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Pass and Move - Distance between cones can be varied - Players can begin by dribbling the ball and transferring it to partner. Emphasis should be on moving the ball with the first touch. Then you can progress to Passing and Moving. Remind players to step to the ball when it is passed and not wait for it.

EXERCISE 1 – Dribble and then Pass and Move – Time 10 minutes

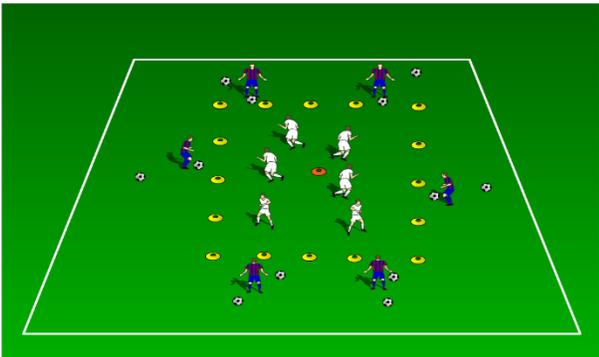
Click below for video demo:

#1 - <https://www.youtube.com/watch?v=RhsCOB1R8xc>

#2 - <https://www.youtube.com/watch?v=KDC4pwxJ2UI>

OBJECTIVE – Get players warmed up and provide repetitions with dribbling, passing, and receiving

POINTS OF EMPHASIS: Point toes to ground and use top of foot to dribble. Move to ball when it is played and cushion the ball with a soft touch.



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Technique Square - Area can be whatever size you desire. Begin by having players check to ball and pass it back. Then have players receive ball, dribble through the middle and pass it to player on outside without a ball. Then pair players up in the middle and have them try to tag one another. Final progression can be to serve the ball in the air and work on controlling the ball before it bounces and then passing it out to a player without a ball.

EXERCISE – Technique Square

TIME – 15-20 minutes - Click below for video demo:

#1 - https://www.youtube.com/watch?v=Hvj_obiKVAQ

#2 - <https://www.youtube.com/watch?v=krhJCM7W8hE>

#3 - <http://www.youtube.com/watch?v=zZFEzE-sef8>

#4 - http://www.youtube.com/watch?v=c3xTEU_EA

#5 - <http://www.youtube.com/watch?v=DrOnqA82Ygo>

OBJECTIVE – Repetitions passing and receiving the ball on ground and in the air.

POINTS OF EMPHASIS: Check shoulders before turning, cushion ball with first touch, move feet, quick changes of direction, and control ball before it bounces.



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PAC MAN - 15 x 15 size area. Player is selected to be tagger. That player must dribble and pass the ball to hit the other players on the knee or below. Once hit on the knee or below other players will get a ball and then try to hit the other players who have not been hit yet on the knee or below. Winner is the last player to be hit.

EXERCISE – Game – PAC MAN

TIME – 10-15 minutes - Click below for video demo:

#1 - <https://www.youtube.com/watch?v=ffxbcg5a3sg>

OBJECTIVE – Have players dribble around and pass the ball at a moving target

POINTS OF EMPHASIS: Dribble the ball and keep it close to get to target. When target is selected pass ball in direction and follow through where you want the ball to go.

For the remainder of the session have the players scrimmage. Try to play 3v3 so have more than one field if you need to. Encourage players to get their heads up as they play and remind them that the ball does not get out of breath, hot, tired, or sweaty. Focus on getting them to get their heads up and dribble, pass, or shoot.