

Practice Plan

Passing Practice 2 Trapping & Goalie / Tuesday - Jul/24/2007

Activity / Drill	Duration	Start	End	Coach
Team Building Drill - Player Introduction	3 min	6:30 pm	6:33 pm	
Throwing Drill - Down the Line Throw In (2)	3 min	6:33 pm	6:36 pm	
Passing Drill - Circle Passing (3)	5 min	6:36 pm	6:41 pm	
Dribbling Drill - Inside/Outside Figure 8 Dribbling Race	8 min	6:41 pm	6:49 pm	
Break	1 min	6:49 pm	6:50 pm	
Trapping Drill - Instruction Soccer Trapping (Receiving)	3 min	6:50 pm	6:53 pm	
Trapping Drill - Basic Chest Trap	5 min	6:53 pm	6:58 pm	
Trapping Drill - Trapping- 3 Player Air (2)	5 min	6:58 pm	7:03 pm	
Goalkeeping Drill - Goalie Catching Instruction (1)	2 min	7:03 pm	7:05 pm	
Goalkeeping Drill - Goalie Distributing Instruction (1)	2 min	7:05 pm	7:07 pm	
Goalkeeping Drill - Catching Ground Balls	3 min	7:07 pm	7:10 pm	
Goalkeeping Drill - Catching Mid-Body Level Balls	3 min	7:10 pm	7:13 pm	
Goalkeeping Drill - Catching Upper-Body Level Balls	3 min	7:13 pm	7:16 pm	
Break - Ask about Goalie position interest. Ideally 2 goalies and 2	2 min	7:16 pm	7:18 pm	
Shooting Drill - One Goal Dog Fight	10 min	7:18 pm	7:28 pm	
Shooting Drill - Chaser	10 min	7:28 pm	7:38 pm	
Break	2 min	7:38 pm	7:40 pm	
Goalkeeping Drill - Three Goals	10 min	7:40 pm	7:50 pm	
Scrimmage: 6v6 or 5v5	10 min	7:50 pm	8:00 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.

Drill Down the Line Throw In (2)

Equipment Several balls

Formation Organize players into two lines approximately 10 yards from the touch line in the field of play.

Description

Have a coach roll a ball a few yards beyond the touch line. The first player in the first line chases down the ball and throws the ball back in to the first player in the second line who is running down the line to receive the throw in.

Focus on players looking down the line to advance the ball.



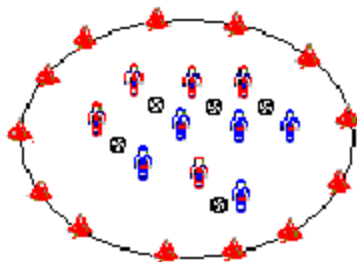
No illustration for this drill

Drill Circle Passing (3)
Equipment Ball per Pair of Players.
Formation Circle area

Description

1. All pairs of player begin within the circle area.
 2. One player passes the ball to their partner (receiver) and moves to a new spot within the circle
 3. The receiver then passes the ball back to their partner who has just moved to a new position.
 4. Ball must remain within the enclosed circle area. Have players use pull backs and/or step overs to change the balls direction to move away from the circle's edge.
 5. Players and passed balls must avoid collisions with other players and balls while being passed
 6. Add 3-4 dribble touches to before each passes
 7. Emphasize continious movement. Neither the passer or receiver or the ball should ever stop in one position.
6. Play to a pair reaches 5 or more consecutive passes. Have the team pairs sit down immediately when they reach the set limit o f consecutive passes.

Teaches: passing and dribbling within traffic forcing players to keep their heads up



Practice Drills

Drill Inside/Outside Figure 8 Dribbling Race

Equipment 2 disk cones per player

Formation Use disk cones to make 2 rows (like shown below), putting the cones opposite each other 3 or 4 steps apart (depending on age) and place the cones in each row also 3 or 4 steps apart so players will have enough room to turn around the cones without running into each other. Players will all start

Description

1. Each player has a ball.
2. The players all start by standing behind a cone in the same row (as shown in the diagram above).
3. Players must only use one foot to dribble the ball. Show them how they can use the inside and outside of their foot to control the ball and make turns.
4. Show them how they can use a "Hook Turn" to turn around the cone. Demonstrate how to dribble around the cones in a Figure 8 pattern (so they turn around one cone using the outside of the foot and around the other cone using the inside of the same foot). Allow players to use the bottom of their foot to help control the ball if they need to.

Let the players all practice for a minute while you watch to be sure they understand what to do.

