



Force Soccer Academy
Community Development Academy
Curriculum Fall 2014

Powered By:



Weeks 5 & 6 – Change of Direction and Passing





Weekly Plan

At the start of every session, players should be taken through a dynamic movement warm up which develops movement patterns conducive to the movement required to play the game. This movement is crucial to the neuromuscular development of the individual players and allows players to retain more information during sessions (Muscle Memory). It also improves focus and work rate in players.

Each week, coaches should select at least 3 games lasting approximately 6-10 minutes. These games are listed below in terms of skill to be worked on, for example dribbling, Changing Direction, Passing etc.... Please feel free to choose the games which address the areas you feel your team needs.

Weeks 1 & 2 – Dribbling and Close Control

Weeks 3 & 4 – Dribbling and Changing Direction

Weeks 5 & 6 – Change of Direction and Passing

Weeks 7 & 8 – Passing and Receiving

Thank you for your commitment to the youth players in the community and your support of the Development Academy. You are enriching the lives of the young players each and every day.





Dynamic movement Warm Up (10 mins)



Any type of dynamic movement in and sprint out. Use ladders, small hurdles and large orange cones to make it fun. This portion will always be completed by a Force Coach.

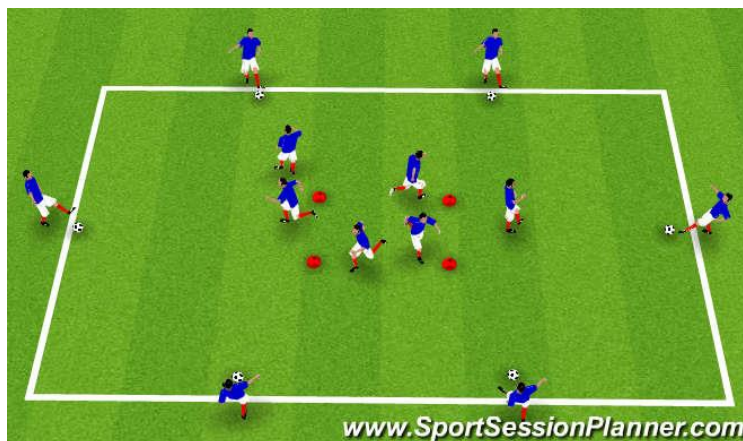


Change of Direction and Passing



Change of Direction and Passing

Activity 1 - Please and Thank You



Players start in the small red square in the center and check out to receive a pass from a player on the outside. The central player must control the ball and pass back to that player. The central player then jogs back to the small red square then checks out to receive a pass from another player on the outside. Have it then be timed, how many passes can you complete in a set time.

Coaching Points: 1. Ask for the pass to be played (Communication) 2. Receive the ball with the inside of the foot. 3. Take a soft touch to control the ball slightly out in front of you. 4. Communicate before playing the pass 5. Pass the ball back with the inside of the foot.





Activity 2 - Find a Friend



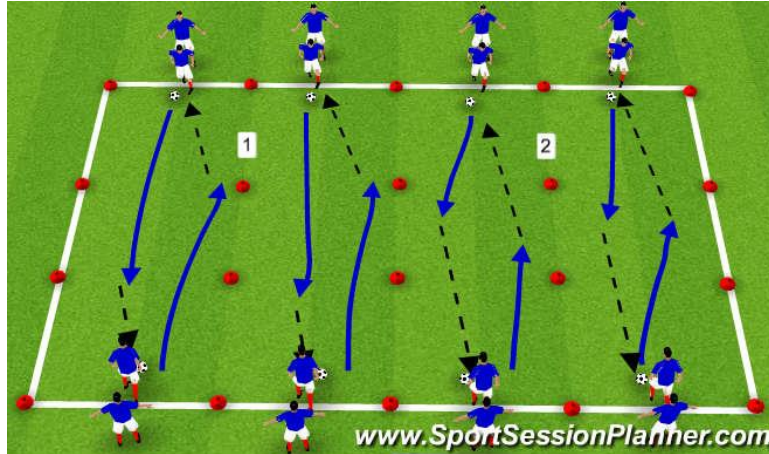
Players start in the small red square in the center and dribble out and play a pass to a player on the outside. The outside player must control the ball and pass back to that player. The central player then dribbles back to the small red square then dribbles out and passes to another player on the outside. Have it then be timed, how many passes can you complete in a set time.

