



U6/U7 Week 2 Passing and Receiving

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Individual-Adult Member

Spiderman (10 mins)

Story

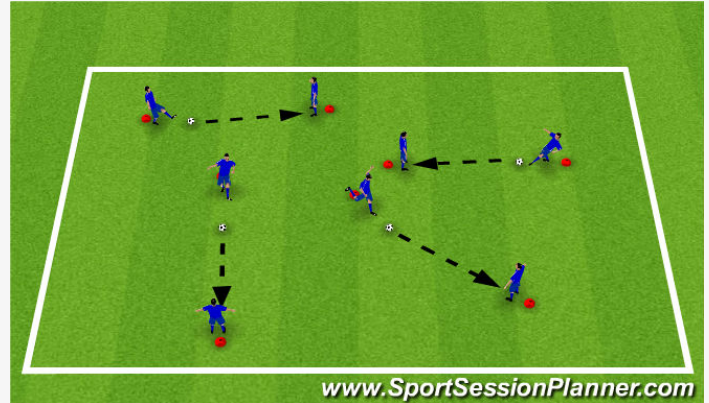
Spiderman is trying out his new web which fires out from his feet! He has to try and get his web ball to stick to the other spiddie's feet

Implementation

Each Spiderman has a partner and stand facing each other. One web ball between the two is shot off from their feet. They have to stop the web ball before firing it back. Progress practice by having the player without the ball move to a different space to receive the ball. (Player with the ball stays still, player without moves to the space)

Coaching Points

Players are encouraged to pass the web with the inside of their feet
Placement of non kicking foot
Face where you want the web ball to go
When receiving the ball bouncing on their toes



Spiderman and Green Goblin (15 mins)

Story

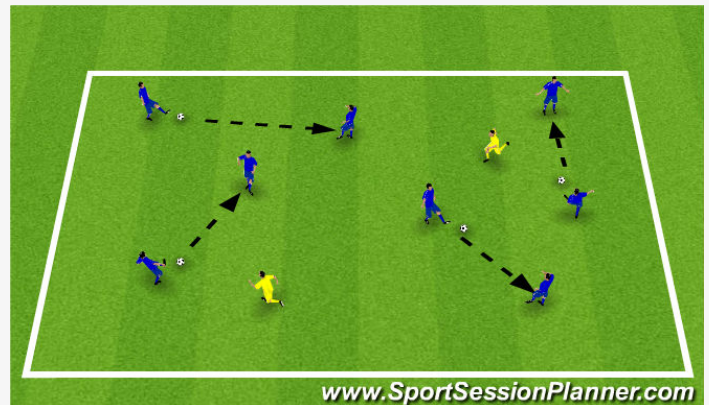
The Green Goblin has heard of Spiderman's new weapon and he wants to steal it away. The goblin swoops down when he can to steal the web ball away.

Implementation

Spiderman now have to watch out for green goblins as they shoot their web balls. If they see a goblin they must stop the web ball with their feet and wait for the goblin to move on. Progress the session by having Spiderman move around the field as they pass the ball to each other.

Coaching Points

Use the inside of the feet to pass
Follow through with kicking foot
Placement of non kicking foot
Keep your head up to watch out for the green goblin



1v1 Goals (15 mins)

Set Up

Field is set up roughly 20Lx15W with a goal at each end. Players are split into two teams and will be lined up behind their goals. (Lines of no more than 3)
The Coach has all of the soccer balls.

Implementation

When the Coach serves a ball into the playing area the first two players in line race onto the field to get to the ball. Once a player has the ball they look to dribble past the other player and score. If the player doesn't have the ball they are to try and steal it, and score themselves.

Coaching Points

Accelerate towards the target.
First touch away from the defender.
Close touches when under pressure, bigger touches when attacking space.
Shoot or pass the ball into the goal (Don't dribble into the goal).

