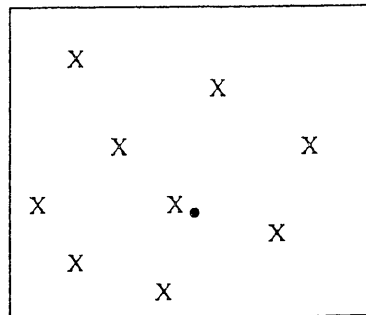


PASSING

SOCCER TAG

Game Setup:

20 x 20 grid.
Each player has a ball.



Basic Sequence:

Start a regular game of tag with no soccer balls. Once the game is in progress introduce a ball. The player who is "it" has the ball and tags the other players by passing the ball and trying to hit them below knee height. Once a player is tagged he/she is "it".

Focus On:

Close control. Keep your head up-be aware where "it" is. Change direction as "it" approaches you. Change speed as you change direction.

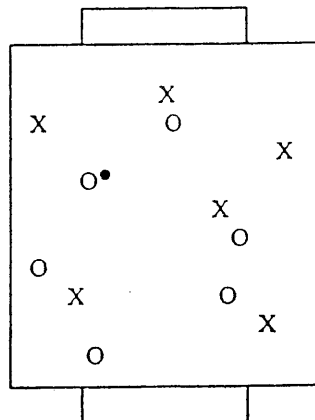
Variations:

Every player has a ball apart from the tagger. The players must dribble around the grid as the tagger chases them. Once a player is tagged the player gives up his ball to the tagger and becomes "it".

TORTOISE SOCCER

Game Setup:

20 x 30 grid.
Split group into two teams of 6.



Basic Sequence:

Play a normal scrimmage but tell players that they cannot run, they must walk. This should slow things down and give the time to pass. Instruct the players to be no closer than 5 yards to anyone else on their team at any one time. You can create more time and space for decisions on the ball by not allowing the player with the ball to be tackled.

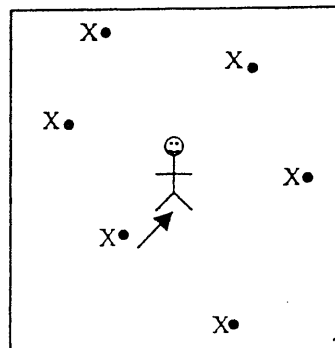
Focus On:

Staying spread out.
Accuracy of passing.
Creating space by using the width of the field – not playing everything down the middle of the field.

MOVING TARGET

Game Setup:

20 x 20 grid.
Each player has a ball.



Basic Sequence:

The coach moves around the grid and periodically stops and spreads his legs to become a tunnel. The players dribble after him and when the coach stops they try to immediately shoot their ball through the tunnel. After three players have scored the coach moves to another part of the grid. Who can score the most goals in a given time period.

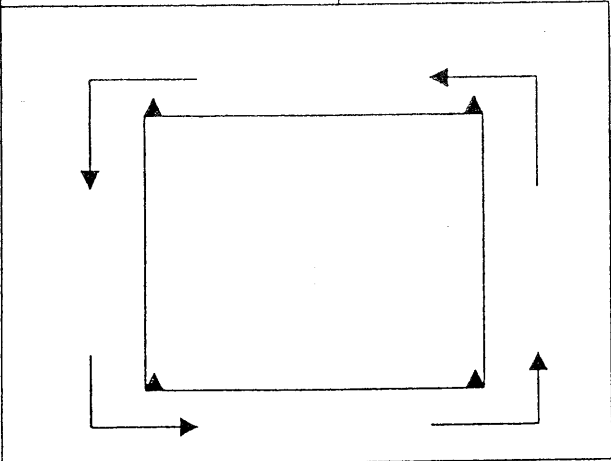
Focus On:

Looking up from the ball.
Close control.
Shoot the ball with the inside of the foot.

PASSING LEVEL – 1

BALL BALLISTICS

Game Setup:
10 x 10 yd grids
Ball each

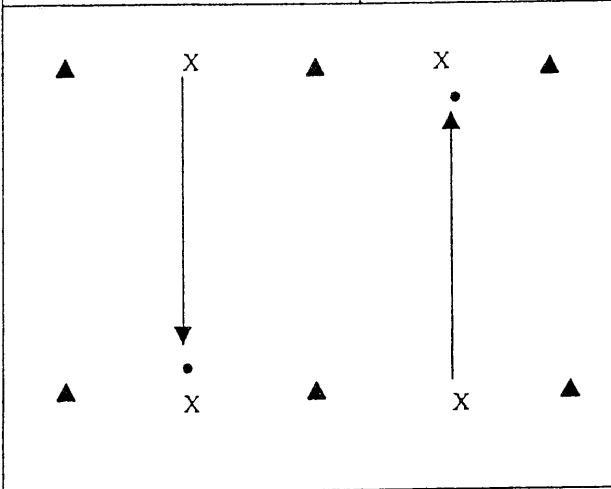


Basic Sequence:
Warm up with coerver type exercises. touch top of ball with sole of each foot, etc.
After they're warmed up, have players dribble round grid using different parts of the foot to change the direction of the ball. Stop the ball on command by using the sole of the foot.

