

Demonstration of Core Techniques:

Set up grids and demonstrate both soccer techniques and coaching methodology covered previously.

Passing and Control - Players get a partner and pass the ball back and forth.

- Move towards each pass, do not pass from a standing position.
- Lock the ankle and turn the toes outward.
- Plant the non kicking foot along-side the ball and bend the standing knee slightly.
- Push through the ball and finish with your foot in the air - ankle locked.
- Cushion the ball so that it rests in front of you, not directly at your feet.

Dribbling - Players work individually with a ball each. Dribble around the grid.

- Use the inside and outside of the foot to maneuver the ball.
- Keep looking up between touches.
- Avoid colliding with other players, cut or drag the ball away from others.
- Keep the ball close, use lots of soft touches and short strides.

Running with the ball - Players work individually with a ball each. Dribble across 15 yd grid.

- Push the ball ahead with the laces of the front foot.
- Adjust your strides to keep playing the ball with your dominant foot.
- Keep looking up between touches.
- Try dribbling half way across, coming to a complete stop and then continuing.

Shooting - Players work in 2's with one ball between them. Stand 20 yards apart and shoot the ball with the partner being the intended target.

- Have a short curved approach to the ball.
- Make last stride before shooting slightly longer to facilitate a full backswing.
- Place non kicking foot to the side of the ball, toes pointing at target.
- Swing kicking leg through with toes still pointed.
- Strike the center of the ball with the top of the foot (laces).
- Follow through with the kicking foot in the direction of the intended target.

Heading - Players work in pairs 5 yds apart. Throw the ball up and head it to partner.

- Feet apart (boxers stance) Arms out to side, lean back - rock forward
- Keep your eyes on the ball - make contact with the forehead.
- Direct the header with the forward rocking movement of the body.

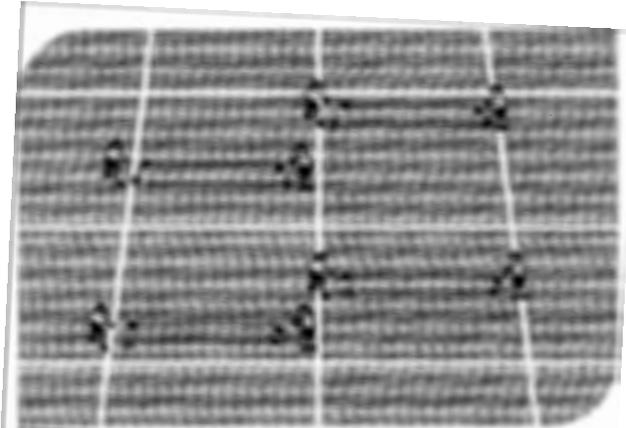
Sample Passing Progression

1. Passing in Pairs

i) Pair up the players and practice passing the ball across a 10 x 10 grid.

Each player must be on their toes throughout the practice. The receiving player must first cushion the ball and then pass back with the inside of the foot.

ii) Upon receiving a pass, the players should use the inside or outside of their foot to control the ball to one side, and then return the pass to their partner.



Coaching Points

Move towards each pass, do not pass from a standing position.

Lock the ankle and turn the toes outward.

Plant the non kicking foot alongside the ball and bend the standing knee slightly.

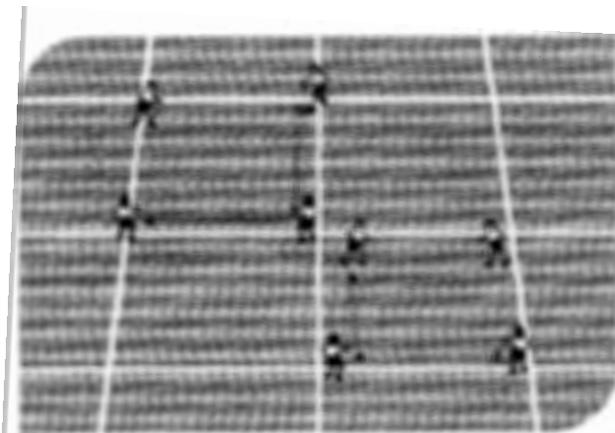
Push through the ball and finish with your foot in the air - ankle locked.

Cushion the ball so that it rests in front of you, not directly at your feet.

2. Square Passing

i) Four players stand at the corner of a 10-15 yard grid. Player one begins by passing anti clockwise to Player Two who must control the ball and pass it to Player Three. Player Three controls and continues the sequence. The players must remain on their toes throughout.

ii) The players now move throughout the grid and may pass to any other player



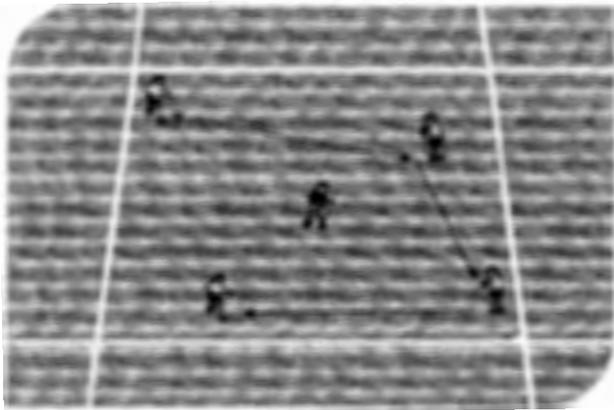
Coaching Points

Absorb the impact of the pass changing the direction of the ball 90 degrees as you control it.

