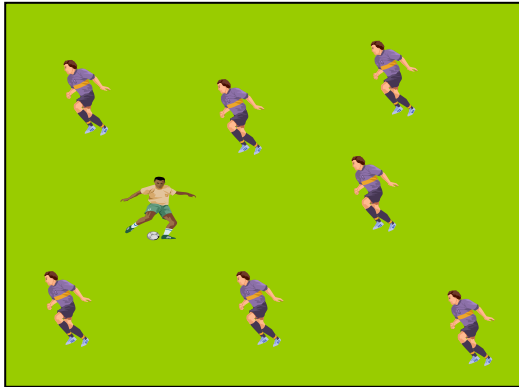


Fergie's Soccer Academy Recreation Program

3rd –8th grade Passing and Receiving

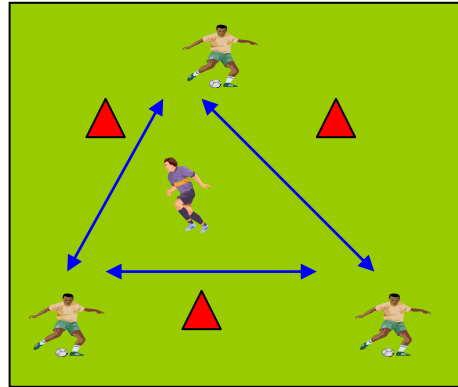
Pac Man:



Pac - Man

Area 20 x 20
 # of Players 6 – 12
 1 player with the ball
 other players without ball move around freely in designated area.
 Player with the ball attempts to tag players with the ball.
 If a player gets tagged they then get a ball and join in trying to tag other players
 Play for 30 sec to 1 minute.

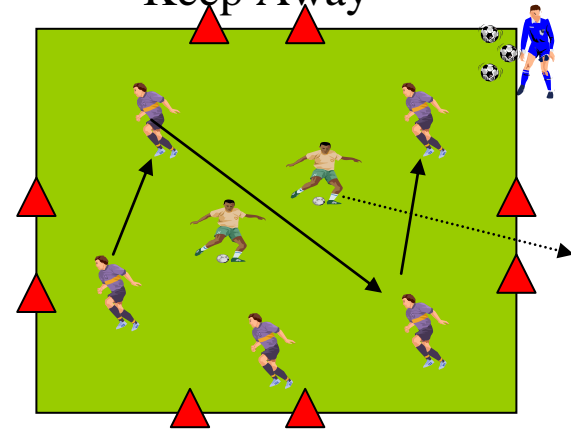
Bermuda Triangle



Bermuda Triangle

Area 20 x 20
 Goals 8 yards wide in the shape of a triangle
 # of players 4
 3 players try to complete passes through the triangle goal.
 1 player inside the triangle tries to intercept the ball.
 Organize 2 teams and play 1st team to get 10 passes wins.

Keep Away



Keep Away

Area 20 x 20
 Players spread out
 5 attackers 2 defenders
 Coach has plenty supply of soccer balls
 Coach throws in the ball
 5 players have to see how many successful passes they can get in 1 minute
 If the defenders win the ball can they score through any of the 4 counter goal
 Change defenders after 1 minute

Coaching Points

Weight and Accuracy of Pass
 Moving into line to receive a pass
 Disguise a pass
 Good 1st controlling touch

FSA Player Coach Development