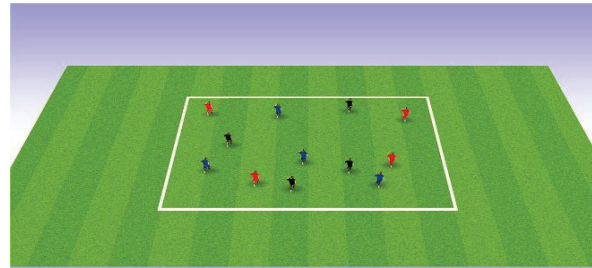


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**Warm-up (20mins) - Passing Warm-up**

**Variations**

- Players on the outside with ball, Players inside 2 touch pass back, rotate
  - Players on the outside with ball, Players inside 1 touch pass back, rotate
  - Players inside with ball, dribble and pass to an outside player, rotate
  - Players inside with ball, pass and switch positions with outside players
- Coaching Points
- Receiving with back foot
  - Asking for the ball, players should not pass ball if player is not asking for it
  - Quality of pass (weight of the pass)
  - Proper technique (receive inside of foot, pass with inside of foot)
  - Distance of pass, not too close not too far (5-7yds away)



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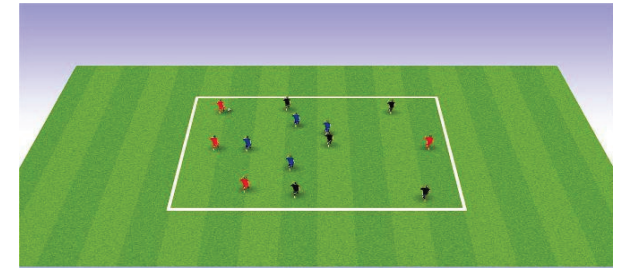
**Theme #1 (10 mins)- 3 Team Passing**

**Variations**

- Red pass to Blue, Blue pass to Black, Black pass to Red
- Blue pass to Red, Red to Black, Black to Blue

Coaching Points

- Awareness
- Asking for the ball



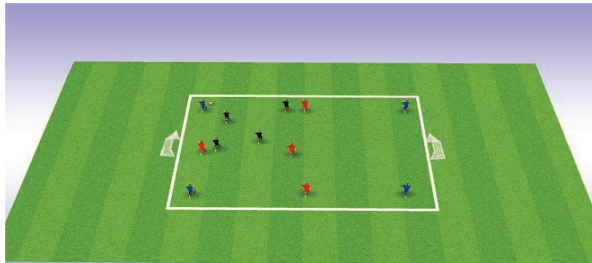
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**Theme #2 (20 mins) - 3 Team Possession Game**

- 2 teams possessing the ball, 1 defending (rotate all teams)
- Count how many passes completed in 3 mins
- Losing team does run/exercise
- Defending team can possess ball when winning it back

Coaching Points

- How can we keep the ball?
- Can we play out of pressure?
- Off ball movement
- Quality of passes
- Spreading out
- Receiving with back foot



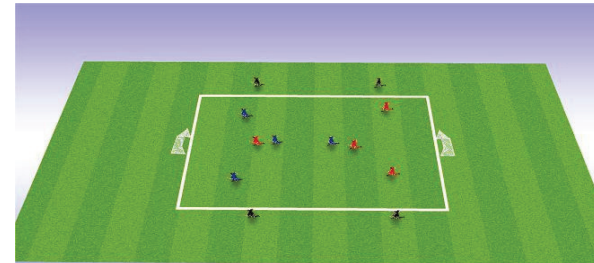
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**THEME #3 (20 mins) – 3 Team Possession w/ counter goals**

- 2 teams possessing the ball, 1 defending (rotate all teams)
- Count how many goals in 3 mins
- Losing team does run/exercise
- Defending wins ball, goes to goal or keep ball

**Coaching Points**

- How can we keep the ball?
- Can we play out of pressure?
- Off ball movement
- Quality of passes
- Spreading out
- Receiving with back foot



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**THEME #4 (20 mins) – Small-Sided Game w/ neutrals**

Bring goals forward. Play 4v4 with the 3rd team waiting on the sidelines as neutrals.

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