



BASA RECREATIONAL SOCCER



U11, U12 and U14 Practice Plan

Week 3

Topic Passing/Possession

1st Activity- 4v1 or 5v2 possession

-with possession create a space maybe 20x20 yards and play either 4v1 keep away or 5v2 keep away (the less technically skilled your team is the less defenders you want at first so players can get more touches and feel comfortable then add more defenders)

-when playing possession players score by making three complete passes without the defender stealing it (you can leave the same defender in for 1 minute or constantly rotate each time there is a mess up a new defender goes in)

-possession games are great for working on passing are excellent for pre-game warm-ups. Possession is similar to the game of soccer itself minus a specific goal

2nd Activity- Circle Passing –(this can be more basic or more complex depending on your age group)

-Half players inside circle(big enough space for the age group you are working with) without ball, half outside with balls

-players inside check to player-trap and pass back (key points ankle locked..heel down toe up, pass the same way as you trap..etc) The players inside will work for about a minute and the rotate. After they pass get them into the habit of coming back to the middle and making a new run to a new player to receive the ball (otherwise they may just run in a circle)

-start with basic passing, then possibly volleys, headers, etc-when working on volleys the air the thrower is very important make sure players are throwing underhand or bouncing it into the ground so the players receiving it are comfortable and not fearful

-show how to check, change of speed, in middle of circle have an area players must come back to before they go get next pass...this helps reinforce good habits..

-for older group if you want to add in turns that is GREAT!! When a player checks instead of just trapping and passing back you have the player turn and find a longer pass (possibly a driven ball rather than just the inside of the foot, etc.)

3rd Activity- 3v2 to goal

-if you have a half of a field and a goal or two cones, etc. that is the perfect amount of space

-have all of the balls located by the goal and you. Make sure there are 3 lines near midfield (one in the center, one on the left and one on the right...probably about 3 players per line) then there should be a group of 4 or 5 players standing by you and the goal. Have the first player play a long pass out to one of the lines and they will go 3v2 to goal. The defenders get a point by clearing the ball out or you can have small goals at midfield that they have to dribble or pass into and the offense scores by shooting it in the net.

5. 4th Activity- End with 4v4 or 5v5 to Targets

-same size field but instead of a goal to score on they have an entire end zone to pass into a target player(the target player can move anywhere within the end zone, you can have your target receive with their feet or if you are working on passing in the air you could say they can only score if they get it into the targets hands..like a goalie)