ACADEMY SOCCER COACH

Interactive Session Plan ™

Coach	Paul Kelshaw	Session date	1/24/18	Team/Age Group	U9/3rd grade
Theme	Week 3: Front foot passing			Time available	75 mins

NOTES

Pass and Move Continued

Divide into pairs and pass and move. Encourage each player to dribble and perform a move before they return the pass. Explain to the players their aim is to discover how best to play passes without slowing down their dribble or make obvious as to whom and where they will pass. The players, with help from the coach if necessary should discover that passing with the toe and the outside of the foot are both techniques, which will have the desired effect.

Outside of the foot pass

- Non kicking foot a little behind and to the side of the ball with the toe pointing away from target (the inside of the non-kicking foot is at about 45-degree angle to the target)
- Kicking foot is led by the knee and strikes the mid-point on the side of the ball using the area just below the little toe

2v1

Divide into groups of three. Each player within the group is given a number 1,2 or 3. The groups begin passing and moving. When a number is called that player becomes the defender. The game is now 2v1, this continues until either the coach shouts "Pass and Move" or the defender wins possession of the ball. If either occurs the players resume passing and moving as a three. Within this practice the coach encourages the attackers to run at the defender and use the disguised passes which were discovered in the previous practice. One of the reasons that possession may be lost to a defender is the poor weight of the pass; as such the coach should talk to his/her players about playing their passes with fast pace. This will make it less likely that a defender will intercept the pass while also improving the control of the player receiving the ball.

Coaching Points:

- play passes with the forward foot within the rhythm of the dribble.
- Talk about the pace of the pass, which they play, and how the pass should zip.

2v1 to a Line

This set up for this practice is exactly the same as 2v1 but now the two players in possession of the ball have to move the ball in towards one of the goal or touch lines. This continues until either the two players are successful, the coach shouts "pass and move or the defender wins possession of the ball. If either occurs the players resume passing and moving as a three.

SSG

Finish with a small-sided game of 6v6. Restrictions can be placed on the game to bring out certain coaching points achieved throughout the practice such as 3 passes = a goal or every player must touch the ball before scoring.