



Practice 2

Passing and Controlling

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Practice

Warm Up

In a 10 x 20 yd area, randomly place 6 cones on the ground. Have the players jog in the area and when a number is shouted out they must race to a cone and gather as a group of that number. (5-7 minutes).

Technical Skill Development

Using the 10 x 20 yard area, have half the group evenly space themselves on the outside of the grid. The players on the outside need a ball. The others go to the middle and on your command begin going toward the players on the outside (checking in). As they approach have the outside player pass the ball to an inside player and have them pass it back. Once the inside person has passed it they should run to a different person on the outside.

Start by having them pass the ball back and forth. Have them

use only the inside of the foot (no toes and no laces). Tell them to try to do it with 2 touches per side. Some may be able to do 1 touch per side.

Controlling the ball (trapping) can now be taught. Have them receive the ball with the inside of their foot. They need to balance on one foot and receive it with the other. (15-20 minutes)

Practical Application

Using a 20 x 20 yard area have them divide into two groups. One group needs more than the other. For example, with 10 players I would start with 7 v 3. Have them play a game of possession (no goals) and try to get the larger group to make a designated number of passes to equal a point. Continue to change up the teams and emphasize moving off the ball (moving without the ball), passing and controlling with the inside of the foot.

Game Play

Set up goals in an area that is a rectangle and make it large enough so there is enough space for the players to make successful passes. Have them play a game but put restrictions on it. Examples of restrictions include:

1. The ball must be scored with the side of the foot
2. There must be two passes from teammates before a goal can be scored
3. 5 passes by one team without the other team getting the ball counts as a goal scored (15-20 minutes)

Cool Down

Light jog around the field and a stretch (5 minutes)

Equipment

Balls, Cones and pinnies

Passing Tips

1. Step to the ball (don't stand with the ball beneath you and try to pass it)
2. The plant foot (non-kicking foot) should be placed beside the ball and toe facing in the direction you want to pass the ball
3. The passing foot toe should be 90 degrees to the plant foot through the whole passing motion
4. The passing foot should swing like a pendulum and start from back and go to the front without ever crossing in front of the plant foot
5. After the ball is passed, have the player step back

with the passing foot. This will help develop the balance of the plant foot

OTHER THINGS TO CONSIDER

Eyes on the ball when passing
Keep the passing foot toe up (not drooping down)
Practice with both feet

Themes

Passing and Controlling	2
Dribbling	3
Turning with the Ball	4
Shooting	5
Crossing	6
Thigh, Chest, Head	7
Possession	8

Language

- Kind
- Sensitive
- Encouraging
- Thoughtful
- Helpful
- Honest
- Confident
- Teaching
- Openended
- Clear
- Motivating