



Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: TDC 6, 7 & 8 Week: 6

Topic: Passing and Receiving I

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	<p>Pattern Dribble (20 Touches)</p> <ul style="list-style-type: none"> Each player with a soccer ball. All patterns will be completed with both feet. <ol style="list-style-type: none"> Touch the ball with the outside of the foot then inside of the foot. (Favorite foot first!) Push the ball twice with the laces then draw a circle around the ball with the big toe. Inside left to inside right then roll the ball from the left to the right (with the bottom of the foot or Toe Roll) Inside right to inside left then roll the ball from the right to the left (with the bottom of the foot or Toe Roll) Drag the ball with the bottom of the right foot, touch it behind the left foot with the inside of the right and then (Forward with the left foot) stop it with the left Now repeat starting with left foot. 		<ul style="list-style-type: none"> Technique: dribbling
Activity 1	<p>Figure 8 Passing:</p> <ul style="list-style-type: none"> Place 3 or 4 cones, 1 yard apart in a straight line to make 2 or 3 gates Have one player on each side of the gate facing each other, one with a soccer ball Procedure: <ul style="list-style-type: none"> Yellow passes to Red Red receives and takes the ball to the next gate – Yellow moves to receive the next pass Red passes to yellow Yellow receives and takes the ball to the next gate 		<ul style="list-style-type: none"> Technique: passing and receiving Principles of play <ul style="list-style-type: none"> Support Mobility
Activity 2	<p>2v1 to Goal with 2 Counter Attack Goals:</p> <ul style="list-style-type: none"> Set up multiple 15Wx25L yard grids. Play 2v1 to one goal with two counter attacking goals When the ball is out of play, it is restarted with a kick in. If defender steals ball he/she can score in either counter goal. Players will play for 2-3 balls depending on the numbers of participants. Rotate groups from offense to defense. <p>Variations:</p> <ul style="list-style-type: none"> The 2 attackers must each touch the ball before they can score Number of passes before scoring equals the points for a goal. i.e. 4 passes then a goal = 5 point goal 		<ul style="list-style-type: none"> Technique: dribbling, passing, receiving and shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation
Conditioned Game	<p>3v3, 4v4 or 5v5 to Goal:</p> <ul style="list-style-type: none"> In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game Coach will determine if goal keepers will be used. 		<ul style="list-style-type: none"> Technique: dribbling, passing, receiving and shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation

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