Tell them to use their preferred foot to dribble in the first game. This is so they are all competing using their strongest foot in the first game and their weaker foot in the second game. (Otherwise, it won't be as competitive).

5. On "Go" the players dribble in a "Figure 8" pattern around the other cone and back, until they have done it 5 times. Each time across and back is one trip. Tell players to yell "Done" when they have made 5 trips across and back. The first to make 5 trips across and back is the winner.

Then, play another game requiring each player to use the opposite foot.

Play 4 games (2 with each foot).

X X X X X X

c 3 c 3 c 3 c 3 c 3 c

3 to 4

c 3 c 3 c 3 c 3 c 3 c

x=players

c=disk cones

3 to 4=steps between cones

3 to 4=steps between rows

Drill Instruction Soccer Trapping (Receiving)

Equipment

Formation

Description

Soccer Trapping (Receiving) Skills
General Principles

Get in line of flight
Adjust position back and forth to select surface
Cushion Ball
Land ball 2-3 feet away, ready for next action
Selecting a trapping surface

Three categories of balls:

Level balls
Descending balls
Rising balls
Ground to knee height balls

Level balls:

Use the inside of the foot below the ankle bone to stop the ball, then withdraw the foot, absorbing the force off of the ball or redirecting it as necessary. Keep focus on the ball, don't wedge trap ground balls as this doesn't allow for repositioning. Cushion the ball (soft feet) for better control.

Descending and rising balls:

Smother the ball at the moment it strikes the ground, position the toe up forming a wedge, pre-position the foot in the path of the ball's flight. The ball can also be caught and cushioned with the instep. Don't position the foot too high as this will allow the ball to bounce under the foot.

Thigh-height balls

Level and descending balls:

Drill Basic Chest Trap
Equipment One or more balls
Formation

Description

Divide up the players evenly amongst the available coaches. Line up each group a set distance from the coach (e.g., 5 yards to start).

Have the coaches soft lob a ball to the players who trap the ball with their chests then control the ball with their feet.

No illustration for this drill

Drill Trapping- 3 Player Air (2)
Equipment One ball for every three players
Formation

Description

Organize players into groups of 3 and have players in each group stand in a line spaced approximately 10 yards between players. Have the player in the middle face one of the outside players who then tosses the ball to the player in the middle.

The player in the middle traps the ball, turns and passes it to the other outside player. The second outside player traps the ball then tosses it back to the player in the middle. Players should trap the ball using various methods, including the foot trap, chest trap and thigh trap.

Repeat several times, increasing the tempo as play progresses.

No illustration for this drill

Drill Goalie Catching Instruction (1)

Equipment

Formation

Description

Catching & Deflecting The Ball. The objective is to catch balls that can be caught & to deflect or kick away those that can't. The most typical mistake is for the ball to go thru a goalkeeper's hands. In general, the way to prevent this is by getting the hands behind the ball, instead of trying to catch the ball by putting one hand on each side. Also, it helps if the goalkeeper can get his body between the ball & the goal. The first choice is to catch or pick up the ball, but if this is risky or not possible, the goalkeeper should try to deflect it or kick it away. The following describes how to teach your goalkeeper to field various types of shots:

A. Fielding Ground Balls. The most important teaching point is for the goalkeeper to move so his body is between the ball & the goal. He should catch the ball by using the "Goalkeeper Scoop" which means he puts the backs of the fingers of both hands on the ground (with the hands close together) & scoops the ball up & pulls it into his chest. The advantage of this method is that the ball is unlikely to go thru the hands; the risk is that the ball will bounce off the goalkeeper's chest & he will drop it, so practice is advisable.

B. Catching Balls That Are In the Air But Below The Top Of The Head. The key is to keep the hands close together & wrap them around the ball when the ball makes contact. I teach my goalkeeper to keep his hands "flat" (i.e., fingers pointing up toward the sky & hands flat, like they were pressed on a pane of glass). This does 2 things: first, his fingers won't get jammed as they might if his fingers pointed toward the ball & second, the ball is less likely to go between his hands than if he has his hands turned sideways & tries to catch the ball on its sides. The typical position of the hands is called the "W". To see the "W", hold your hands in front of your face & pretend you are pressing a pane of glass 9" - 12" from your nose; spread out your fingers & put your thumbs about 1" apart; now, move your forearms so they are parallel to each other. At this point, your thumbs & first fingers should look like a "W". Now, imagine the ball coming into your hands & as soon as it touches your thumbs you wrap your fingers around the ball. This is the concept, and it is similar for balls below the waist. Important: teach them to keep their hands out from their face; if the hands are close to the face a hard shot will push the hands back & hit them in the nose.

