

Coach: Stephen Bird

Team: House League (U5-U9)

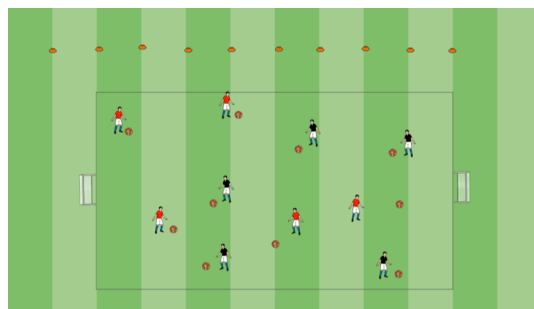
Topic: Passing & Dribbling

Date: Spring



*A Lifetime of Soccer*

What: Changing speed and direction



**Warm-Up**

**Work: 10-12 Mins**

Players dribble around the area and use all surfaces of their feet (toe, laces, heel, inside, outside, sole). Coach calls out the following:  
Toe-Taps, Tic-Tocs, Outside Inside, Squeezy push, sole to heel.  
Skill move – 'L' Turn

**Organization:** Area is 30x30, maybe bigger depending on the group size.



**Skill Game**

**Work: 10-12 Mins**

Knockout game with a twist. Place mini goals on each side of the area and split the group with attackers and defenders. Defenders try and win the ball from the attackers and score in one of the mini goals. If they miss, the attacker gets his/her ball back. If they do score attacker must help the other players to keep the other balls in. Players with a ball decide to pass it or keep it.  
Once all the balls are gone, the game is over.  
Make it easier – Defender who wins it becomes the attacker & attacker becomes defender

**Organization:** Goals can be added in at the start of practice. Vary the number of defenders.



**Scrimmage**

**Work: 10-12 Mins**

4v4 or 3v3 scrimmages with multiple balls.

**Organization:** Two fields side by side if the numbers are too big.

Key Coaching Points:

- Dribble with purpose. Shred the defender or is someone a better option to pass to?
- Once you pass it, what else could you do? .... Find space/become an option.
- Technique of the pass – ankle locked (toe up, heel down), hitting the middle of the ball.
- Have fun!