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**Warm-up (15mins) - Passing Warm-up**

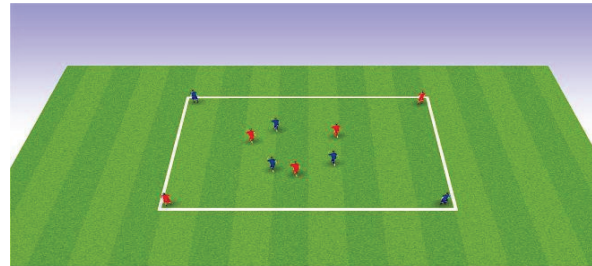
Variations

- Receive, dribbling halfway, pass to teammate
- 1st touch breaking the line of the two front cones
- Take touch with inside part of the foot going Left then rotate Right
- Take touch with outside part of the foot going Left then rotate Right

- Give and go

Coaching Points

- Proper technique
- Quality of pass
- Timing



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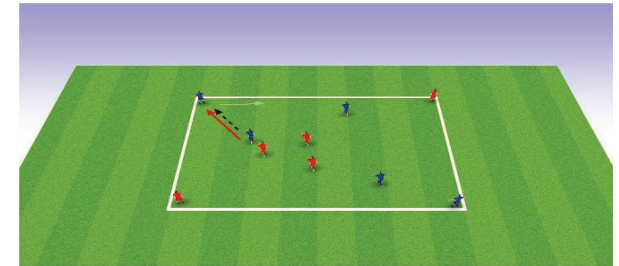
**Theme #1 (20 mins)- 4 Corner Target Game**

- Players must find target on the outside for point
- Once a target is played, team must switch to other target for point
- 3 passes before finding target (varies with level of players)
- Can play the same target player for possession

- Players cannot defend target players

Coaching Points

- Can we switch play early?
- Spreading out
- Receiving with back foot



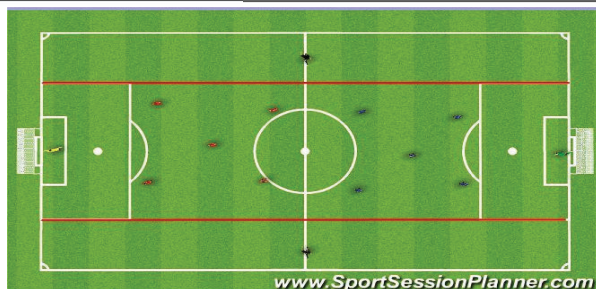
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**Theme #2 (20 mins) - 4 Corners w/ switching targets**

- Players must find target on the outside for point
- Once a target is played, team must switch to other target for point
- 3 passes before finding target (varies with level of players)
- Target must dribble in with ball, when receiving
- Passing player must switch positions with target

Coaching Points

- Quality of first touch
- Can you take your touch to an open space?
- Can we find an early switch?
- Quality/weight of pass



**THEME #3 (20 mins) – SSG w/ outside neutrals**

- Neutral on the outside
- Must play neutral; players cannot defend neutral on the outside

Coaching Points

- Can we find the neutrals early?
- How can we switch play faster?



**THEME #4 (15 mins) – Small-Sided Game**

Play 4v4/ 7v7/11v11/

Allow game to flow however make sure the focus is still on building from the back. Continue to make correct coaching points.

**COACHING POINTS:**

- Movements off the ball
- Creating space with your movements
- Combination Play
- Switching Play