

## MLU SOCCER COACHING PLAN

COACH NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

### Details of Coaching Session:

Date: \_\_\_\_\_ Time (to/from): \_\_\_\_\_ Age / M / F: U8 G

**Theme of Session:** Passing & Control      **Session Goals:** Increase the accuracy & number of passes made with an emphasis on ball control

### MATERIAL/ TIME

**0-15 MINS  
Warm-up**

**16-30 mins  
Technical  
Exercise/Game**

**30-60 Mins**

### MATERIAL & ORGANIZATION/ PROGRESSIONS

#### Soccer Baseball

In pairs, with one ball between 2, there are 3 cones set out in a triangle as shown:



Player 1 with the ball starts at the top cone and passes to their partner who's in between the 2 bottom cones. They have to take control of the ball and dribble it to either of the cones (for 1pt) before the passing player stops them.

#### Progression:

- for 5pts, the player receiving the pass can control it and take it past the oncoming defender to stop the ball on the top cone (home run!)

WATER BREAK

#### Circle Pass

Split the group in two, and give half the group balls. The others stand round the area/circle. Players with ball in middle have 1 minute to dribble up to a player stood on the outside and make a pass to them. The outside players should take one touch to control ball and pass it back to the same player – who then finds another free person to pass too.

#### Progression:

- When a pass made you have to switch with outside player
- After pass, run round player and get ball back when in middle again

WATER BREAK

**4x4 End game. Could have cones as target goals**

### COACHING POINTS

GOOD FIRST  
TOUCH INTO  
SPACE WHERE  
ATTACKING

KEEP BALL  
CLOSE TO FEET

USE INSIDE OF  
FOOT TO  
CUSHION BALL

LOCK ANKLE  
WHEN PASSING

**SELF EVALUATION:**

**EVALUATION OF SESSION:**