Variations:

PASSING IN PAIRS

Game Setup:
10 x 10 yd grids
Players stand at opposite ends of grid facing each other. One ball between two.

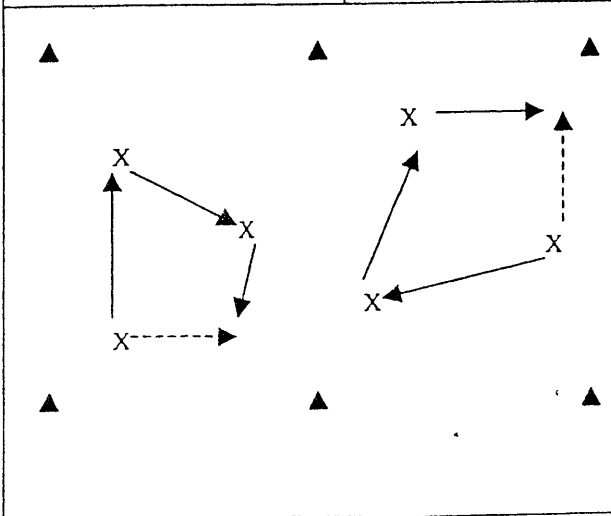


Basic Sequence:
Pass ball to your partner. Partner controls ball and passes it back.

Guidelines:
Stay on your toes, position of non-kicking foot, body slightly turned to allow comfortable swing of the leg, use inside of foot, ankle locked, toes up, bend knees. push through middle of ball, follow through etc.
Stay on your toes to receive pass, control ball with inside of foot, body slightly turned, prepare ball in front and slightly to the side to allow forward movement into your next touch which is your pass. Demonstrate the importance of weight and accuracy of pass.

PASSING IN THREES

Game Setup:
10 x 10 yd grids
One group per grid. One ball per group.



Basic Sequence:
Control, look up and pass. Control the ball with inside of foot and not the sole. Try to keep moving when you control ball. Pass ball into your partners path, once you've passed the ball move and get into another space, always try and keep an open body stance so when you have your first touch you're facing the middle of the grid and not the corner.

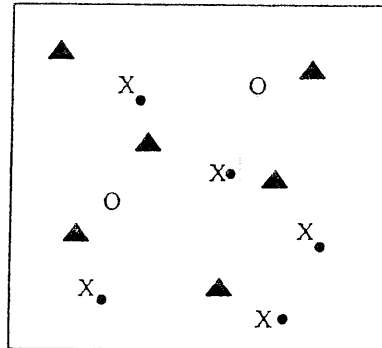
Guidelines:
Explain the importance of the weight, accuracy and timing of the pass. Explain importance of good communication – point to where you want the ball to be played.

Variations:
Control ball with one foot and pass with the other.

PASSING (CONT'D)

TANK BUSTERS

Game Setup:
20 x 20 grid. Each player has a ball apart from two defenders. Coach sets up pointed cones at different part of the grid.



Basic Sequence:

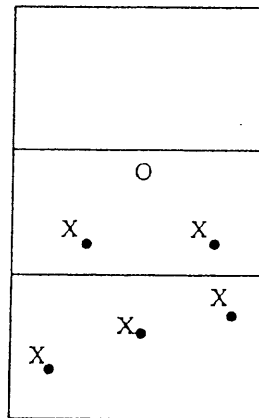
The players with the soccer balls try to blow up the tanks by knocking over the cones. They attempt to blow up as many tanks as they can in a given time period. As they knock over a cone the players make loud explosive sounds. The defenders try to stop the tanks from being blown up and if a tank does get blown up they pick the cones back up as quickly as they can.

Focus On:

Shooting with the inside of the foot.
Field vision.
Try to blow up a tank that's not being defended by a defender.

SHARK ATTACK

Game Setup:
Two 5 x 5 grids separated by a 10 yard channel. Each player has a ball. Two groups of six.



Basic Sequence:

Each player with the ball tries to cross the river by dribbling the ball from one grid to the other. As they swim across they have to avoid the hungry shark (defender) who attempts to eat them by kicking ball out of the area. The swimmers get one point for each successful crossing. Rotate the shark after a minute or so.

Focus On:

Keep the ball close.
Dribble the ball away from the shark.
Look up so you know where the shark is.
Change of speed and direction.