

# Practice Plan

Passing Practice 1 / Tuesday - Jul/17/2007

Activity / Drill	Duration	Start	End	Coach
Team Building Drill - Player Introduction	5 min	6:30 pm	6:35 pm	
Dribbling Drill - Dribble Across A Square	8 min	6:35 pm	6:43 pm	
Break	2 min	6:43 pm	6:45 pm	
Passing Drill - Instruction Push Pass Inside Foot	5 min	6:45 pm	6:50 pm	
Passing Drill - Instruction Receiving Pass Inside Foot	5 min	6:50 pm	6:55 pm	
Passing Drill - Passing 2 Lines of Pairs	5 min	6:55 pm	7:00 pm	
Passing Drill - Circle Passing (1)	5 min	7:00 pm	7:05 pm	
Passing Drill - Circle Passing (2)	5 min	7:05 pm	7:10 pm	
Passing Drill - Marbles	3 min	7:10 pm	7:13 pm	
Break	2 min	7:13 pm	7:15 pm	
Passing Drill - Continuous Short Pass	5 min	7:15 pm	7:20 pm	
Passing Drill - Dribble, Give and Go 1	8 min	7:20 pm	7:28 pm	
Passing Drill - Keep Away -- Odd Groups	5 min	7:28 pm	7:33 pm	
Break	2 min	7:33 pm	7:35 pm	
Passing Drill - Soccer Baseball	10 min	7:35 pm	7:45 pm	
Passing Drill - Yard Clean Up	8 min	7:45 pm	7:53 pm	
Passing Drill - Goal Game	8 min	7:53 pm	8:01 pm	

**Notes**

- Drill** Player Introduction  
**Equipment** single ball  
**Formation** All players form a circle shoulder to shoulder.

## Description

The ball is handed to one player who then announces his/her name. The ball is then passed to the right. After a few cycles of this, the player handing the ball announces the recipients name. After a few cycles of this, the ball is passed to another player anywhere in the circle at which point the recipient announces their name. This is followed by the passer announcing the recipient's name.

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# Practice Drills

Dribbling

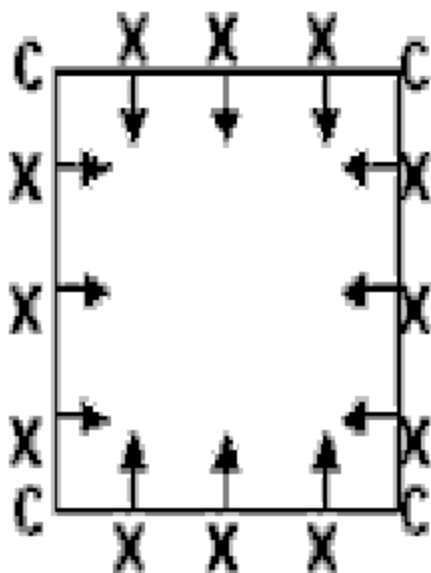
**Drill** Dribble Across A Square

**Equipment** cones. Each player has a ball

**Formation** Use 4 disk cones to make a square about 10 or 12 steps wide (smaller or larger depending on age & number of players)

## Description

1. Spread players around the square, all facing inward
2. All players start on "Go" & each player dribbles across the square & back. (Tell them to dribble to the imaginary line on the opposite side of the square, make a turn & dribble back to where they started. Point out at the first of the game that the cones create an imaginary "Starting Line" and "Turning Line" for each player).
3. " Must do a "Pullback", a "Stop/Turn", a "Cutback" or a "Hook Turn" to turn. (Do a Pullback, aka a "Drag Back", by putting the bottom of the foot on top of ball to stop it & pull it back in the direction you came from. Do a Hook Turn by pulling the toes up & turning the foot so the outside of the foot can "hook" the ball, stop it & pull it back. A Cutback uses the inside of the foot to hook the ball). See photos of a Pullback (called a "Drag Back"), Hook, Cutback & Stop/Turn at [www.fa-soccerstar.com](http://www.fa-soccerstar.com) (click "Turning" on the left side and then "How To Master" on the right side above the photo).
4. Tell players to look up while they dribble so they don't run into each other (don't worry, there won't be many collisions).
5. Each player keeps count of his or her trips across the square. The first to 12 is the winner (each time he turns is "one"). Tell players to yell "Done" when finished and ask each player his score after each game.
6. Play 3 games; 1st to 12, then to 10, then to 8. Play at the start of practice as a warm-up and at the end of practice until dribbling skills improve or your team gets tired of this game. For beginners, let them decide how to turn using the method they are most comfortable with. For advanced or select players, require a Pullback one game, then a Hook, then a Cutback. Let a "Stop/Turn" count for a Pullback.
7. After your team has played this game in a few practices, make the square larger so it is less crowded. This will let players speed up when they get in open space. Tell them that they can go faster if they kick the ball in front of them, but they MUST still keep control of the ball. If they kick it too far, they won't be able to make their turn. In most games, a player will lose the game if he or she loses control of the ball even once. The game is self-teaching, but it is helpful for the coach to be encouraging and to point out how players can improve their performance.



