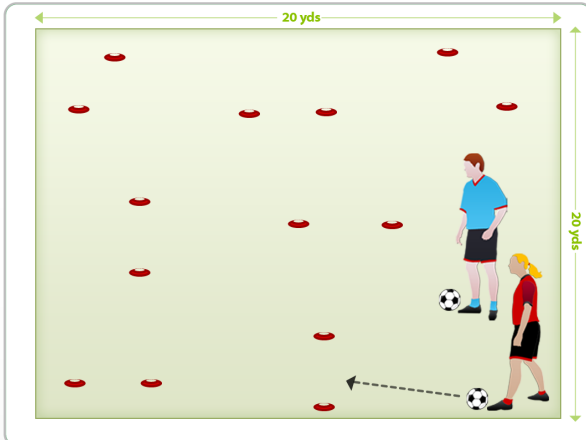


PLAYER
9-12



#26

NAME: Soccer Golf **THEME:** Passing & Receiving **PLAYERS:** 2



SET UP

Set out several 1-yard gates inside a 20x20 yard area. The red player and the blue player stand in a corner of the area, each with a ball.

LEARNING OUTCOME

Passing with accuracy and the correct weight.

DIAGRAM KEY

——— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
9-12



#26

HOW TO PLAY

The red player picks the first hole. Both players take turns attempting to pass their ball through the appropriate gate. The player who gets the ball into the "hole" in the fewest number of "strokes" wins the hole. Players add a penalty shot to their score each time they hit a disc or another player's ball or kick the ball out of the area during the "round." The player who wins the hole gets to pick the next hole. Keep score. The player who wins the most holes wins the tournament.

PROGRESSIONS

1. Lay out tarps, sheets, or other household items to create bunkers and water hazards. Add two penalty shots to your score if your ball comes to rest in a bunker or water hazard.

COACHING POINTS

1. Place your non-kicking foot alongside the ball, toes pointing at the target.
2. Turn your kicking foot out, keeping your ankle firm and toes up.
3. Keep your eyes on the ball at the moment of contact.
4. Strike the middle of the ball with the inside of your foot to keep ball on the ground, and follow through in the direction of your intended target.

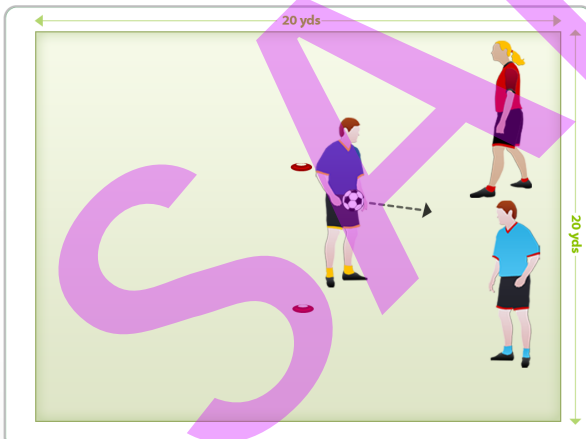
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PLAYER
9-12



#27

NAME: Two-Sided Goal 1 vs. 1 **THEME:** Attacking Play **PLAYERS:** 3



SET UP

Set out a 20x20 yard area. A goalkeeper stands inside a goal in the middle of the area with a ball. A red player and a blue player stand in front of the goal.

LEARNING OUTCOME

Creating your own shot.

DIAGRAM KEY

——— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
9-12



#27

HOW TO PLAY

The goalkeeper randomly tosses the ball into the area. The red player and the blue player compete to win the ball. The player with the ball tries to maintain possession and advance the ball to goal. The other player tries to tackle his opponent to gain possession. The object of the game is to shoot and score past the goalkeeper from either side of the goal. The goalkeeper randomly tosses the ball into the area after each save. Play for a specified time period or number of goals before rotating positions.

PROGRESSIONS

1. Each player can score only from one side of the goal.

COACHING POINTS

1. Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play, and run up to the ball at a 30-degree angle.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
3. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
4. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of your intended target.

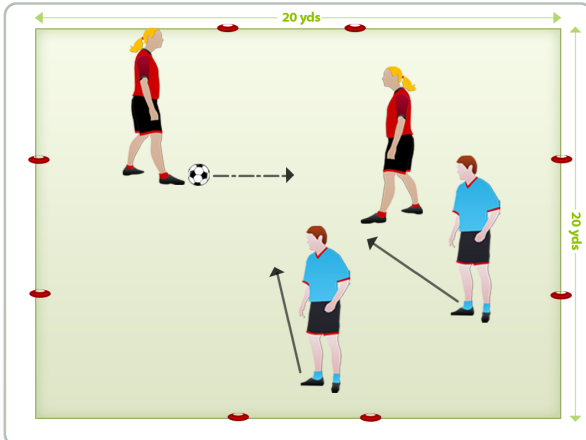
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PLAYER
9-12



#28

NAME: Four Goals **THEME:** Attacking Play **PLAYERS:** 4



SET UP

Set out a 20x20 yard area. Two red players and two blue players stand inside the area. One red player has a ball. A 3-yard goal is stationed on each side of the area.

