



Marbles

Set Up:

Every player has a ball and is moving inside the area.

On the coaches command - players are to try and pass the ball and hit another players soccer ball. in doing so they win a point if successful.

Progression - if hit by another ball you lose all your points.

Coaching Points:

Proper technique - inside of kicking foot - non kicking foot planted beside ball with foot pointed to target - hips facing target - follow through with kicking foot

Move ball at all times - do not be an easy target



Tech Pass - 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. Receives inside of foot and takes across body plays through next gate

Progression: take with outside of foot. Detail on disguising take - drop shoulder etc.

Change direction - mover the ball with both feet - can they use inside - outside and sole of foot to move ball.

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.



Passing Gates (10 mins)

Set Up:

Moving gates

Coach selects 2 pairs to act as moving gates. They are given a pinnie which they hold with tension on it between them as they run around. Pairs left with ball pass and move to get in position to pass ball between moving gates. First to pass through all the moving gates 3 times are the winner. Change gate pairs every couple of minutes

Coaching Points -

- Touch ball towards kickingfoot
- Pass ball with inside of the foot through middle of the ball
- Hips square to target
- Follow through ball
- Non kicking foot planted beside ball pointed at target



4 gates to score

Set Up:

4 gates as goals - 2 teams

The team in possession (red) need to try and pass the ball through any of the gates. In doing so they win a point. The other team (blue) need to defend, in winning the ball the roles are reversed and the red need to stop the blue from passing to their team mates through the gate.

Coaching Points:

Head up - find the space/team mates/see where defenders are

Space - can you find space to get the ball, are you in a space to score a goal by passing

Movement - dribble with the ball if needs be, you do not have to pass every time