PLAYERS DRIBBLE  
ACROSS SQUARE  
& BACK  
X = Players C = Cones

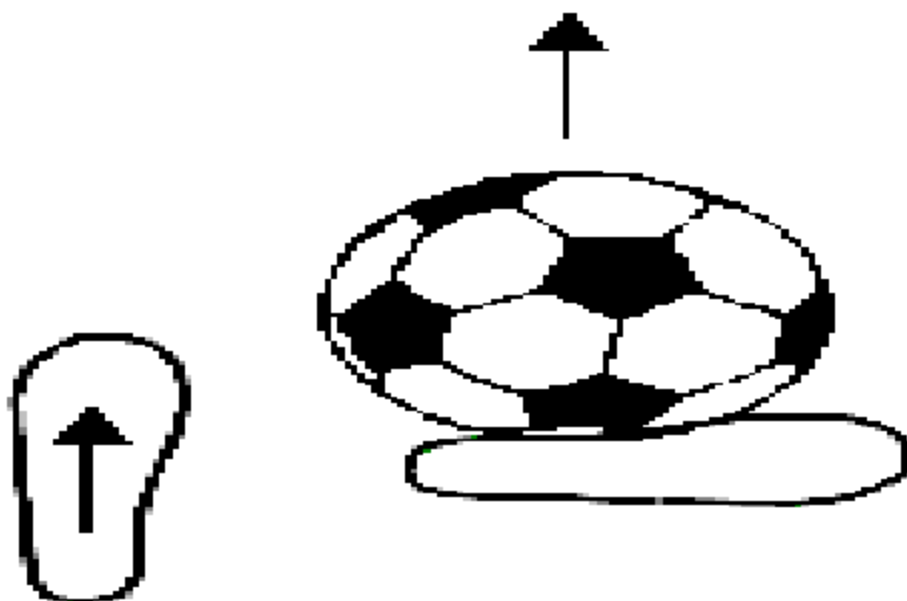
**Drill** Instruction Push Pass Inside Foot

**Equipment**

**Formation**

## Description

1. Have the player face the target & "square up" so he, ball & the target are in a straight line.
2. Place the "plant" foot about 4" from the side of the ball, pointing toward the target. (The direction the plant foot points is important because that is the direction the hips will face; try it). The plant foot can be toward the middle or back of the ball, whichever the player prefers.
3. Head over ball, looking down; both knees slightly bent.
4. Teach the proper motion by first having the player place his striking foot flat against the back of the ball (about 5" above the ground) and pushing the ball toward the target and following through toward the target. (A push & follow-through; not a jab. Think of a tennis serve. However, jabbing a 1-touch pass is okay).
5. Be sure he contacts the ball with his toes pulled up (i.e., with the foot parallel to the ground) & the ankle locked. Make contact with the arch, below the anklebone & follow through toward the target so the ball has top spin.
6. Then, have him do the same, except start one step back from the ball, so the player, the ball & the target are in a straight line. This step provides power to the pass. If the pass goes into the air it means it was struck too low



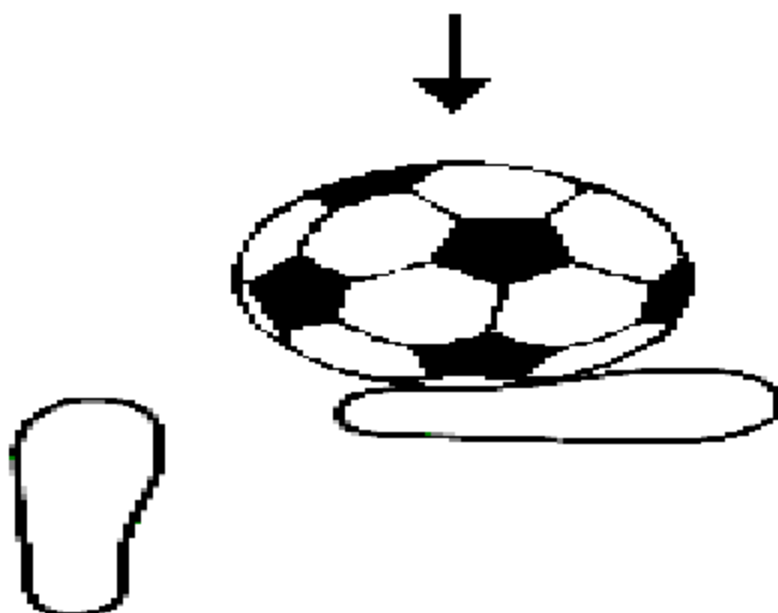
**Drill** Instruction Receiving Pass Inside Foot

