



# Practice Plan

**KCSL**  
Kosciusko County Soccer League

Team	Theme	Date
All	Passing	9/29/11

Don't forget to use the ASAP method

**Announce the skill. Show (or demonstrate) the skill. Attend to your players while they practice the skill. Progressions (slowly add some pressure to further develop the skill).**

	Activity Detail	Coaching Points/Diagrams
Warm-Up/ Dynamic Stretching (8 min)	<b>Island Game.</b> Small zones (islands) are set up in the playing area using disc cones. The players run about in the playing area, and at a signal, the players run quickly to one of the islands. The signal caller will tell how many players can "land" on the island ahead of time. Players that cannot find an island get one point. The player with the fewest points wins. Progression: Start without ball and add later. Older players could watch for non-verbal signals.	
Individual Skills/ Activities (8 min)	<b>Tunnel Passing.</b> Two players face each other at a distance of about 3 feet. Player 1 has 30 seconds to pass the ball through the "tunnel" formed by the other player's legs. Player 1 kicks the ball through Player 2's legs, then runs to the other side of the player and kicks the ball back to the original side. A point is scored for each pass that makes it through the legs. Having player 1 and 2 play as a "team" will discourage "cheating" by closing legs, etc.	
Small Group Activities (15 min)	<b>Pac Man.</b> Players use a defined area about 20 x 20 yards with each player having a ball. A designated "Pac Man" controls his ball while the other players run freely about in the designated area. Pac Man dribbles and passes the ball into another player. When that player is hit by the pass, they retrieve their ball and become another Pac Man. The game continues until all players have become Pac Man.	
Larger Group Activities (15 min)	<b>Gates Game.</b> Divide into two teams of 3-4 players each. Make four "gates" or goals with cones at the corners of the playing area, set diagonal. The coach has a supply of balls to keep the game going in the event of out-of-bounds play. The object for each team is to PASS the ball through any of the four gates to score. Once a goal is scored, a new ball is put into play immediately. Progressions: At first allow players to score at any goal, then tell them that each team has only 2 goals and must defend the other 2.	
Cool Down/ Notes	Your practice sessions will typically end working up towards game time. Cool down not necessary.	<ul style="list-style-type: none"> <li>For beginning passing, emphasize using the instep of the foot to make contact with the ball. Also, demonstrate using the opposite plant foot as the "pointer foot".</li> </ul>

A large amount of information used here was provided by [www.coachingsoccer101.com](http://www.coachingsoccer101.com). Please visit the site for more coaching instruction and practice session ideas: [www.coachingsoccer101.com/drills.htm](http://www.coachingsoccer101.com/drills.htm). If you have any questions, contact your Director of Coaching: Troy Burns at [familyburns@ymail.com](mailto:familyburns@ymail.com).