LEARNING OUTCOME

Creating and exploiting space.

DIAGRAM KEY

——— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
9-12



#28

HOW TO PLAY

Red players dribble and pass to each other while blue players try to tackle the player with the ball or intercept a pass to gain possession. The object of the game is to complete three consecutive passes without the other team touching the ball before taking a shot and scoring in one of the four goals. Play for a specified time period or number of goals.

PROGRESSIONS

- Goals count double if the player scores with a header or a volley.

COACHING POINTS

- Make eye contact with the player in possession and call for the ball.
- Move into line with the ball and open up the inside of your foot to receive the ball on the ground.
- Relax and give slightly on impact to cushion the momentum of the ball.
- Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play.
- Pass the ball and move into space to support the player with the ball, keeping the ball in sight at all times.

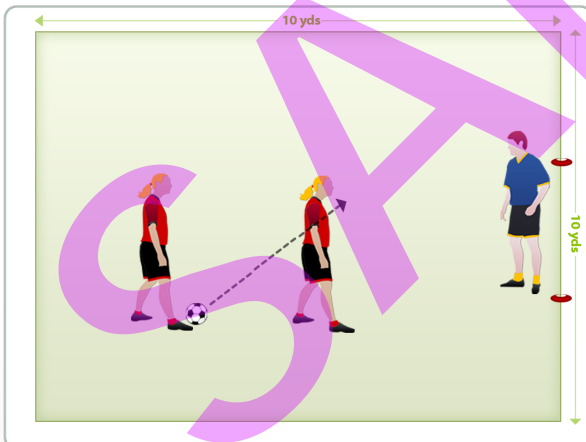
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PLAYER
9-12



#29

NAME: Headers & Volleys **THEME:** Attacking Play **PLAYERS:** 3



SET UP

Set out a 10x10 yard area. Red players stand inside the area with a ball. The goalkeeper stands in front of a goal on the far end line.

LEARNING OUTCOME

Scoring from aerial balls.

DIAGRAM KEY

——— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
9-12



#29

HOW TO PLAY

Red players "flip" and chip the ball to each other to create opportunities to head or volley the ball on goal. The object of the game is to head or volley the ball past the goalkeeper to score. Players cannot "flip" the ball to themselves to score, and the header or volley must be a first-touch attempt on goal. Play for a specified time period or number of goals before rotating positions.

PROGRESSIONS

- Goals count double when a player heads or volleys the ball to the player who heads or volleys to score.

COACHING POINTS

- Move into line with the ball and select the appropriate controlling surface.
- To head the ball, throw your arms back and extend your neck at impact. Contact the ball with your forehead.
- To volley the ball, open your hips and bring your kicking foot up to knee height. Contact the ball with the inside of your foot and follow through in the direction of your intended target.

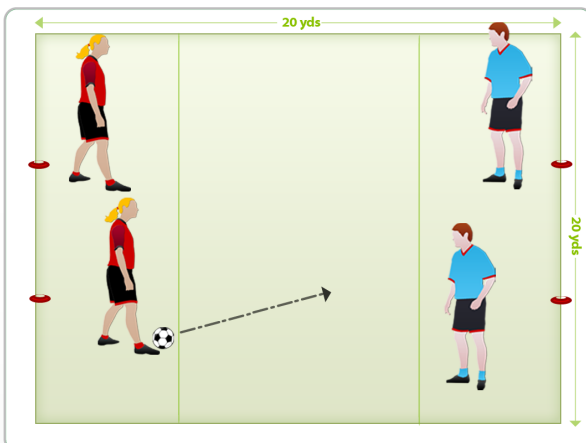
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PLAYER
9-12



#30

NAME: 2 vs. 2 Rush-Back Keepers **THEME:** Attacking Play **PLAYERS:** 4



SET UP

Set out 5-yard end zones inside a 20x20 yard area. Red players stand in the near end zone in front of a goal with a ball. Blue players stand in the far end zone in front of a goal.

LEARNING OUTCOME

Finishing in front of goal.

DIAGRAM KEY

—— Player Movement - - - - - Ball Movement - · - · - · Player/Ball Movement

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PLAYER
9-12



#30

HOW TO PLAY

Red players dribble and pass the ball to advance toward goal. Blue players advance into the central area and try to tackle the player with the ball or intercept a pass to gain possession. The object of the game is to score in the opposing team's goal. Players are allowed to pick up the ball with their hands or save the ball in their defensive end zone. Play for a specified time period or number of goals. The team with the most goals wins.

PROGRESSIONS

1. Players can score a goal only from inside their attacking end zone.

COACHING POINTS

1. Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play, and run up to the ball at a 30-degree angle.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
3. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
4. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of your intended target.

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