

Club East Brunswick Session 8 Date _____

Session Title PASSING.2.

Objectives To improve accuracy of pass. To improve power

PHASE and ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>SOCCER MARBLES Every player with a ball. Have to hit your ball against another players, every time you do this you get a point. Divide into 2 teams. If hit the player must sit on the ball. One player (or parent) for each team circulates to free players by touching them on the head.</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>ALL PLAYERS HAVE A BALL.</p> </div>	10	<p>Points Don't hit ball with toes. Use inside of foot. Non Kicking foot use to aim</p>
<p>STUCK IN THE MUD Every player has a ball. If the coach touches your ball you're stuck in the mud. Player must then stand with feet apart to make tunnel. To be freed, another player must pass ball through their legs. Can divide into 2 teams. Half passing the ball against the feet of the other team (without balls). If hit stand with feet apart-Freed by team-mate crawling through their legs.</p>	<p style="text-align: center;">X = Players</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p style="font-family: monospace;"> X. X X. X. X. X. O </p> </div> <p style="text-align: center;">COACH-O</p>	10	<p>Points Follow through for power Inside of foot No Toes Head up</p>
<p>MAGIC BALL Using the magic key. Player's have to pass ball to hit the MAGIC BALL and push it over opponents line. Use size 4 or 5 for magic ball. Players not allowed to cross line.</p> <p style="text-align: center;">X = Players O= Magic Balls</p>	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p><u>XXXXXXXXX</u></p> <p style="font-size: 2em; font-weight: bold;">O O O</p> <p><u>XXXXXXXXX</u></p> </div>	10	<p>Points Soft touches Head up Use inside Aim with non kicking foot Follow through</p>
<p>BLAST THE CASTLE Player's stand outside the moat. Have to pass their ball to knock balls off the cones in the middle. Must retrieve the ball from the moat as quick as possible. Coach puts balls back on top of cones as players try to knock them off. Can organize so as to have the castles scattered around area.</p> <p>Variation: Have 1 or 2 defenders to protect the castle, replace the balls and pass balls out of the moat.</p>	<p style="text-align: center;">SOCCER BALL-O</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p style="font-family: monospace;"> X O X X X O X X X O XX O </p> </div>	10	<p>Points Inside of foot Use non kicking foot to aim Plant foot Follow through for extra power</p>