



**AMHERST SOCCER ASSOCIATION
DIRECTOR OF COACHING LESSON PLAN**



Topic: Passing & Receiving #6 (Fun Games)

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<p><u>Hot Potato</u> Divide the field into two halves and the group into two equal teams. Place all the balls in one half and give the team 20 seconds to see how many balls they can pass over into the oppositions half. Balls in the area at the end of the time limit count as a point. Switch Roles.</p> <p><u>Progression</u> Team compete against each other and pass the balls at the same time</p>	<ul style="list-style-type: none"> * Technique of Passing * Weight of the pass
<p>MATCH RELATED ACTIVITY</p>	<p><u>Knock Down the Castle</u> Place a bunch of soccer balls upon cones within a set area in the middle of the grid. Two players are set up to defend this area. The other players are given a ball each and have 20 seconds to knock down balls. The defending players have to pass the ball away into space. Attacking players can go anywhere except in the area with the balls. Switch roles after the set time or all the balls have been knocked down</p>	<ul style="list-style-type: none"> * Accuracy of the pass * Disguise the pass * Create space to play the ball through * Defenders to pass the ball wide and away from the attacking players
<p>MATCH RELATED ACTIVITY</p>	<p><u>Knock-Out Keep Away</u> Designate 2 or 3 defenders. The other players dribble around keeping their ball away from the defenders who are trying to kick the soccer balls out. If a ball is kicked out, that player is not out of the game, they are then in to support the other players that are being under pressure. So eventually it will be one ball and the team trying to keep it away from the defenders.</p>	<ul style="list-style-type: none"> * Supporting angles * First Touch away from the defender * Shield the ball * Communication * Quality of the pass
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * Divide the group in too two equal teams * 4 v 4 plus a GK * Have extra balls placed around the field to keep the game moving quickly * Emphasize on possession and passing techniques 	<p align="center">LEGEND</p> <p>☺ ☹ = Players ▲ = Cone ○ = Ball → = Run with out the ball - - - = Pass [Grid] = Goal ~~~~~ = Dribble</p>
<p>COOL DOWN</p>	<p>Players in pairs pass and move the ball around. Stretch</p>	

To contact Adrian Parrish, ASA Director of Coaching you can either:
Call on 716-803-2507 (c) or e-mail questions to coach@amherstsoccer.com

