



Ela Rec 1-4 Passing (1)
AGE: U6 / U9 / 8 players
TEAM FUNCTION: Attacking

OBJECTIVE:
TEAM TACTICAL PRINCIPLES:
KEY QUALITIES:

 8

 60 min

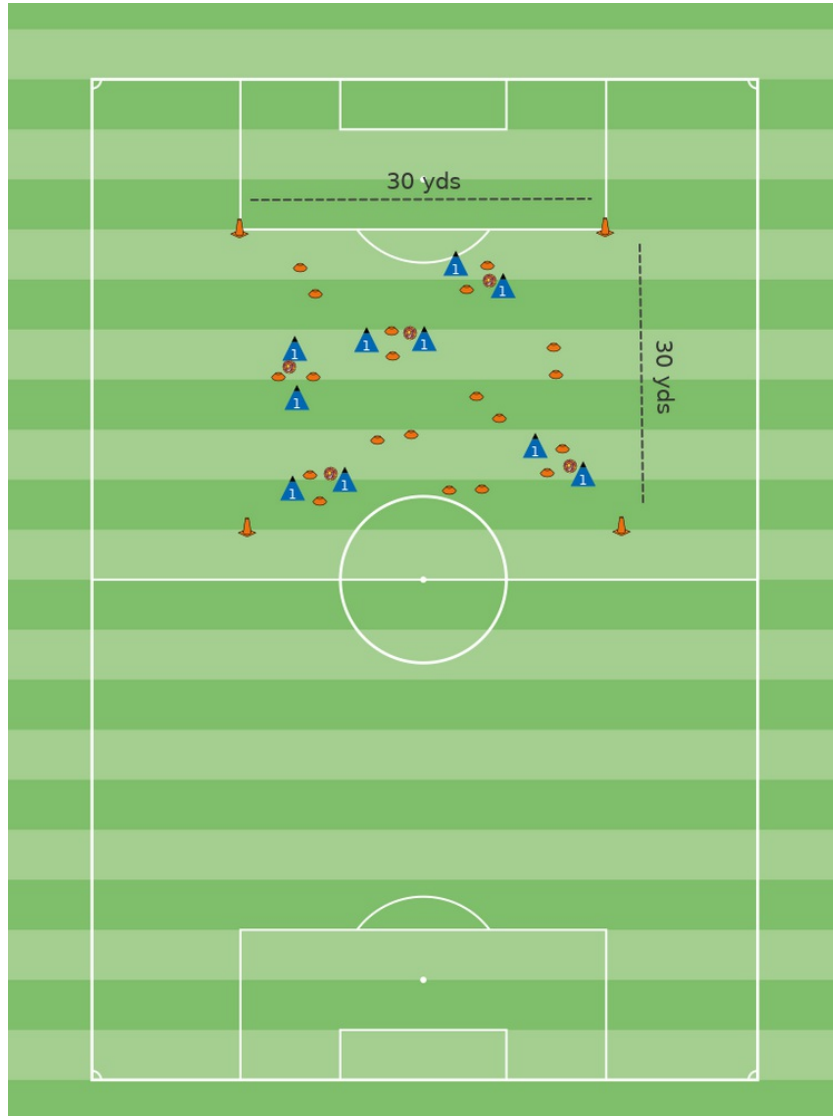
Partner Passing Warm Up
Partner Passing
3v3 with Passing Emphasis

Partner Passing Warm Up

OBJECTIVE: Improve the individual player's understanding of how to move to support teammate's by providing a passing...

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown with several mini cone goals set up around the field. Each partnership has one ball. The player with the ball must pass to his/her partner through any of the cone goals. The player receiving the pass must then dribble to a different cone goal and pass back to his/her partner. Play for 1 minute. The players must try and pass through as many cone goals as possible.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Attacking

