

# Summer Soccer Clinic #2

## Passing and Receiving

**Trainer: \*Pedro Flores, Padre Soccer League**

**5:30PM – 6:00PM**

Registration & Coaches Session

**6:00PM – 6:15PM**

Warm-Up (Wakes the muscles up and stretches all the major muscles)

**6:15PM – 6:25PM**

Coordination drills –10 min (Gets kids sweating and muscles ready for exercise)

-----5 Minute Water Break-----

**6:30PM – 6:45PM**

**Focus: Good warm up for passing session; forces the kids to pass and move, never to just pass and stay in place**

Group of 10-11 players form a circle

Coach in the middle

Coach passes ball to player; coach takes place of player and player passes to other and takes the place of that person

**6:45PM – 7:00PM**

**Focus: Another good warm up for a passing session; again forces the kids to pass and move, never to just pass and stay in place**

Groups of 5 with 4 cones forming a 10X10 square

One player on each cone and 5<sup>th</sup> player doubles up on one cone with another player

One player on the doubled cone passes to other player on another cone and takes their place; ball should make it's way around the square

-----5 Minute Water Break-----

**7:05PM – 7:20PM**

**Focus: Shield/Turn/Pass**

Groups of 3 with one ball per group

One player in between other two players

Player on the outside passes ball to player on inside who traps the ball turns with ball and passes to other player on the outside

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 ★ **\*About the Trainer—Pedro Flores** ★  
 ★ • Played for Competitive and Semi-Pro Teams throughout South Texas ★  
 ★ • Current Coach/Trainer for Girls '87 Express - Division I ★  
 ★ • Many of his players have gone on to play in collage, and Division I, II & III Soccer ★  
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## Passing and Receiving cont.

### 7:20PM – 7:30PM

**Focus:** Forces players to meet the ball for a return “short” pass and an immediate run into open space for a “long” pass

Groups of 2 with 2 cones approximately 15 yards away from each other

Upon command, player A breaks toward player B to make a one touch pass back to player B and player A instantly makes a bending run around A’s cone to run onto long pass from player B

-----5 Minute Water Break-----

### 7:30PM – 8:00PM

#### Scrimmage

6v6 Scrimmage – Name Teams after countries ex: Brazil, USA, Mexico, England, Portugal, etc.

## General Coaching Terminology

**Source:** Soccer-Coach-L, <http://www.ucs.mun.ca/~dgraham/coach.html>

**Advantage:** A discretionary judgment which allows an official to permit play to continue rather than stopping play to administer a foul. This is because the foul did not put the offended team at a disadvantage, or the foul, should it have been called, may take away a favorable opportunity for the offended team. (*Law 5*)

**Back pass:** A pass made to a trailing player (one who is behind the ball carrier).

**Caution:** When the referee shows a yellow card to a player and records that player's name because of misconduct, he is said to have "cautioned" the player. (*Law 12*)

**Check away:** To move away from a teammate who has the ball; frequently used before checking back to the ball in order to create space and confuse a defender.

**Check to:** An offensive player runs toward the ball carrier, usually to call for a pass; frequently used immediately after the player has checked away from the ball in order to create space and confuse the defenders.

**Direct play:** A tactical system in which a team attempts to play the ball forward into the attacking third as soon as possible after recovering possession, frequently by playing long balls over the top. Often contrasted with possession play.

**Drop pass:** A player passes the ball, behind himself, to a teammate or leaves the ball for a teammate.

**Heel:** Also called backheel. To pass the ball directly behind oneself by using either the heel or sole of the foot. The term can also be used by a player to indicate that he is ready to accept a back pass.

**Instep:** The top part of the foot corresponding to the lower part of the laces portion of the boot.

**Juggling:** A training exercise in which the ball is kept in the air, using any legal part of the body, by one player.

**Man on:** A term used for communicating that the ball carrier or the player about to receive the ball is going to be under pressure from a defender.

**Open up:** 1. To turn slightly away from the direction of an approaching ball which one is about to receive in order to improve one's vision of the field of play by having more of the field in view. 2. Issued as an instruction to a player to tell him or her to open up.

**Possession play:** An attacking system in which a team tries to retain possession of the ball while advancing toward the attacking third and while in the attacking third, with the object of trying to create scoring opportunities. Frequently contrasted with direct play.

**Lay off:** To play the ball to one side for a teammate, normally when one has one's back to the opponents' goal.

**Split:** To pass the ball between two defenders.

**Takeover:** A means of transferring possession of the ball whereby a teammate of the ball carrier runs toward and past him or her; as the teammate passes by, the ballcarrier leaves the ball for him or her to take.

