



U.K.International Soccer Camps - Online Curriculum

Thru the Legs

Level: Warm Up with Ball

Objective: Passing technique and accuracy.

Organisation

Set out a 30x20 playing area in teams of 3 players.

Each team has 1 ball.

Players stand 5 yards away from each other in a straight line. Use cones to mark out where each person should stand.

Players try to pass the ball through the middle players legs to the players at the other end.

Each time they are successful they receive a goal.

After 3 minutes switch the person in the middle and repeat the exercise so that each player has a turn in the middle.

Progression:

Progress by increasing the distance between players. Add a competition by the first team to make 10 pass

Coaching Points:

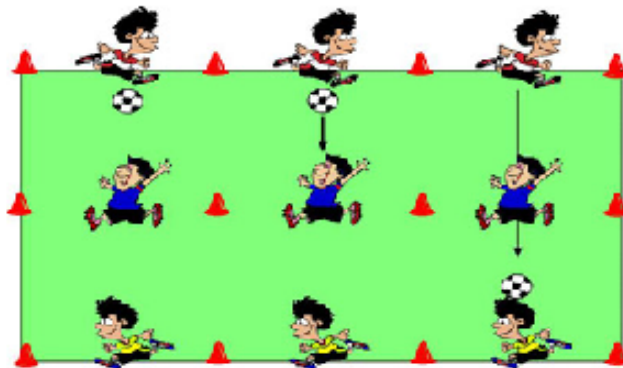
1: Approach to the ball - Line up with where the ball is going.

2: Inside push pass.

3: Inside push pass - make L shape with non-kicking foot being right up next to the ball and kicking foot coming through.

4: Follow through on pass and use body to generate power.

5: Focus on weight and accuracy of pass, both are very important.





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Coconut Shy

Level: Warm Up with Ball

Objective: Passing accuracy & technique.

Organisation

30x20 playing area. Players play in pairs and are placed 18 yards apart (depending on age). Between the players is a cone with a ball on top (coconut). The players take turns to strike the ball at the coconut trying to knock it off the cone.

Progression:

After player knocks ball off 3 times consecutively they take two steps further back.

Coaching Points:

- 1: Approach to the ball - Line up with where the ball is going
- 2: Use laces and follow through on pass
- 3: Focus on weight and accuracy of pass, both are very important