**Equipment**

**Formation**

## Description

1. Receive the ball even with the toes of the plant foot (or a little in front).
2. Stiffen or relax the receiving foot so the ball stops about one step away (so you can quickly take one step & strike it; it is this step that gives power to the pass).
3. Be sure the receiving foot is 4" - 5" off the ground (if too low the ball will pop up) & contact the ball on the back part of foot (under the anklebone), not near the toes. Pull the toes up so the foot is parallel with the ground (not pointing downward). (If a player can't remember to raise his foot, have him practice by raising his foot higher than the ball & then bringing the foot down in front of the ball to stop it. This will help him to remember).
4. If you want the ball to go to the left or right (instead of straight in front) you must angle your foot & contact the ball more in front or behind, depending on whether you want it to go left or right.



- Drill** Passing 2 Lines of Pairs
- Equipment** one line of players have a ball (1 ball per pair)
- Formation** 2 parallel lines of players. Separate each line by about 5 to 10 yards.

### Description

1. Have players use a push pass to pass the ball to their partner
  2. Have the partner receive the pass using their plant foot then return the pass to their partner
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- Drill** Circle Passing (1)  
**Equipment** Two to four balls  
**Formation** Position players around a large circle.

### Description

Give a ball to several players around the circle and have the players with the balls call out the name of a player without a ball then pass the ball to the player whose name they called.

Repeat several times. Focus on long, accurate passes and on identifying players who do not have a ball and whose name had not been called.

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No illustration for this drill

- Drill** Circle Passing (2)  
**Equipment** One to three balls  
**Formation** Position players evenly around the center circle.

## Description

Have one player pass the ball across the center circle to any other player, then run to the receiving player's position.

The player receiving the ball then passes the ball to another player and runs to that player's position.

Receiving players should have enough time to pass the ball to another position before the oncoming player arrives at their position. To increase the intensity of the drill add 1 or 2 more balls to the drill.

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No illustration for this drill

**Drill** Marbles

**Equipment**

**Formation** two teams lined up with their own soccer balls on either sideline. One target ball.

### Description

A target ball is set in the middle, and the teams must pass their individual balls into the middle ball to move it. They cannot actually kick the target ball with their feet. The goal is to get the target ball across the opposing team's line to score a point. The game continues to a predetermined number of points.

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No illustration for this drill

**Drill** Continuous Short Pass

**Equipment**

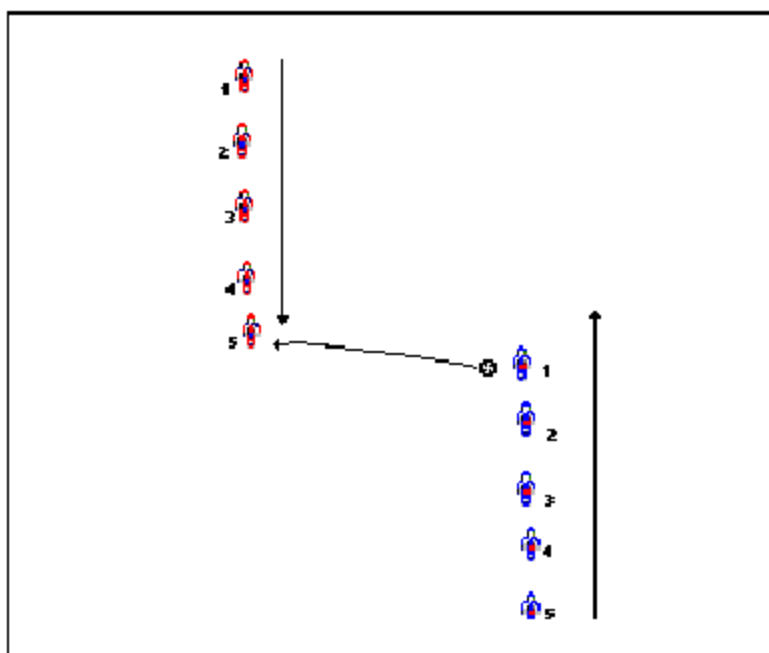
**Formation** Field players form 2 lines 5 yards apart from, and to the side of each other.

## Description

Player X passes diagonally to player Y who passes one touch to the next player X, etc. Players go to the end of the opposite line after passing.