Begin by using the inside of the foot.

Reach across the body with the opposite leg and use the outside of the other foot.

Allow the ball to roll across in front of you and use the inside of your opposite foot.



Sample Passing Progression

3. Four v One Keep Away

i) Four players move around 15 x 15 yd grids passing and moving to each other in any order. They attempt to keep the ball away from one defender who is only allowed to walk.

ii) The defender is now allowed to jogging at half pace.

iii) The defender may now play at full pace.

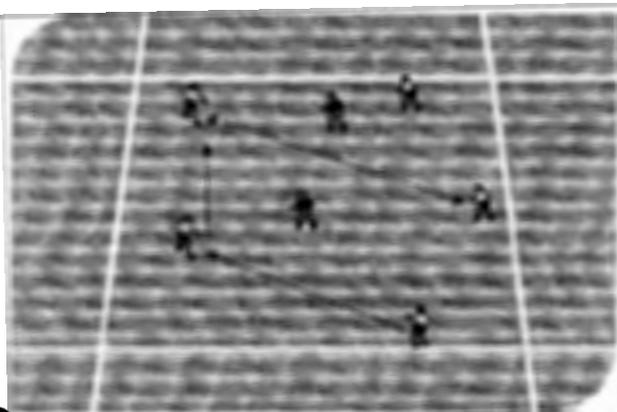
Rotate defenders every minute.

Coaching Points

Use the first touch to control the ball away from the defender.

The player on the ball should have a team mate on either side of the defender to pass to.

Move, communicate and try to keep the ball moving with two touches where possible.



4. Five v Two Keep Away

i) Five offensive players attempt to keep possession of the ball in a 20 yd x 20 yd grid. Two defenders attempt to win the ball. The five players keep moving around the grid and earn a point for making four successive passes. The

defenders earn a point for touching the ball or forcing it to go out of bounds. Rotate the defenders every minute or if they win the ball.

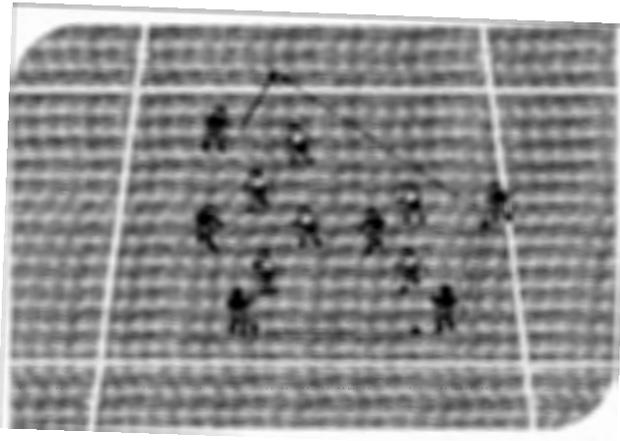
- ii) Limit the five offensive players to two touches.

Coaching Points:

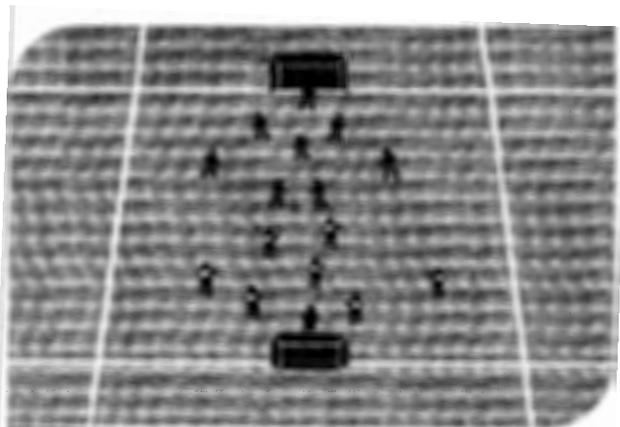
Move the ball quickly and keep your body position open towards your teammates.

Pull the defenders apart by quickly switching the ball from side to side.

Look to play split passes when the opportunity arises.



If the teams are not making consecutive passes, introduce a floating player who plays with the team in possession.



Sample Passing Progression

5. End Zone Game

i) Divide the group into two equal teams in a 30 x 40 yard grid. The two teams compete against each other in a small sided game, a goal is scored when a player passes a ball across the end line to a team mates feet who is standing in the end zone.

- ii) Teams must make three consecutive passes before making a scoring pass.

Coaching Points:

Switch the ball quickly through central or trailing players when areas of the field are congested.

Time the run into the end zone and call or signal for the pass.

6. Coached Scrimmage

Each practice should conclude with a small sided game. Allow the players to play freely and to explore different