C. Catching Balls That Are Just Over The Head. It is easy for a hard shot that is just over the head to bend the goalkeeper's fingers back & go into the goal. Teach your goalkeeper to not try to catch this ball, but to block it. Teach him to raise his hands high in the "W" position with the forearms close enough together to block the ball; he should try to get this hands on top of the ball; thus, he should raise his hands quickly up & forward. The forward movement will help keep a hard shot from bending the hands backward. If he gets on top of the ball, he will usually be able to knock it to the ground or catch it. If it is really high and hard, this technique will often deflect the ball over the top of the goal.

Drill Goalie Distributing Instruction (1)

Equipment **Formation**

Description

Distributing The Ball. The term "distributing the ball" refers to the ways in which the goalkeeper can put the ball back into play. When the goalkeeper is in the Penalty Box he has special privileges and may catch or pick up the ball after it has been kicked or touched by an opponent or by a teammate if it wasn't intentionally kicked to the goalkeeper (i.e., the goalkeeper may touch the ball with his hands inside the Penalty Box if it was last touched by an opponent or if it was touched by a teammate, such as by a header, unless the teammate intentionally kicked the ball to the goalkeeper). Once he legally picks up the ball inside the Penalty Box, the goalkeeper may then punt, kick, throw, or dribble the ball. Note 3 special situations. First, if the goalkeeper is outside the Penalty Box he can play like any "field" player but does not have special privileges. Second, if the goalie picks up the ball inside the Penalty Box and drops it and dribbles inside the Box, he cannot pick it up again but can only play it with his feet and at that point the opponents can try to steal the ball from him. Third, the goalkeeper has the option of first dribbling a ball which he is legally entitled to pick up and then picking it up so long as he is still inside the Penalty Box. Why would he dribble it and then pick it up? Usually in order to move closer to the edge of the Penalty Box before punting. (Obviously, the goalkeeper wants to be cautious when dribbling the ball). Note: once the goalkeeper picks up the ball, he must release the ball within 6 seconds, but due to a 2001 rule change he can take as many steps as he wants so long as he releases the ball within 6 seconds. The rules say that if he doesn't release the ball within 6 seconds it is an "indirect kick foul" and the other team gets an indirect kick; this is often called in youth games but rarely in adult games. Also, if the goalkeeper picks it up, dribbles, & then picks it up again, it is a "handball", even if he is still inside the Penalty Box.

Punting. Punting is the primary way in which most Rec goalies will distribute the ball. Assuming your goalie has a strong leg, the advantage of punting is that it gets the ball out your "Danger Zone" (i.e., out of your "Defensive Third"). The key to consistent punting is to face the target "square" & a consistent drop. Children's hands are small. Teach your young goalkeepers to hold the ball with 2 hands, fully extend the arms & drop the ball from waist height. This will result in a consistent drop. If punts are too low (not enough height) it means the ball is being contacted too low. If too much height & not enough distance, it is being contacted too high. The goalkeeper has six seconds after picking up the ball to punt it or release it. He is allowed to pick it up, run with it and then punt, throw it, or drop it and dribble or kick it. However, he cannot touch it with his hands outside the "Penalty Box" and once he drops it he can't touch it again with his hands until an opponent has touched it.

Throwing. Throwing the ball can be difficult for young children because their hands are so small. The 3 main types of throws are "rolling the ball", the "baseball throw" and the "overarm throw". For short distances, the best method is to roll the ball using an underhand method (like American bowling). For medium distances or a quick release, the "baseball throw" is often used. For longer distances, the "overarm throw" is best.

- Drill** Catching Ground Balls
Equipment One ball
Formation Position the goalkeeper 5 to 10 yards from a coach.

Description

Have the coach roll or kick the ball toward the goalkeeper who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper.

Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball by scooping it in the standing position and dropping to one knee to catch the ball.



No illustration for this drill

- Drill** Catching Mid-Body Level Balls
Equipment One ball
Formation Position the goalkeeper 5 to 10 yards from a coach.

Description

Have the coach toss or kick the ball toward the goalkeeper at mid-body level who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper.

Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball with their bodies.

No illustration for this drill

- Drill** Catching Upper-Body Level Balls
Equipment One ball
Formation Position the goalkeeper 5 to 10 yards from a coach.

Description

Have the coach toss or kick the ball toward the goalkeeper at upper-body level who catches the ball. Repeat several times delivering the ball to spots of varying distances from the goalkeeper.

