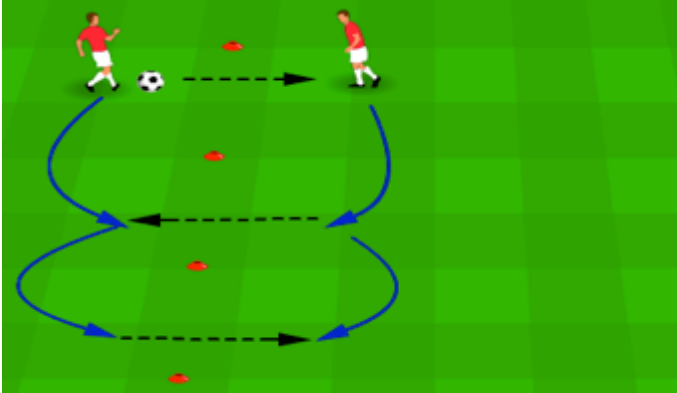
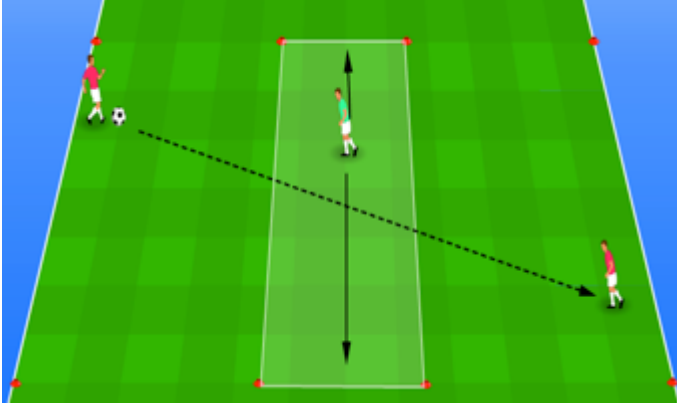



| Exercise/Notes | Description | Diagram | Coaching Points |
|---|---|---|--|
| <p>Figure 8 Passing</p> <p>Players in pairs w/ one ball</p> <p>Each pair has 2 gates (4 cones), the cones are 6 feet apart</p> | <p>Players in pairs are working together, <u>facing each other</u>.</p> <p>One player passes to their partner. Partner receives the ball and takes it to the next gate (past the cone) where they pass it back to their partner. When they reach the end gate, they come back the opposite direction. Looks like the number 8 (see diagram).</p> <p>Progression (spend 2 minutes on each): 1) Receive inside foot, pass inside foot 2) Receive outside foot, pass inside foot 3) Receive sole (roll with the bottom of foot), pass inside foot 4) 2 touch requirement but no surface requirement - race against other groups to make eight 8s</p> |  | <ul style="list-style-type: none"> + Good passes are rolling, firm, and accurate with the inside of the foot +When waiting to receive the ball, take baby steps, “happy feet,” to get ready +The reception touch needs to be quality |
| <p>Malcolm Butler</p> <p>15 yd x 15 yd. grid, adjust as needed</p> <p>Three zones to the field, the middle zone is smaller and narrower than the side zones</p> | <p>Start with 3 players – one player in each zone. The two players in the end zones try to connect passes back and forth. Every pass completed is a point. The player in the middle zone (Malcolm Butler) tries to intercept the pass or deflect it out of bounds. Switch the middle player after 2 interceptions or 4 deflections (interceptions are worth double). Unforced errors by the end zone players where ball goes out of bounds count as a deflection.</p> <p>Once team has the hang of it, <u>play with 6 players</u> – two players in each zone. When playing with 6 players, the two players in the end zones can pass to each other, but points are only received when a pass is made thru the middle zone to the players at the other end zone.</p> |  | <ul style="list-style-type: none"> +Defenders try to read the cues from the attackers to intercept passes (eyes, voices, body motions) +Possession players need to move off the ball to offer support and make sure there is a clear passing lane for the passer |
| <p>Passes or Goals</p> <p>4v4 or 5v5 game, can play with small goals or 7v7 size goals w/ goalies. <u>Don't make field too big</u></p> <p>If don't have small goals, can make goals with cones</p> | <p>Normal game with a ball, except you can score a goal two ways: kicking it in the goal (normal soccer) or by completing 7 passes in a row.</p> <p>This will lead to a game that is a mix of possession (keep away) and normal soccer. The defending team needs to get pressure on the ball so that the other team cannot connect passes easily, but they also need to be cautious to protect their goal. The team on attack needs to have good spacing and recognize when to keep the ball and when to go for goal.</p> <p>The coach should stand on the edge of the field and clearly count out the consecutive passes.</p> |  | <ul style="list-style-type: none"> +The simple pass is usually the right pass, keep the ball moving fast and everybody will have more time and space to play + On defense you need to get pressure on the ball. Try to get the player with the ball to put their head down so they cannot see the field and teammates to pass to |