



Tactics Manager



Coach: Renata Lawson
Club: Copper Mountain Soccer Club
Role: Director of Coaching
Qualf: USSF 'D' (United States)

Date: 10/02/20

Duration: 1:00 hour

Session Create more movement off the ball to

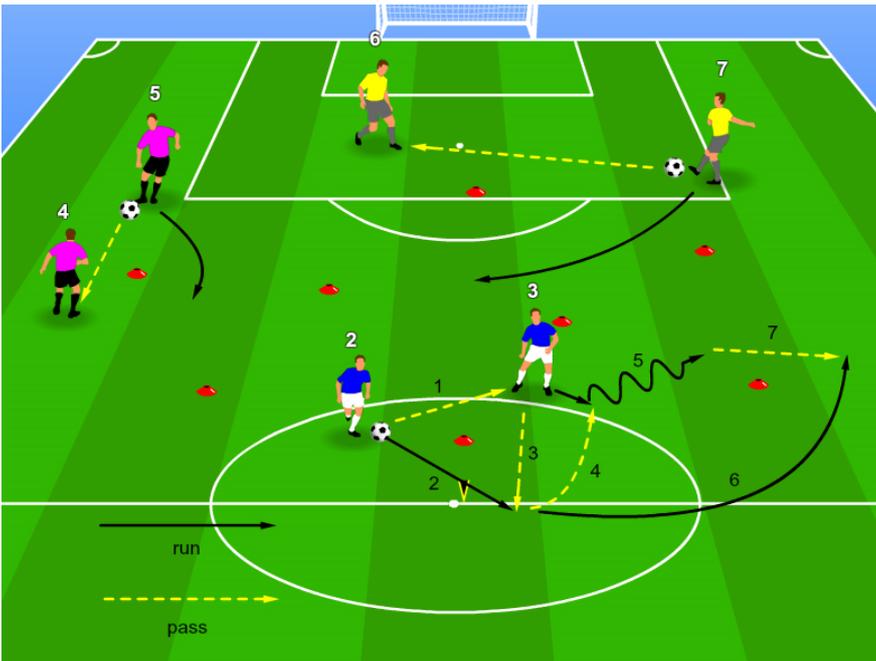
Time: N/A

Age/Level: U5 - U18

Objective: promote better passing

3 -- Passing

Pass and Move (5 minutes)



Description:

Players pass in pairs around each cone. Player 2 passes to player 3, then runs to receive the ball back on the other side of the cone. Players count how many cones they can pass around in two minutes. Players take turns dribbling to a different cone each time, but can revisit previous cones. Play a second time to beat previous score. Before beginning, talk about passing technique. Non-kicking foot and hips point to intended target, and the ankle of the kicking foot is locked. The inside of the foot connects with the middle of the ball for a grounded pass.

Coaching Points:

Move to cones that are open and unoccupied to receive a pass. After passing, immediately move around the cone to receive the ball back. Encourage players to talk and direct their partner. Time passes so the receiving player is led by the ball by a step or two. Encourage players to create larger triangles with their passes.

Give and Go Game (15 minutes)



Description:

There are two teams and one ball in a 30x30 yard grid. It is best for the players to play 3v3 or 4v4, so depending on the number of players at practice there can either be two games going on simultaneously, or larger teams. The player who passes the ball must make an overlapping run around a player from the other team and receive the ball back to get a point. Play 4-5 minute games. Each time the game is stopped check the score (have a team captain keep track), and discuss coaching points. Play 2-3 games. Progress to limiting touches.

Coaching Points:

Pass and then move (make a run right away). Players tend to collapse in this game and need to be reminded to use their space and pass/play in larger triangles. Timing of the pass is important. Teams need to communicate and move away from pressure to get open for a pass. However, eyes should always be on the ball and players should always be ready to receive a pass.



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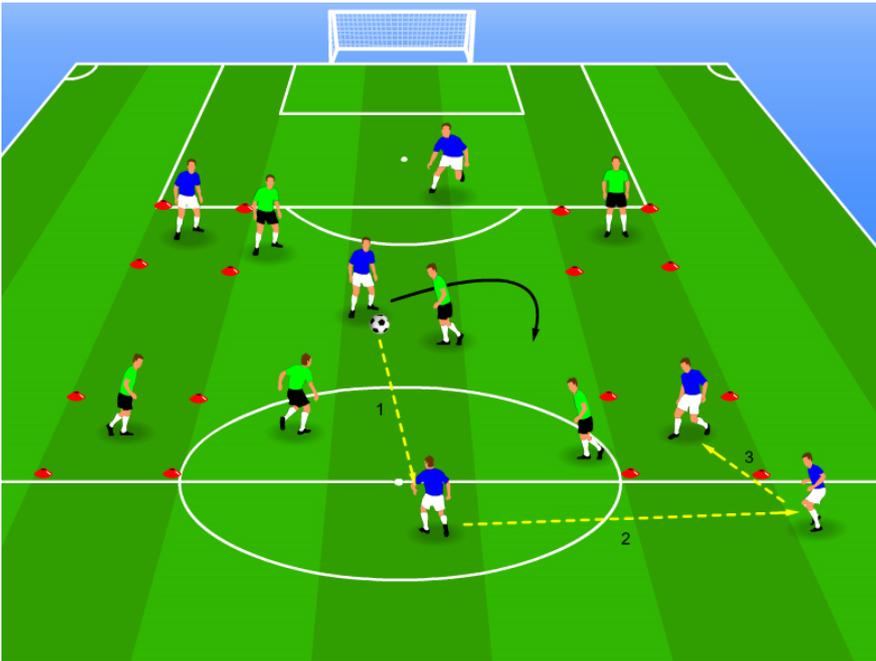
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4 Corners (15-20 minutes)



Description:

Create 3 square yard corners in the four corners of a 30x30 playing field. There are two teams who each have a teammate in opposite corners. If a pass is made to a teammate inside their square and they receive the pass, then they dribble out of the square and the player who passed to them takes their place. The team then aims to connect with the teammate in the other square. Teams must go to the opposite square unless possession is lost. Once possession is regained they may pass to either of their two corners. There is no out of bounds unless it is needed.

Coaching Points:

Pass in triangles and keep the ball moving so the attack is harder to defend. Make overlapping runs to create options for teammates to pass to. Limit touches to encourage passing.

Scrimmage (15-20 minutes)



Description:

Game

Coaching Points:

Remind players to keep triangle shapes with their teammates, make longer passes, time their passes, communicate, and move off the ball. The player with the ball should always have at least two passing options.