Coaching Points: 1. Ask for the pass to be played (Communication) 2. Receive the ball with the inside of the foot. 3. Take a soft touch to control the ball slightly out in front of you. 4. Communicate before playing the pass 5. Pass the ball back with the inside of the foot.





Activity 3 - Coerver Lanes



1. The players dribble across the lane and play a pass to the player on the opposite side when they reach the final cone.
2. The players dribble across the lane and play a pass to the player on the opposite side when they reach the middle of the lane.

Coaching Points: 1. Ask for the pass to be played (Communication) 2. Receive the ball with the inside of the foot. 3. Take a soft touch to control the ball slightly out in front of you. 4. Communicate before playing the pass 5. Pass the ball with the inside of the foot. 6. Dribble with the ball under control





Activity 4 – Chase and Pass



Players pair up, one player jogs out in front and tries to create separation from their partner, while their partner chases them by dribbling. When the coach shouts "freeze", both players stop, the player without the ball turns and opens their legs, while the player with the ball attempts to pass the ball between their partner's legs.

2 Points for passing between the legs.

1 Point for making contact with your partner.

No points for missing completely

Players Complete a circuit and the ball must be passed back to the group. The groups then have to race through that circuit for points. The coach will then set up a new circuit and repeat the process, 1-2-3-4.

The players must stop for a 5 second penalty if they hit a cone and go back to where they passed the ball from if they also hit a cone when passing back to the group.

1st- 5 points

2nd- 4 points

3rd- 3 points

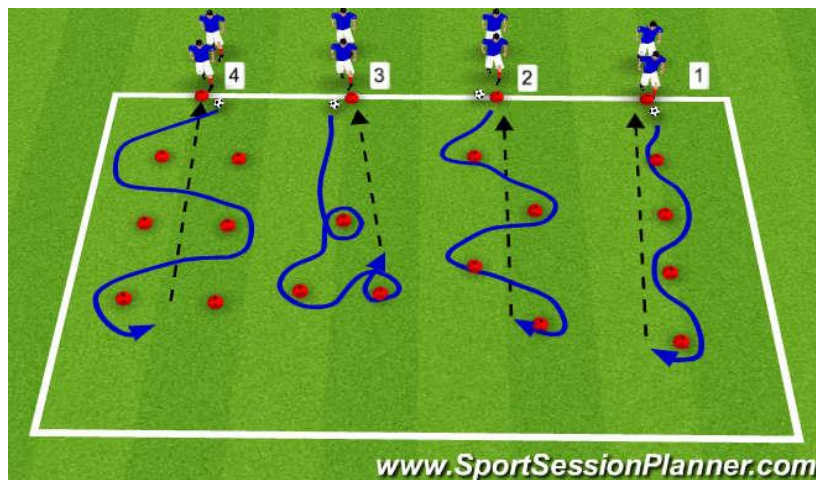
4th- 2 points

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





Activity 5 – Relay Races



Players complete a circuit and the ball must be passed back to the group. The groups then have to race through that circuit for points. The coach will then set up a new circuit and repeat the process, 1-2-3-4.

The players must stop for a 5 second penalty if they hit a cone and go back to where they passed the ball from if they also hit a cone when passing back to the group.

1st- 5 points

2nd- 4 points

3rd- 3 points

4th- 2 points

Coaching Points: 1. Soft touches on the ball. 2. Dribble using the laces. 3. Keep your head up to look for space 4. Use left and right foot.





Activity 6 – Chelsea Square



Players start in the small red square in the center and check out to receive a pass from a player on the outside. The central player must control the ball and pass back to that player. The central player then jogs back to the small red square then checks out to receive a pass from another player on the outside. Have it then be timed, how many passes can you complete in a set time. Make a game out of it. How many quality passes can you play in a set time?

Coaching Points: 1. Ask for the pass to be played (Communication) 2. Receive the ball with the inside of the foot. 3. Take a soft touch to control the ball slightly out in front of you. 4. Communicate before playing the pass 5. Pass the ball back with the inside of the foot.

