

EDUCATE - CONNECT - INSPIRE

**LYNNFIELD YOUTH SOCCER
CLUB
GRADES 3 & 4**

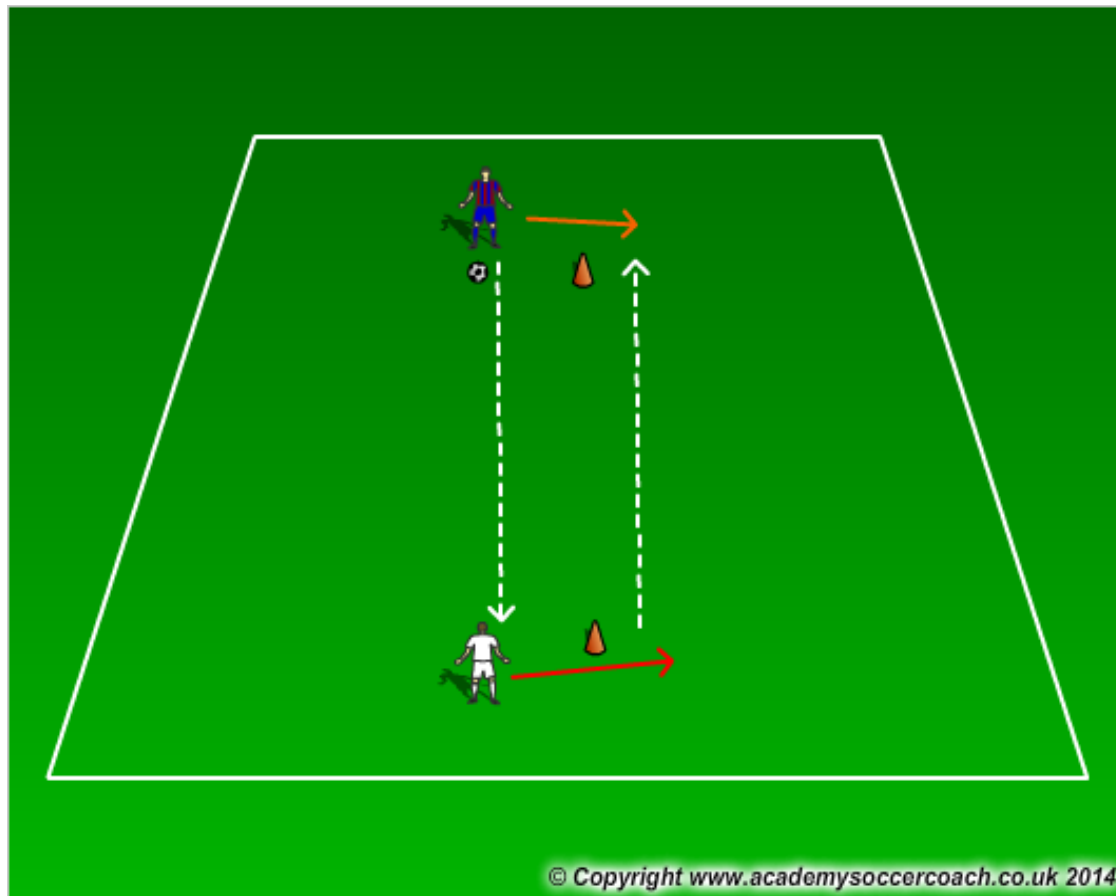


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Session Six: 1st Touch & Use of Space



