

Soccer Coach Canada Practice Plans



U-14 Passing Practice Plan

Coaches Tip: Show your players how to execute a proper push pass. Use instep to contact ball, ankle should be locked, foot slightly off the ground to make contact with middle of ball (keeps it on the ground), plant foot should land beside ball and should be pointed in the direction you would like your pass to go in. Finally after striking the ball, follow through.

Warm Up: Criss Cross

Objective: Develop first touch and push passing technique.

Set up: Set up a 30' x 30' square playing area with 4 flat cones to mark the corners. Set up 1 tall cone half way between each flat cone. 3 to 4 players stand behind each cone.

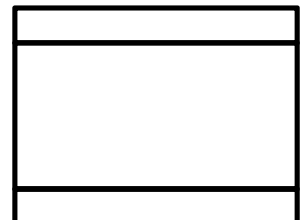
Rules: 2 players start with balls and push pass to player directly across from them. After they pass the ball they move to the line to their right. The receiver uses 2 touches, one to control the ball and one to pass to next player in line across from them. As soon as all players end up in their original position the game is over.

Make it fun: Establish their record time. Whenever you play this game the team can try to break the record.

Game: End Zones

Objective: Develop quick and accurate passing and moving skills.

Set up: Set up a 40' wide by 20' long playing area with 10' deep end zones.



How to play: Divide your group into two teams and provide red and yellow vests to differentiate. Half of the yellow and red players occupy each end zone. A point is scored by a successful pass made from one end zone to the other. If a pass goes incomplete the other team gains possession. You can dribble and pass the ball within your end zone to maintain possession but points are only awarded for an end zone to end zone pass. First to 5 points wins.

Scrimmage: 4 vs 4. Designate one player on each team to be your "star-passer". This player can't score, but all goals must include a pass from this player during each possession.

Cool Down: Divide your team into pairs with one ball per pair. Using one touch only, pass the ball back and forth while slowly jogging around the playing field. End with 5 minutes of stretching head to toe.