

Milton YS -- 2nd Grade: Week 7

Category: Technical: Passing & Receiving

Skill: U8

Move of the Week: Cruyff Turn



Hermes Lima Soccer Academy, Quincy, United States of America

Through gates (15 mins)

Set Up:

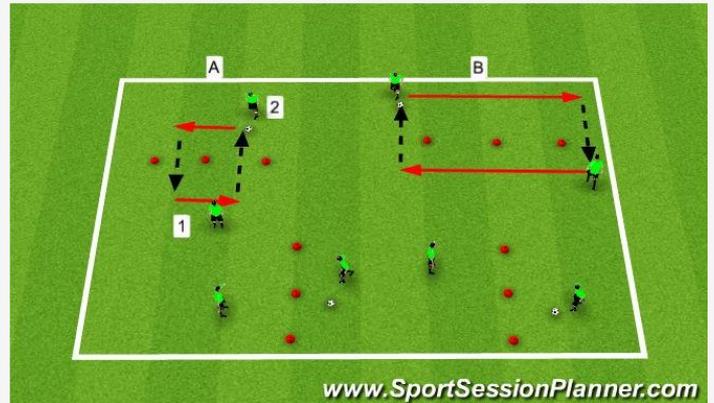
3 cones each 2 yards apart - numerous sets of three cones set up around the field.

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 - 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.

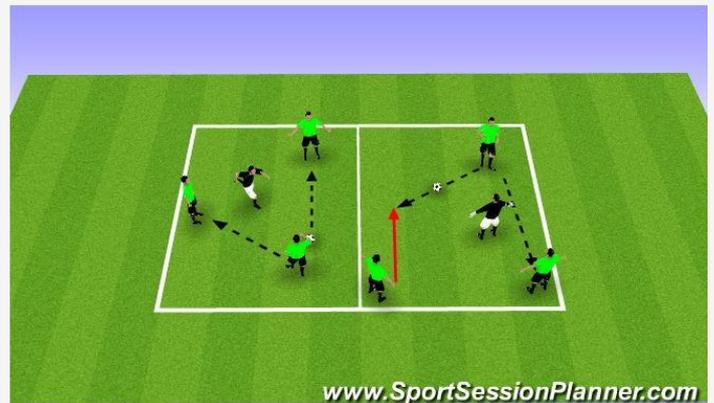
If the team keep it away from the defender for a certain number of passes (5 or so) the defender has to do something silly - Jumping jack shouting, I am a pink fluffy star or sing a song to the group (Something fun and lighthearted, do not embarrass or force kids to do it.

Coaching points -

Pass and move off the ball to help teammates

Talk to each other to be helpful

good passing technique



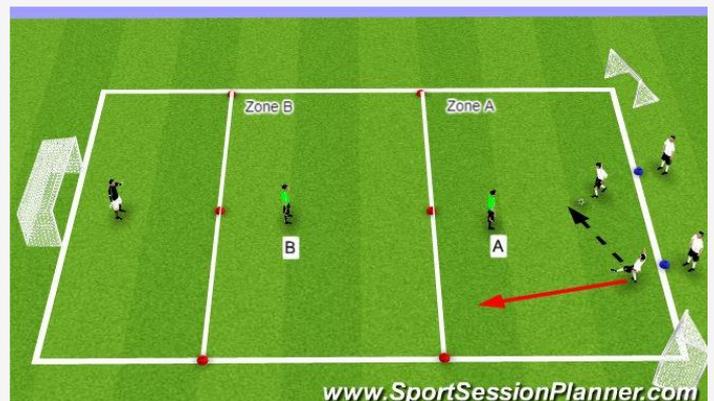
Gauntlet (20 mins)

Area split in 3 sections (more depending on numbers)

-Play starts with 2 attacking combining with a pass which is the cue for defender A. Defender A can only defend in Zone A. If attackers make it through to Zone B, that is the cue for defender B.

If attackers get through Zone B they attempt to score past the GK. If the defenders win the ball - defender A can dribble/pass it into either mini net, defender B can pass it forward into defender A to try and score.

Once the go is over (either ball has gone out of play, or a goal is scored) the 2 players that just attacked become the defenders and 2 new attackers start. The 2 previous defenders rotate to the back of the line in preparation to become attackers.



Progressions/Variations

-attackers must score on first touch

-allow defender A to track into Zone B

Coaching Points

- good decision-making
- read the defenders movement and positioning
- should I dribble into the space or pass to open teammate
- can I draw defender in and "pass to pass" the defender
- attack with good 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.

