

Coaching Outline

Name: Valley AFC Recreational Clinic - Age 8 and older

Topic: Passing

Area: 35x25 per group

Objectives: Proper Technique of Inside and Laces, Movement off the Ball

Organization and Equipment:

Field Players: 8-12

Goalkeepers: 0

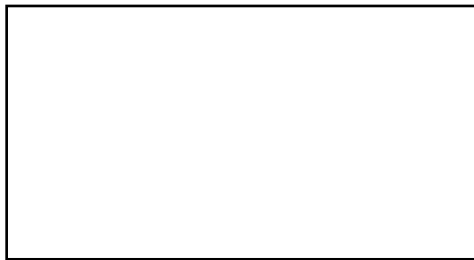
Balls: 10

▲ = cone

● = ball

Other Equipment: Discs, Tall cones or flags

Warm Up: Tossing ball up to receive out of the air



Set up: 40 x 30 grid, each player has their own ball

Objective; To get comfortable using all surfaces to receive the ball out of the air and settle it to the ground

Rules: Players throw the ball to themselves and settle it using the surface demonstrated. Surfaces: Inside foot, Outside foot, laces, thigh, chest.

Time: 15-20 minutes

Coaching Points: Cradle the ball like an egg, continue the momentum of the ball, keep your feet moving, show a surface and then slowly retract

Exercise 1



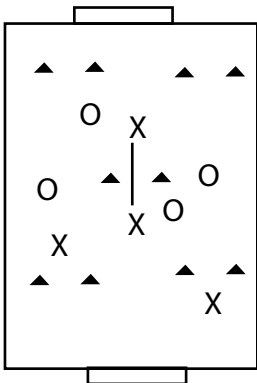
Passing Shuttles

Setup: There are two lines facing each other approximately 15-20 yards apart. Add a second group if there are 8 or more players.

Rules: Players start by dribbling half way and then passing the rest, both right and left inside. Pass the whole way, right and left inside. Pass the whole way, right and left laces. Lastly, one line does a throw-in to the other line which traps and passes back to the throwing line. After each pass the player runs to the end of the opposite line.

Coaching Points: Inside - ankle locked in a "V", pointer toe pointing at target. Follow through straight to target. Laces - Toe pointed down, ankle locked, hit the center of the ball, pointer toe at target, follow through straight at target. For throw-ins ball must go straight over the head and both feet must be on the ground.

Game 1



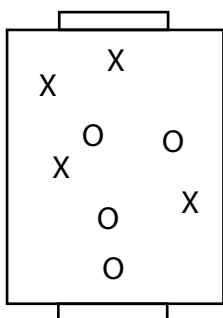
Gates and 2 goals

Setup: Grid is 35X25, there are 5 gates set up throughout the grid that are 4-5 yards wide. There are two big goals at each end. There are two even teams. Friendly end-lines and throw-ins on the touchlines.

1. They must make two complete passes before going to score on either goal.
2. Same as above, but the passes must be consecutive.
3. Same as 2, but now they have a specific goal that they must score on.

Coaching Points: Move off the ball to get open on the opposite side of the gate. Use good technique as practiced above.

Final Game



4v4 or 5v5 with passes equal points of the goal

Setup: Grid is 35x25, there are two goals, one on each endline, players are in equal teams, there are no goalies.

Rules: Players score by shooting in the goal. All balls that go out of bounds are kick-ins and the coach gives them three seconds to get it back in. The number of passes equals the goal. Exp. If there are two passes the goal is equal to 2 points and so on. A goal scored on a turnover, or with just one pass is equal to one point.

Coaching Points: Encourage movement around the ball and using their inside and laces to kick the ball in.