Focus on having the goalkeeper get in front of the ball and not receiving the ball to the side of their body. Also focus on catching the ball with their hands and quickly bringing it into their body.



No illustration for this drill

- Drill** One Goal Dog Fight
- Equipment** Set of balls
- Formation** Split players into 2 even teams ... give each team a name.
(see Youth Coach Handbook #3)
Each team lines up to the side of a goal post.

Description

1. To start the game, the Goalie throws the ball just past the top of the penalty box.
2. When the goalie throws the ball onto the field, the first player in line from each team runs out to the ball and they begin to play 1 vs 1 to goal.
3. First player to the ball gains possession of the ball, turns with the ball, attacks the defender and tries to score.
4. Second player to the ball defends and attempts to steal the ball.
5. If the defender steals the ball, he/she becomes the attacker and tries to score while the former attacker defends.

- Get to loose ball quickly

- Attacking players ...

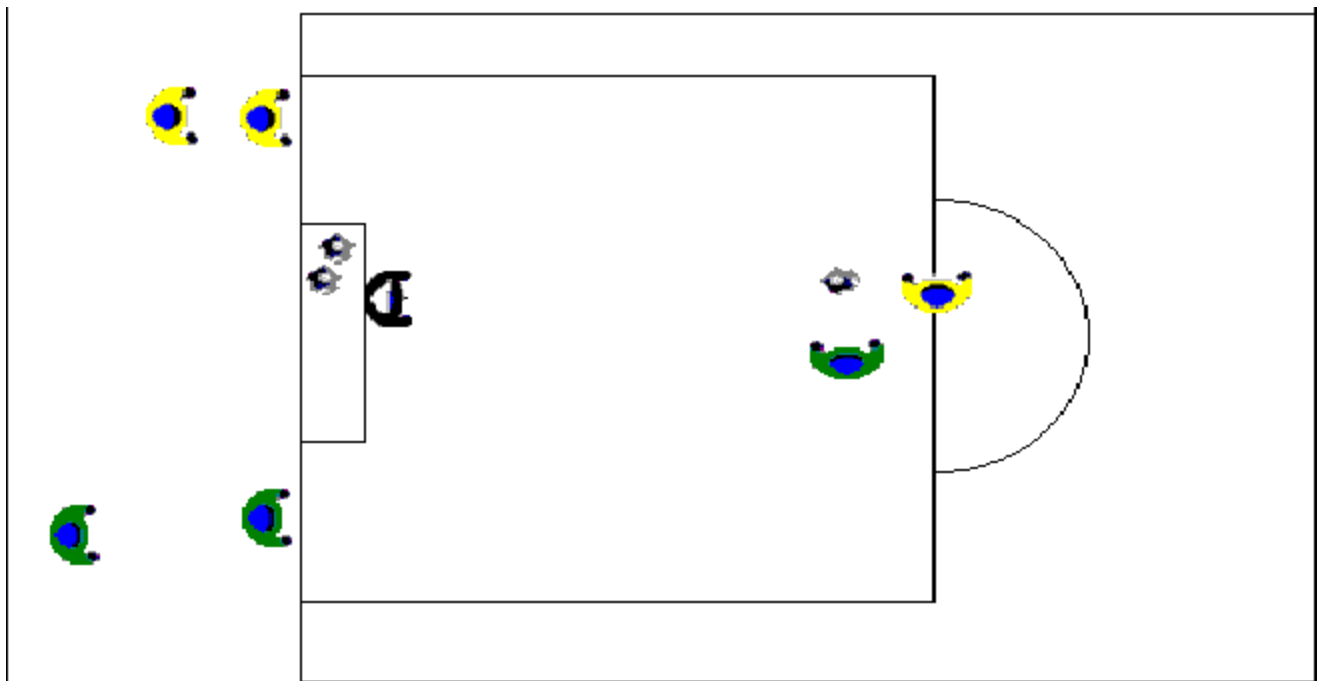
1. Gain possession of the ball, quickly turn and attack the defender at speed
2. Make one quick move to get by the defender and shoot

- Defending players ...

1. Try and not let the attacker turn with the ball and try to steal the ball when the attacker has his/her back to the goal.
2. If the attacker is able to turn with ball, channel the attacker to the outside, away from the goal so the attacker has a bad angle when he/she shoots.

