

Animal Warm up (15 mins)

Aim: To get players moving with the ball in all different directions

Coach calls out the following -

Turtle – Slow; Cheetah- Fast; Tiger – Hide and pounce (jump over ball); Kangaroo- Toe Taps; Penguin – Boxes; Bumble bee- Sting another ball.

Elephant – Sit on ball and bounce; Any others - be creative

Coaching Points:

Lots of touches

Use different parts of foot

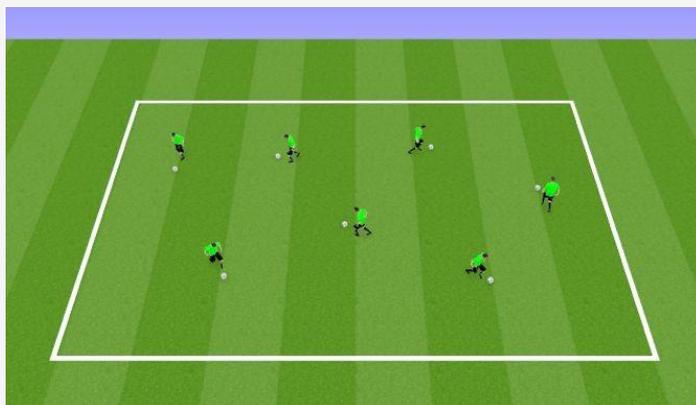
Take ball into space

Keep your head up

Change your speed

Change your direction

Lots of Energy



Passing Gates (15 mins)

Passing Gates

Introduce the correct technique for pass. Using the inside of the foot to kick the middle of the ball. Standing leg next to the ball, pointing at the target. Use of two touches. Stopping the ball with the inside of the foot before passing back.

How Many passes can each pair complete in 1 minute?

How many passes can they complete with their less favored foot?

After they have made a pass, can they make a pass through a different gate?

How many gates can they pass through in 1 minute? 1 point for each gate they visit.

Coaching Points:

* Light on their feet

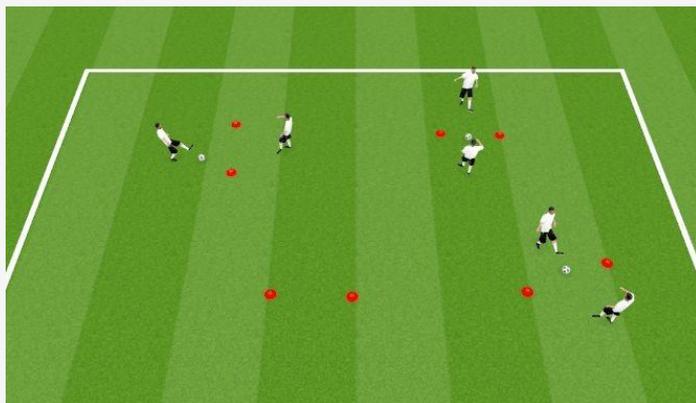
* Standing foot next to the ball pointing at the target

* Use of inside of the foot to trap the ball

* Hitting the ball with inside of the foot and middle of the ball

* Moving to another gate once pass has been made

* Power and aim.



Circle target

2 groups - Players in pairs at a cone - Each player in the pair has a number 1 or 2

Number 1s start by the cone - Number 2s stand back to give the players a channel to run into/around

The circle of cones is suitably sized to the ability of the players.

Number 1s go first - start at their cone - On the coaches command the players run around the circle in a clockwise/counterclockwise direction (make sure all players know what way they are running to avoid collisions).

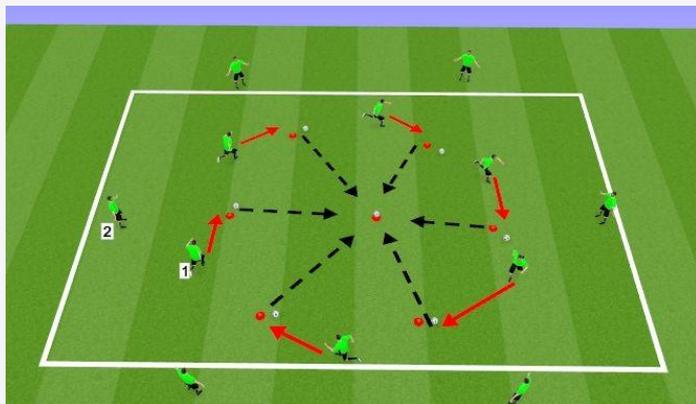
They go all the way around, back to their cone again. On the return to the cone, they pass/shoot their ball and try to knock the ball off the cone in the middle of the circle. Successful player wins 100 points for their pair.

Alternate the groups each time they go to give everyone a turn.

Change the direction in which you run - counterclockwise and clockwise.

Progression - Have the players dribble the ball around the circle rather than just run around without a ball.

- Add more soccer balls in the middle to make it easier and giving more players the chance to get success



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.

