

Session Plan

Session plan no. 2
Date: 22nd March 2000
Name of group of players: U12 Girls, Coach George
Time available for session: 1 Hour

Title of topic: **Passing and Moving**

Topic objectives i.e. key factors

1. Using correct part of foot for Passing
2. Keeping head up and on your toes
3. Turning quickly and setting yourself to receive a pass
4. Communication, call for the ball and tell them where you want it.
5. Get the ball out of your feet after your first touch

18.30-18.45 Warm up with skills, It's a knockout (*variation*)

Organization All players dribble inside a 15 by 15 area. The coach then sends in a raider to see how many balls they can kick out in 45 seconds. When a player's ball is kicked out they must retrieve the ball and do a skill before returning to the game. Progress this game onto 'King of the Ring', this is where everyone becomes a 'raider' whilst trying to keep his or her ball in the ring. The final person left in the ring is the winner.

18.45-19.05, Receive and Pass

Organization Set out a circle of disks within a 20 by 20 area. Station six players with ball around the circle with balls and a further six inside the circle without balls. The players on the inside of the circle receive a pass from a player on the outside. Once they receive and control the ball they must pass back to the player on the outside. Once they have completed the pass the inside players move clockwise to the next outside player. Make players move in different direction by shouting 'Change'.

1. Control with the first touch
2. Good passing technique with the inside of the foot
3. Establish an open balanced position the receive the serve

19.05-19.20 Pass and Move

Organization Set out a 10 by 20 yard area. Station a player with a soccer ball on each corner of the area. Station a further two players in the middle. Ready to receive the ball. Start by having the players in the middle working with the backwards and forwards passing and receiving to two players. Once they are comfortable with this and they are moving towards the ball to receive and pass, make both players work around the 4 servers. Progress this practice as needed, make the players serve the ball under arm so the players have to control the ball with their thigh, chest or head. Change the players in the middle after every 60 seconds, but make sure they put the effort into their 60 seconds.

1. Move towards the ball to receive and pass back.
2. Before you turn your body, turn your head to see where the pass has been played.
3. As a server or receiver make sure their body position is open and they are on their toes.

19.20-19.30 Target Soccer

Station a player on each end line. Points are scored if they can pass to her and she controls it on the line.