




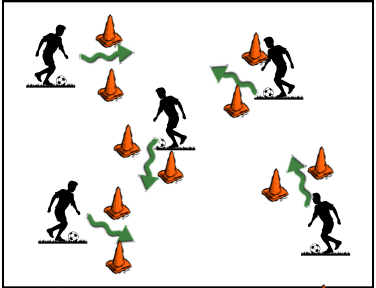
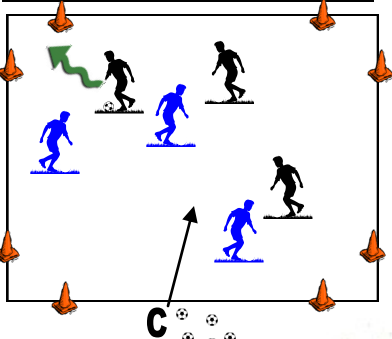
KCSL
Kosciusko County Soccer League

Practice Plan

Team	Theme	Date
All	Passing	9/22/12

Don't forget to use the ASAP method

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

	Activity Detail	Coaching Points
Warm-Up/ Dynamic Stretching (8 min)	Retrieve in Pairs. Every pair give their ball to the coach and the coach tosses the ball out for the pair to collect and return to the coach. Players may begin by simply picking the ball up and running back, but progress towards having each pair passing the ball back and forth between each other as they return.	<ul style="list-style-type: none"> This activity will mimic dynamic stretching movements, but will also serve as an introduction to passing technique AND working together in pairs.
Individual Skills/ Activities (8 min)	Pong. Two players play against each other and share a ball. Place two cones anywhere from 2-8 yards apart. Players pass back and forth to each other. The rules are that the ball should not stop, must stay on the ground, and travel through the cone opening. Older children could keep track of points which would be awarded to the opposing player when the ball either stops or a pass touches a cone.	<ul style="list-style-type: none"> If the cones are close together, the passes will be shorter. Encourage more skilled players to spread the cones out, which will require more lateral movement. 
Small Group Activities (15 min)	Gates Passing. Each player has a ball inside the designated playing area. Set up "gates" with cones throughout the area. Players dribble to and then pass through each gate as time allows. Progressions: Players may work in pairs and must pass through the gate to their teammate. More skilled players could keep score by being awarded a point for each gate they pass through in a specific time.	
Larger Group Activities (15 min)	Gates Game. 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"> 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".