-Competition, Variations& Restrictions:

1. Play games to 5
2. After several games have been played, the coach shouts out 4 names (2 from each team) before goalie throwis the ball and the players play 2 vs 2.
3. Shout out 6 names (3 from each team) and play 3 vs 3.
4. Last team to touch the ball before it goes into the net gets credit for the goal
5. Play 2 touch.



Practice Drills

Drill Chaser

Equipment Goal

Formation Group players in pairs next to a cone which is placed approximately 20 - 25 yards from goal. Pairs are positioned as shown in animation to the right. The first player in line has a soccer ball at his/her feet.

Description

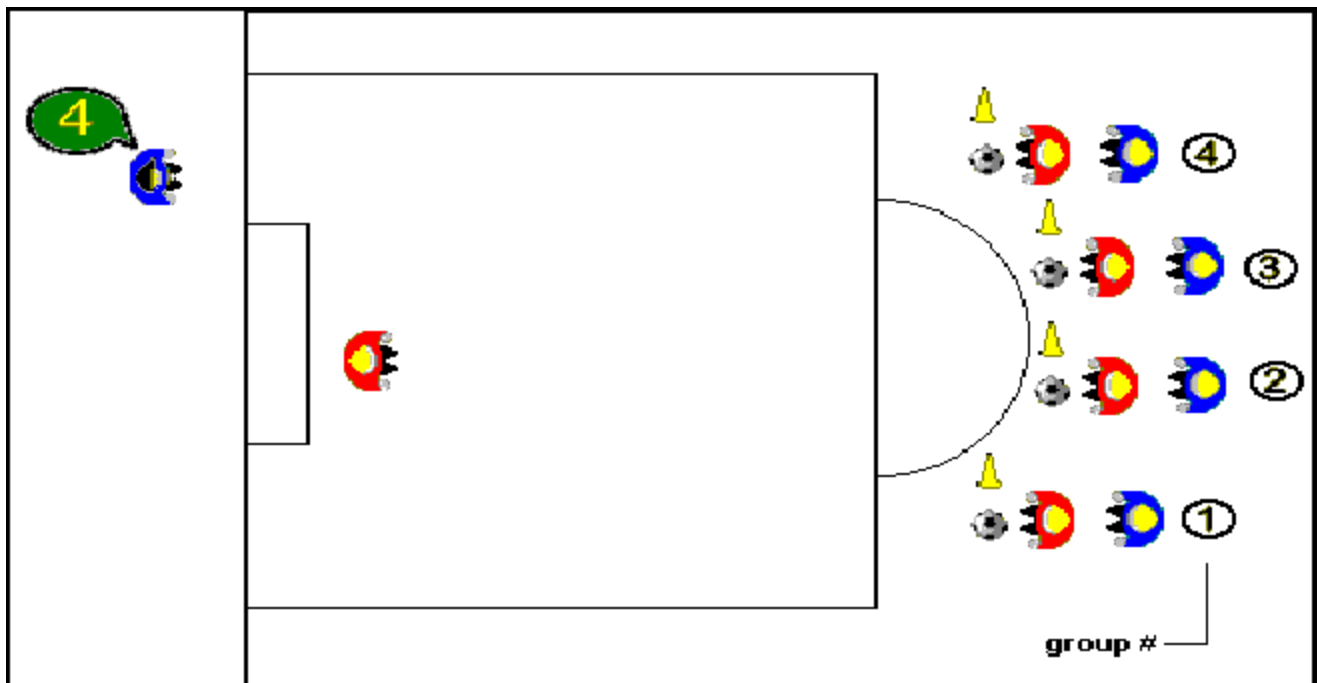
To start the competition, the coach shouts out a group number and once a group's number is shouted, the 2 players in the group become active ... the red player (attacker) immediately begins dribbling the ball towards the goal and attempts to get a shot on goal. The blue player (defender) attempts to steal the ball or block the shot of the attacker.

If the defender steals the ball from the attacker, the defender becomes the attacker and attempts to shoot on goal. The player that lost the ball then becomes the defender.

After a player has gotten a shot on goal, the coach shouts another group number. Keep players moving/active ... one group after another.

After a group has gone, players must walk around the field of play to get back to their designated starting point/cone.

Change Goalies.



Practice Drills

Drill Three Goals

Equipment

Formation Start with two teams of equal number. Three small goals at each end of field.

Description

Each team has 3 goals to defend and attack. Each team has one keeper who must defend all 3 goals. Play regular soccer rules.

Attacking team should try to change the point of attack away from the keeper, then proceed to get a quick shot off.

Defending team must try to force the attackers in one direction so their keeper knows which goal to defend.

