

Coaching Outline

Name: Valley AFC Recreational Camp - 6-7 year olds

Topic: Passing

Area: Half Field

Objectives: Proper passing technique with inside and laces

Organization and Equipment:

Field Players: 8-10

Goalkeepers: 0

Balls: 10

Other Equipment: Discs, Tall cones or flags

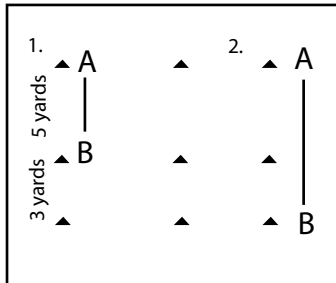
▲ = cone

● = ball

— = pass or dribble

- - - = run

Warm Up: Passing Inside and Laces

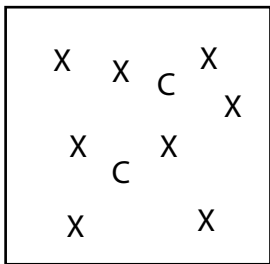


Set Up: Field is set up with three sets of cones. The second set is 5 yards away from the first, and the third set is 3 yards away from the second. Players are in pairs.

Rules: There is one ball between two. After demonstration player B starts at the first set of cones and each player does 10 passes with their right inside, and then 10 passes with their left inside. Player B then moves back to the second set of cones and do 10 with their right laces and 10 with their left laces.

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.

Game 1

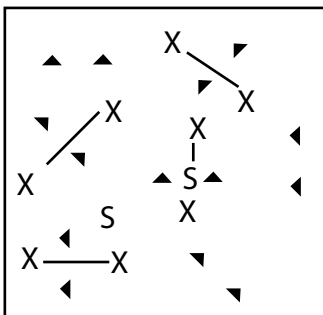


Bumper Ball

Setup: Grid is 20x20-30x30 depending on the number of players involved. Each player has their own ball.

Rules: In this game players try hitting their ball against another players ball. They may not hit the same ball twice in a row. They get a point everytime they hit another players ball. You can also add a coach in, and they get 5 points for hitting a coaches ball. Do once with just the right, and once with just the left. Play four rounds: inside right, inside left, laces right, laces left.

Game 2



Gate Game

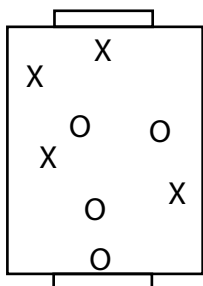
Setup: In a space of about 30x30 yards set up 6-8 3 yard gates. Players are in groups of two.

Rules: 1. Players pass in the grid with their partner, the objective is to get as many passes through the gates in the time allotted. Play one minute games. Do once with the right, once with the left.

3. Make one pair of players the spoliars. As above, players are trying to get as many passes through the gates as possible, but the spoliars try to stop them by stealing their ball and kicking it away. They must start counting again from 1.

Coaching Points: Keep ankle locked in "v" shape, follow-through straight to target, pointer foot must point at your target, play a ball that leads your partner to the next gate.

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.