



★ RECREATIONAL ★ COACHING CURRICULUM

UB BOYS & GIRLS

SPRING: WEEK 6 - PRACTICE 1

KEEPING POSSESSION

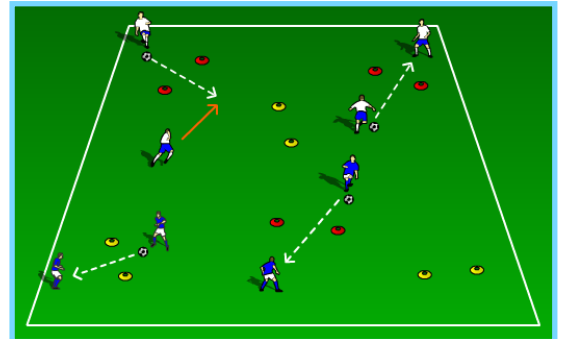
Activity 1 - Gate Passing

Area: 30 x 20 yards with small gates place randomly inside the area.

Organization: Place players into pairs, one ball between two. Players start at one gate, passing back and forth without moving. Progress to players passing and moving around the area. How many gates can you get through in 1 minute?

Coaching Points

- Passing Technique - quality and accuracy of the pass.
- Receiving Technique - Can you take the ball in the direction you want to go?



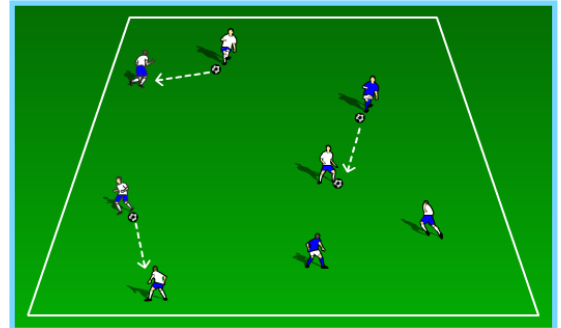
Activity 2 - Partner Strike Out

Area: 20 x 20 yards.

Organization: Place players into pairs, one ball per pair. Designate two players as strikers, who's job is to knock hit players feet or soccer ball. Players who tagged with the ball then turn into strikers and help tag players with their ball. Play until one team remains.

Coaching Points

- Passing Technique.
- Receiving Technique.
- Movement off the ball to support your teammate.



Activity 3 - Boss of the Balls - 3 v 2 to Goal & Counter Goals

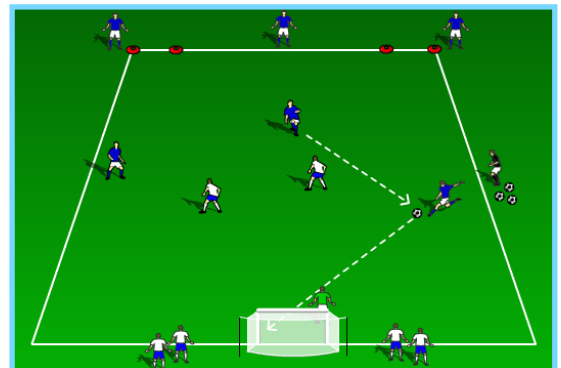
Area: 20 x 20 yards with one big goal & counters

Organization: Place players into two teams, one at each end of the grid as shown. Coach plays the ball into the grid and they play 3 v 2. Team of 3 attacks the big goal and the team of 2 attacks the two small goals.

Ways to Score? Teams can score by passing into a goal or by getting 4 consecutive passes. Encourage keeping the ball!

Coaching Points:

- All technique under pressure.
- Decision - pass, dribble or shoot? Where are the defenders?
- Support - provide a support option when off the ball. Where are the defenders & your teammates?



Activity 4 - Scrimmage

Area: 20 x 20 with small goals per group.

Organization: Play two games of 3 v 3 with no goalkeepers. On restarts, allow players to pass or dribble the ball into the area.

Coaching Points:

- All concepts highlighted above in a game environment.
- Concept of playing in a triangle shape.

