



BASA RECREATIONAL SOCCER



U6, U7 and U9 Practice Plan

Week 3

Topic Passing

1st Activity- do your usual dribbling warm up

2nd Activity- Paint the square-passing and moving with a partner

-the idea of painting the square is that a player and a partner are trying to pass and move and get their ball to paint the entire square (they also have to avoid other players, so they begin to learn awareness)

3rd Activity- Paint the square with pressure added

-same idea of passing and moving but now one player is holding a pennie and is a defender. The defender is trying to steal the ball from a pair or intercept a pass, if they do so they become partners with the player who did not lose the ball or make the bad pass and the game continues (now players must work together to avoid a defender)

4th 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 then 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- for younger age groups have the player pick up the ball on the outside and throw like a bounce pass into the ground...this will help players learn how to deal with bouncing ball but at the same time not be 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!!

5. 4th Activity- End with 3v3 or 4v4 to end zones

-same size field but instead of a goal to score on they have an entire end zone to pass into (with U7 and U9's you can have a target player in the end zone and if they are able to pass to the target..who can move anywhere with in the end zone they get a goal. With U6 players I would have the two coaches act like the end zone targets.