**Through ball:** Also "through pass". A pass played into the space behind the defenders for a teammate to run on to.

**Wall pass:** To pass the ball to a teammate, run past the defender, and have the teammate return the ball.

## Official Hand Signals

Source: [Firstbasesports.com](http://www.firstbasesports.com/soccer_signals.html), [http://www.firstbasesports.com/soccer\\_signals.html](http://www.firstbasesports.com/soccer_signals.html)



### Penalty Kick

Referee points to penalty mark from which kick is to be taken



### Corner Kick

Linesman points his flag at the corner area from which kick is to be taken



### Caution or Expulsion

Referee holds yellow card or red card above head



### Goal Kick

Linesman points his flag at the goal area from which kick is to be taken



### Throw-In

Linesman holds flag out to his side, pointing in the direction the throw is to be taken



### Offsides Location

After linesman signals offside, he then shows location of infraction by holding his flag out in front of him

## Secrets to Coaching U-10 Soccer Players

Available at: <http://www.padresoccer.com>

**THINGS YOU CAN EXPECT** Some coaches say that the 9 and 10 year-old players are beginning to "turn the corner" and starting to look like real soccer players. However, games are still frantically paced and unpredictable for the most part. These players are starting to find out how much fun it is to play the game skillfully, but they will still stop and laugh if the referee gets hit in the backside with the ball during a game.

- They start to understand offsides, but still forget when the goal is in front of them.
- You might actually catch them practicing on their own.
- Parents are telling them to do one thing during the game, you are telling them another thing, but what they end up doing might be what their friend is telling them to do.
- You will see a pass that is deliberate. You might even see a "back pass".

### CHARACTERISTICS OF U - 8 PLAYERS

- Gross and small motor skills becoming more refined and reliable. Boys and girls begin to develop separately.
- Ability to stay on task is lengthened. They have the ability to sequence thought and actions.
- Greater diversity in playing ability and physical maturity.
- Skills are emerging. Becoming more predictable and recognizable.
- Some children begin moving from concrete thinking to abstract thinking.

- Able to pace themselves, to plan ahead.
- Increased self-responsibility. They remember to bring their own equipment.
- Starting to recognize basic tactical concepts, but not exactly sure why certain decisions are better. Repetition of technique is very important, but it must be dynamic, not static.
- Continued positive reinforcement needed.
- Explanations must be brief, concise, and mention "why"
- Becoming more "serious". Openly, intensively competitive, without intention of fouling.

### COACHING RATIONAL

Some of the U-10 players are seasoned veterans of the youth soccer. Others are brand new and might be very nervous about the whole process. It is our job to keep things in perspective for these young, developing players. True, some of them are becoming quite skillful and are seeing how fun it is to play the game when they can really control the ball. However, many of them are still learning the ropes. Even the more experienced players need to have the game be fun!!! Emphasis is still placed on having players learn how to control the ball with his/her body, but now, they need to find themselves in more game-like situations. Training is more dynamic and starting to have players make simple, basic decisions such as "Which way is there more space?" or "Who should I pass to?".

## CBYSA Coaching Clinics

Portland, Texas

### Age Modules

(Minimum requirement for all coaches)

U/6-8 Friday, August 27th 6—9:00 PM  
Saturday, August 28th, TBA  
U-10 Friday, August 27th 6—9:00 PM  
Saturday, August 28th, TBA  
U-12 Friday, August 27th 6—9:00 PM  
Saturday, August 28th, TBA

Cost: \$20

### E Clinic

Site to be determined

(Required for Div. II and above coaching)

Friday, August 13th, 6—9 PM  
Saturday, August 14th, 8 AM—5 PM  
Sunday, August 15th, 8 AM—5 PM

Cost: \$50

Please mail check to:

**CBYSA,**

**P.O. Box 8907, Corpus Christi, TX 78468**

**Include Name, Address,**

**Phone number and e-mail address**

## Bring a friend to the next Soccer Clinic

For more information see also: [www.santafesoccer.org](http://www.santafesoccer.org) or [www.padresoccer.com](http://www.padresoccer.com)

### Padre Soccer League Members

Make checks payable to: Padre Soccer League-Summer Clinic

Send registration form and fees to:

Padre Soccer League—Summer Clinic  
PO Box 270453  
Corpus Christi, TX 78467

### Santa Fe Soccer League Members and All Others

Make checks payable to: Santa Fe Soccer League-Summer Clinic

Send registration form and fees to:

Santa Fe Soccer League—Summer Clinic  
3636 South Alameda, Suite B-142  
Corpus Christi, TX 78411

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## Padre-Santa Fe Summer Soccer Clinic

Registration Form

Name \_\_\_\_\_ Phone \_\_\_\_\_ Alt Phone \_\_\_\_\_  
Last First

Date of Birth \_\_\_\_\_ Male  Female

Address \_\_\_\_\_  
Street City State Zip

Parent Name(s) \_\_\_\_\_ Email \_\_\_\_\_

### Emergency Information

Person to notify in an emergency \_\_\_\_\_ Phone \_\_\_\_\_

List any medical problems \_\_\_\_\_

### Players:

Last season played was  U-6  U-7/8  U-9/10

Registered member of  Padre Soccer League  
 Santa Fe Soccer League  
 Other \_\_\_\_\_

### \*Coach Registration:

I am a coach for U-7/8 or U-9/10 and will participate in the sessions indicated.

\*Note: fees for coaches are waived if coaching in the Fall.

### Clinics Attending

#1-5 \$20

### Individual Clinics \$5 Each

#1 Fri. July 9th  #4 Fri. July 30th  
 #2 Fri. July 16th  #5 Sat. August 7th  
 #3 Sat. July 24th