



SOCA Practice Plan

Weekly Practices & Exercises for Your Team's Success!

Age Group: U14
Week #: Week 2
Topic: Passing
Equipment: Balls, Cones, Pinnies

CRITICAL ANNOUNCEMENTS TO COACH:

- 90 / 10 (90 Seconds of arrival players touch a ball / 10 Minutes of practice players are involved in a game related exercise.
- No Laps, Lines or Lectures! Keep players active, not bored!

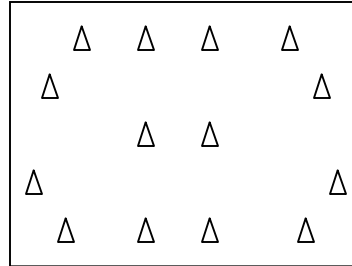
Field Setup

Show up to your practice 15 minutes before start

Set up practice area; in this plan, the initial training area is 30 yards wide by 40 yards long

You can distinguish your area by cones. Have your balls, pinnies and extra equipment off to the side but within reach

Keep your practices moving by keeping breaks short and the players moving!



- C = Coach**
- △ = Tall Cone
- = Ball
- = Pass/Shoot
- - - → = Run
- → = Dribble

TIME

SETUP / PLAN

DIAGRAMS

COACHING POINTS

0-10M

WARM-UP PHASE

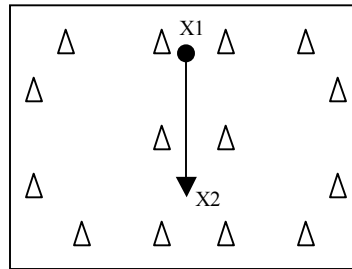
Set up 7 gates=2 Tall Cones, 3 Yards apart; randomly place these in your 30 yard wide by 40 yard long area

Partners and one soccer ball; 1 Ball for every 2 Players. (If odd number have players pass in 3's)

Partners pass ball (X1 through gate to X2) for a point. Play for 60 seconds. See which group of partners can get the most points

Progress from simple to complex: i.e. -can only pass ball with left foot (simple), each player can only have two touches to pass ball though the gates to partner (complex)

As you progress through the first couple of minutes, take the time to show your team dynamic stretches



- 1)Passing Foot=Heel Down, Toe Up (the kicking foot remains square to the target throughout the entire passing motion).
- 2)Plant Foot=Non-kicking foot is pointed at the target
- 3)Strike through the middle or just above the middle of the ball with ankle "locked" out
- 4)Follow through towards the target to keep pass low

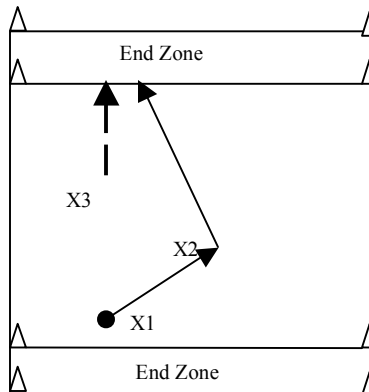
10-35M

TRAINING GAME PHASE

Expand your training area by 15 yards wide and 20 yards long so that your area is 45 yards wide by 60 yards long; shorten or lengthen field if number of players is too small or too big. Mark 2 end zones (8 Yards Long/45 yards Wide) using 4 tall cones

Goals or Gates = 2 Tall Cones 3 yards apart; randomly place these around area

Two Teams (X and Y); play 6 v 6 depending on numbers. One ball. If ball goes out of bounds, change of possession. Play kick-ins and end line friendlies (no corners). Ball can only be passed in, not dribbled. Scatter soccer balls on the outside playing area for quick restarts



- 1)Build off of technical skill points above.
 - 2)Player passing the ball needs to have head up to find open teammate with a pass
 - 3)Passes need to be both accurate and have the right amount of weight
- Weight of the Pass = how slow or fast can the passer pass the ball. Slow when the passer has time and need control. Fast when the passer has less time and needs to play quickly around or past a defender.

35-55M

Play for 4-5 minutes. Teams that can pass ball into End Zone to teammate= 1 point. You can also play 5 consecutive passes = 1 point

SCRIMMAGE – WITH and WITHOUT RESTRICTIONS

Game or Scrimmage Play! Clear the area of all equipment. Place a goal at each end-line. You can begin with a 5 touch restriction where team has to complete five passes before team can score and gradually take away the restrictions so that the players enjoy the game!

END OF TRAINING TEAM TALK!

- 1)Look for successful weight and accuracy of passes
- 2)Praise players for the correct passing technique.
- 3)Focus on increasing confidence through positive reinforcement and limited constructive

55-60M

Summary of Your Training! Ask your players what they have learned. Help them learn the most important points of the session. Ideally, they should talk about the Passing skill/fundamental; help them break it down so they know how to succeed, fix it on their own and have fun!