Variation:

1. Place 2 cones between the lines and demand the passes go through this area.



**Drill** Dribble, Give and Go 1

**Equipment** One ball

**Formation** Position one player (passer) halfway between the end line and the edge of the penalty box. Divide the remaining players into two lines, one on the end line and the other on the edge of the penalty box. (The two lines of players and passer should not be in a straight line, but should form a

**Description**

Have the first player in one of the lines start to dribble toward the other line, pass the ball to the passer and continue toward the other line.

Have the passer one-time pass back to the serving player who continues to dribble to the opposite line. Have the first player in the second line repeat the drill. Focus on accurate passes and on controlling the ball.

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**Drill** Keep Away -- Odd Groups

**Equipment**

**Formation** Divide players into teams of 1 and 3 players (or 2 and 5, 6 and 3). Divide the field up appropriately. Smaller play areas are preferred.

## Description

A basic keep away game. One team tries to keep the ball from the other team.

Because the one team has an advantage, the number of reps for defender or receiver increases.

Players should be encouraged to keep their hips facing the play, use good passing techniques, and to vary the team shape to see how it enhances play.

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No illustration for this drill

# Practice Drills

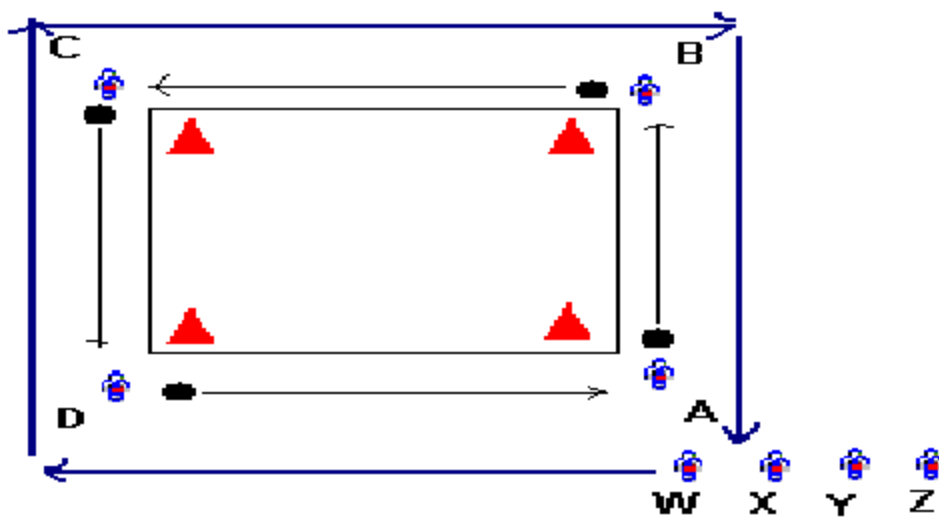
**Drill** Soccer Baseball

**Equipment** 4 cones. 1 ball for fielder team (4 players). 1 ball for batter team

**Formation** Place 4 cones in a diamond shape to match a baseball bases 10x10 yards. Place a 1 fielder at each cone (base). Line batters up at home base.

## Description

1. The fielding team places one player on each base (Players A, B, C, and D).
2. On the command go, the fielding team (starting with Player A) pass the ball around the outside of the bases and back to Player A.
3. The batting team players (Players W, X, Y, and Z) stand at the corner of the square near Player A.
4. On the command go, the batter (player W to begin with) sprints around the square in the opposite direction of the path of the ball.
5. A run is scored if the batter gets back to home base before the ball.
6. Change team after each batter has had a turn.
7. If the batter touches the ball or a fielding player when running, he or she is out.
8. Optionally, add dribbling a ball when the batter runs around the bases.



**Drill** Yard Clean Up

**Equipment**

**Formation** Full playing field. Place two rows of cones about 5 - 10 yards apart in the center of the field. This is a neutral area that no player can enter.

**Description**

Use a minimum of one ball per two players (for best results, use a ball for each player). On command, each team tries to keep it's side free of balls by kicking through the neutral zone to the opposite side. Play for a specific time limit.

Change the pace by requiring the players to use only two touches at a time, use only the inside of the foot. The neutral zone can also be varied in size and the number of balls can be changed.

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No illustration for this drill

**Drill** Goal Game  
**Equipment** Eight cones, one or two balls  
**Formation**

## Description

Mark off a square approximately 25 yards by 25 yards. Mark off 4 goals approximately 1 to 2 yards wide, one at each corner of the square.

Divide players into two teams. Using 1 or 2 balls play a game in which the teams attack two goals and defend two goals.

Teams cannot position a player directly in front of the goals and players cannot shoot at the goals from more than 3 to 5 yards away. Focus on teamwork to simultaneously defend and attack two goals at the same time, and on accurate passing.

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No illustration for this drill