

Topic: Continue to introduce passing with the inside of both feet

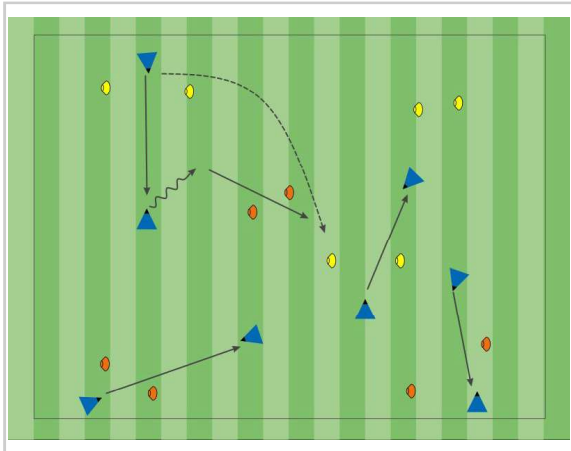
Objective: To gain an understanding of passing with the inside of the foot through exploration and fun games

Player Actions: dribble, passing, defend



Initial Play Phase - 10-12 minutes

This is an important phase to get the players in the mode for training - the website has more details on this



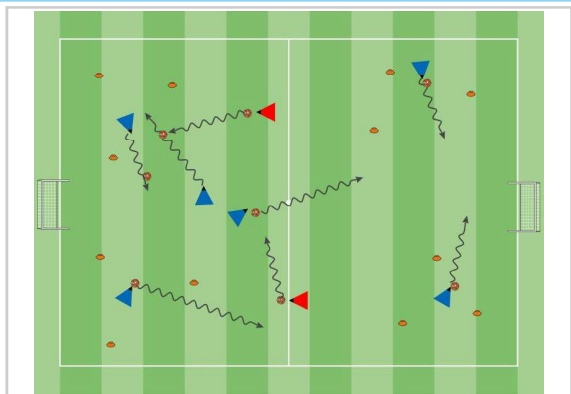
Objective: To introduce passing

Organization:

Partner up in your own half the field - one partner with a ball
Give them 1 minute to pass through as many gates as they can in that time
Talk and ask them how each team did well so we can all improve
Start by playing through any gate, then opposite color or any pattern you decide

Coaching Points/Guided Questions

What part of the foot? inside
How do you know where to go next? Head up
Who decides where to go next - person that passed it can move to the next easiest gate



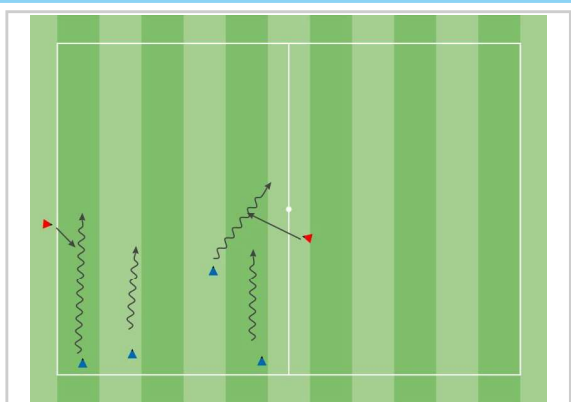
Objective: To pass the ball accurately

Organization:

In your half, set up 4 to 5 bases - these are safe places. If you are in them, you are safe.
Everyone has a ball - two players have a jersey on - they are "it".
Players dribble from safe space to safe space - "it" players try to pass and hit opponents ball with theirs.
Players try to get to as many bases in a row without getting hit. If they get hit, they start counting over

Coaching Points/Guided Questions

What part of the foot? inside
Plant foot - pointing towards the target
You may need to aim in front of the player so they are leading the player
Pace of pass - harder the better.



Objective: Passing accurately

Organization:

In your half - all players with a ball - two players one on each side are "it"
On the "it" players "go" - players try to dribble across the grid while the "it" players try to hit their ball with a pass.
If a player's ball gets hit, they become it, leading to a gauntlet of "it" players

Coaching Points/Guided Questions

Inside of the foot passing
Pass in front of where they player and ball are going.
Pace of pass - Hard, but make sure it stays on the ground.

Final Phase

Play 3v3 or 4v4 to two goals - can go bigger if desired depending on numbers

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next

4v4 9v9 11v11

Moment: Win we have the ball