PASSING: 1st TOUCH

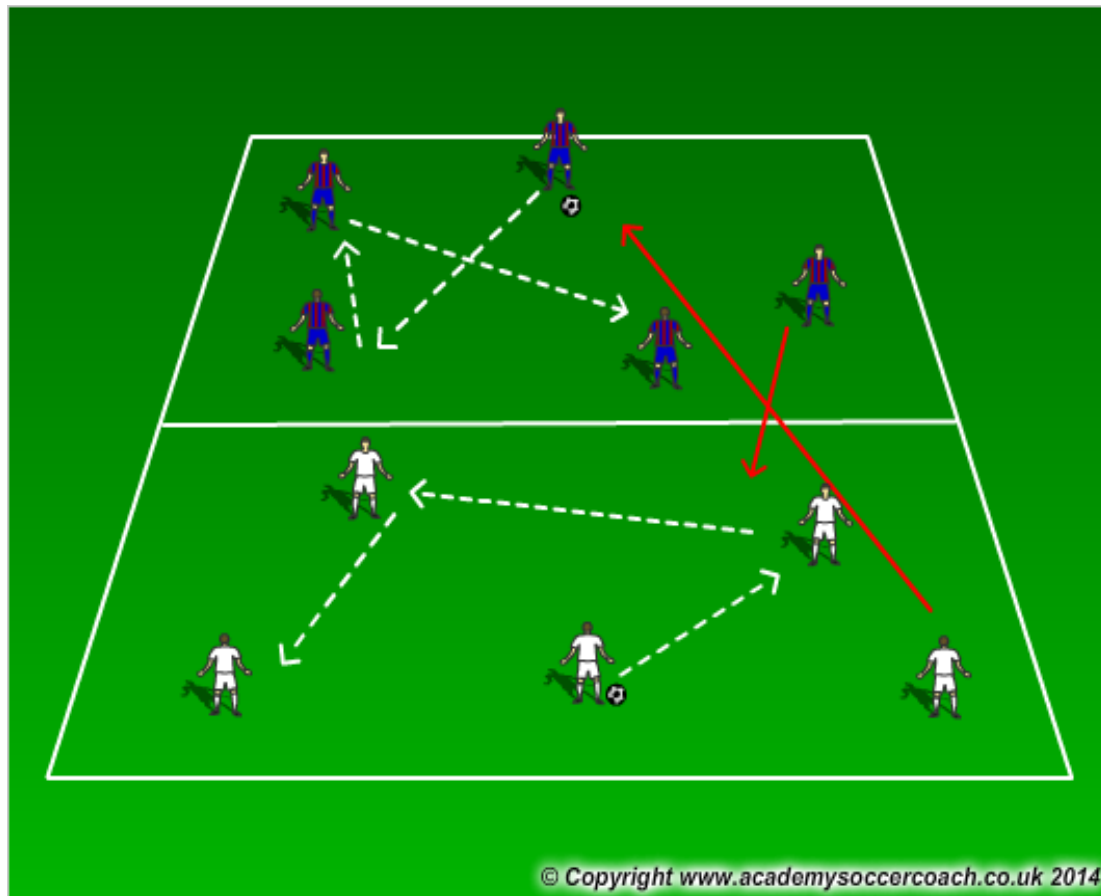


Set-up: Cones 10-20 yards apart, depending on passing surface. Players in pairs, one player at each end cone. 1 ball per pair.

Activity: Player with the ball passes across the area and then moves to the opposite side of the cone. Player receiving the ball, takes a touch to the side to move themselves to the opposite side of their cone. Repeat across the area. Change passing surfaces (side-foot, instep, laces)

Coaching Points: Concentrate on speed of the pass to get it across the area quickly. Strike the ball with the correct surface. Knee over the ball to keep the passes on the ground. First touch to the outside, second touch is the pass. Make sure the ball is in front of you, not under your feet; take an extra touch if necessary.

PASSING: #'s GAME – 4 vs 1

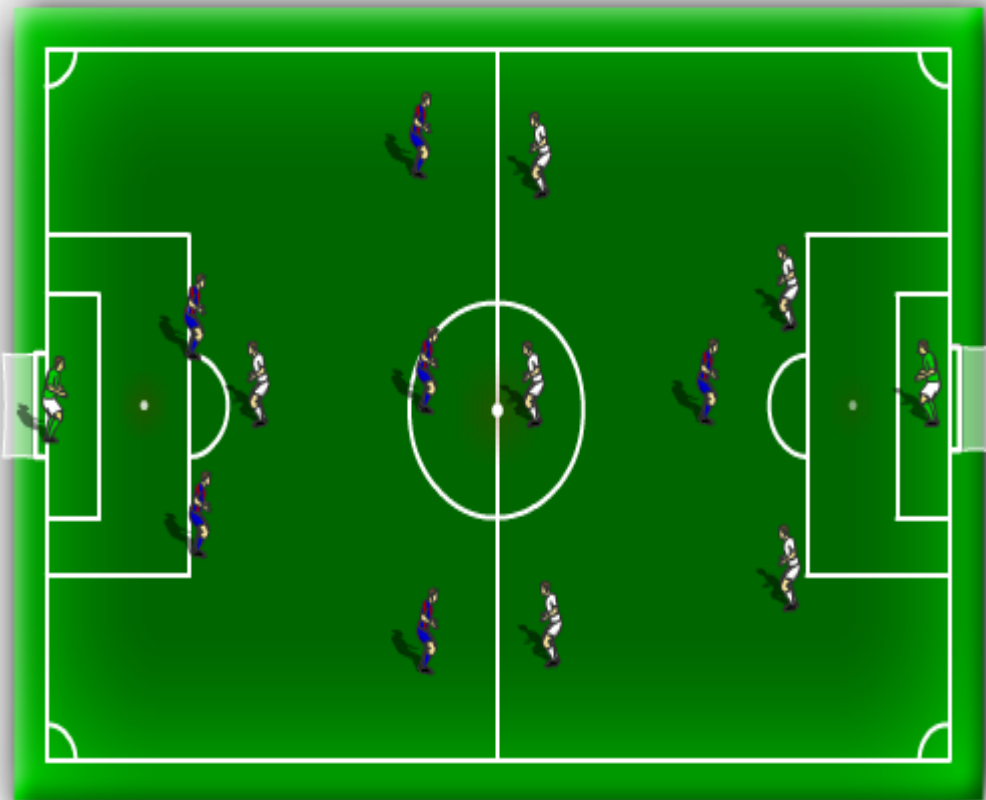


Set-up: 25 x 50 yard area (2 x 25 yard areas next to each other). Players in two separate groups of 5-10 players in each of the areas. 1 ball per team. Players number themselves within their group (1-5).

Activity: Players numbered 1-5 within the area. Players pass and move within the area to start. Coach on the outside calling out numbers. If coach shouts out # 1, then # 1 from each team goes into the opposing area and tries to win the ball (4 vs 1). First defender to win the ball gets a point for their team. If players possess the ball for more than 10-12 passes the coach calls out a second #.

Coaching Point(s): Try to move to open space (outside of the area). Paces to be hit with pace. Use your hands to let the player with the ball know where you want the pass played. Take first touch away from the pass (pressure) on the back foot. Try to split the defender(s).

6 vs 6: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 6. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available. Add points/goals for successful passes ie. 21 point game.