 **AGE:**
U6 / U10

 **PLAYERS:**
1

 **DURATION:**
5:30 min (4 x 1:0 min, 0:30 min rest)

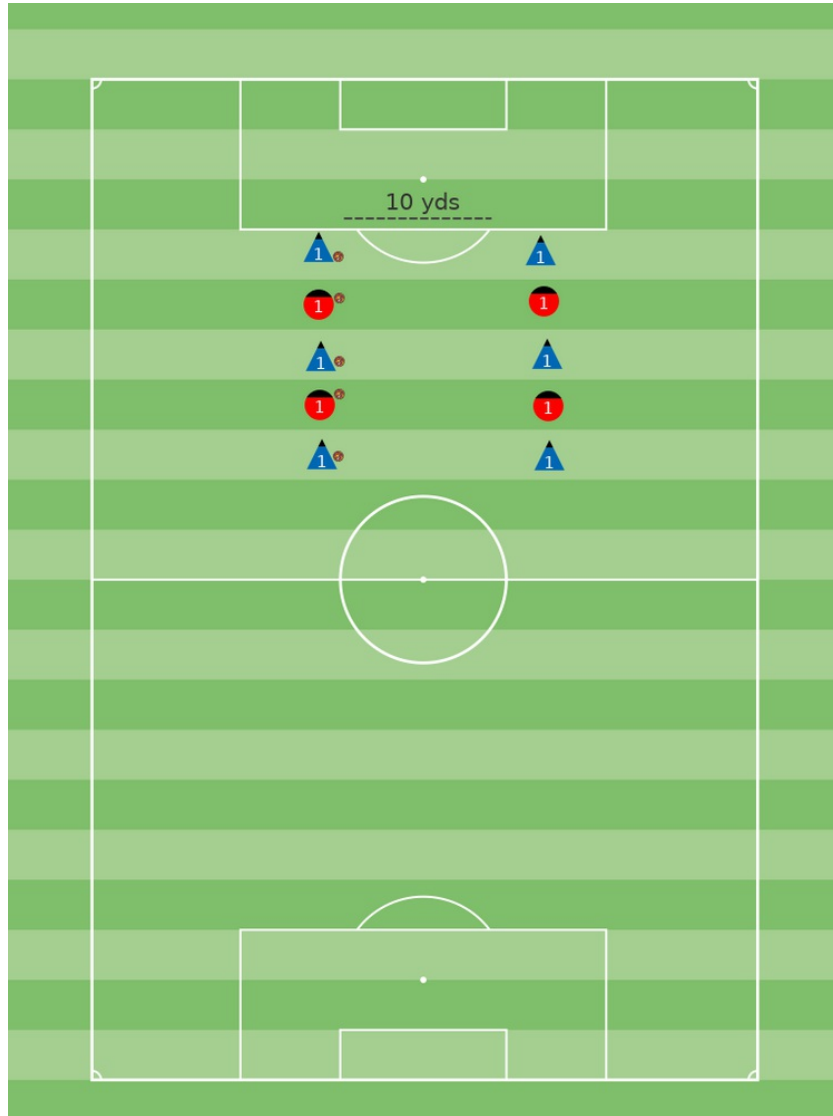
 **INTENSITY:**
Very Very Light

Partner Passing

OBJECTIVE: Improve the individual player's ability to pass the ball

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Partners stand about 10 yards apart, one partner with the ball. The other partner without the ball stands with his/her legs spread wide. The player with the ball must try and pass the ball through his/her partner's legs.

The players change roles and the other partner has a chance to pass now. Play the first player to successfully score 3 times. Winners advance to the right, losers to the left.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Attacking

 **AGE:**
U5 / U9

 **PLAYERS:**

 **DURATION:**
8:30 min (5 x 1:30 min, 0:15 min rest)

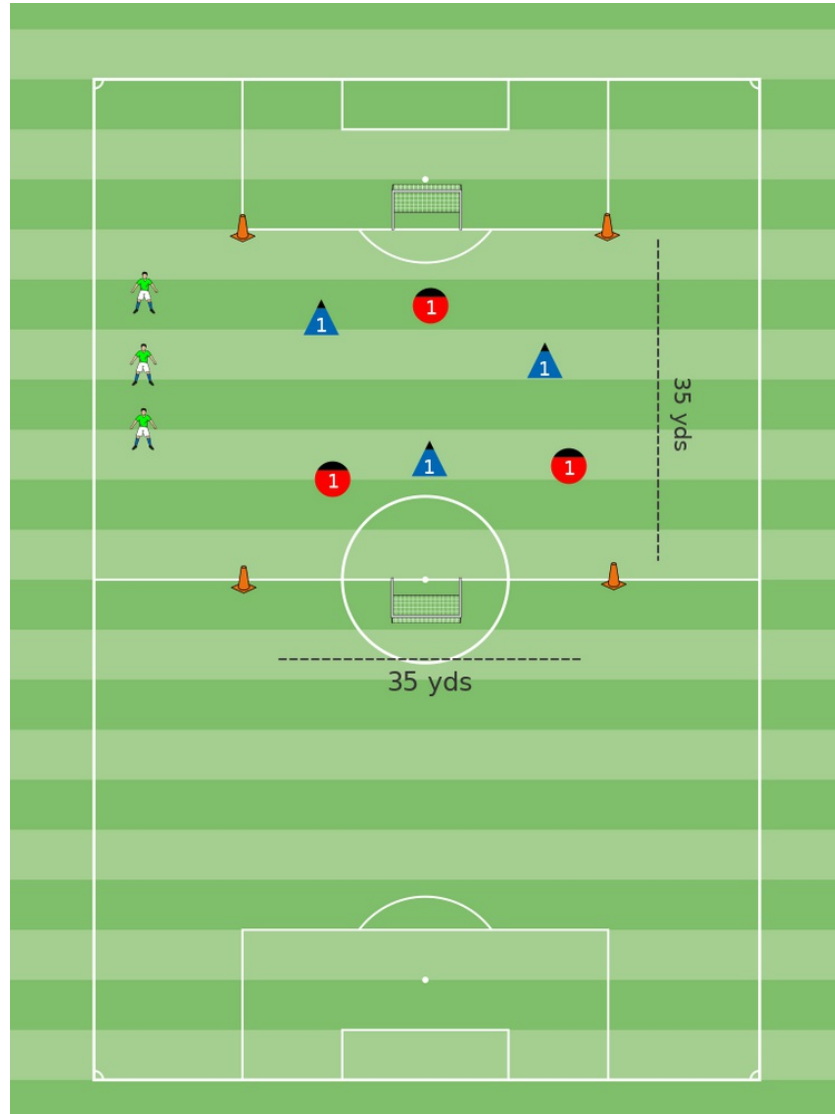
 **INTENSITY:**
Extremely Light

3v3 with Passing Emphasis

OBJECTIVE: Improve the player's recognition of when to pass and ability to execute the pass

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. Can add GKs or neutrals if numbers require it. Teams play a normal 3v3 game with each goal counting as 1. If a team makes 1 pass in possession leading to a goal they add 1 point to the goal, 2 passes add 2 points, 3 passes add 3 points, etc. Play for 3 minutes.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Attacking

 **AGE:**
U5 / U10

 **PLAYERS:**
3 vs 3

 **DURATION:**
11:0 min (3 x 3:0 min, 1:0 min rest)

 **INTENSITY:**
Very Hard

Ela Rec 1-4 Passing (1)

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

AGE: U6 / U9 / 8 players

TEAM FUNCTION: Attacking

DURATION: 60 min

Five Elements of a Training Exercise

1. **Organized:** Is the exercise organized in the right way?
2. **Game-like:** Is the exercise game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: