

WARM UP (10-15 mins) – Basic Passing

Players in pairs. Basic passing technique

COACHING POINTS:

Intensity

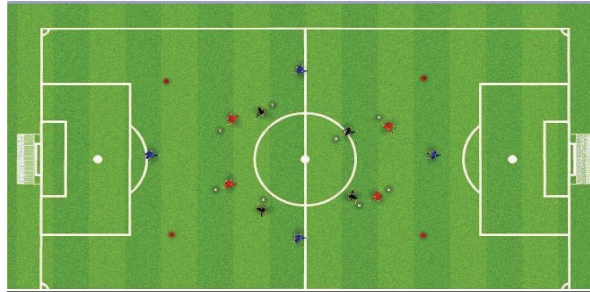
Head up

Correct technique

*As players arrive, make sure they have pinnies on - 3 colors if possible.

PROGRESSION:

Put in groups of 3 - follow pass



THEME #1 (15 mins) – Passing

Set up square. Use players in groups based on pinnie color.

4 players on the outside. 8 players on inside. Players on the inside pass to outside player who returns pass

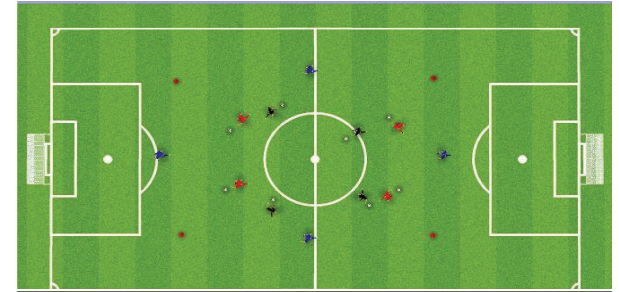
COACHING POINTS:

1 - Correct passing technique and pace of pass

2 - Movement off the ball - make it game realistic

3 - Communication - visual & verbal

*NOTE - if too many passes are going to the same outside player (due to overload numbers on inside) then add players to outside to even up. Switch outside players regularly. Success is key to the session running smoothly and the players enjoying the session.



THEME #2 (15 mins) – Passing

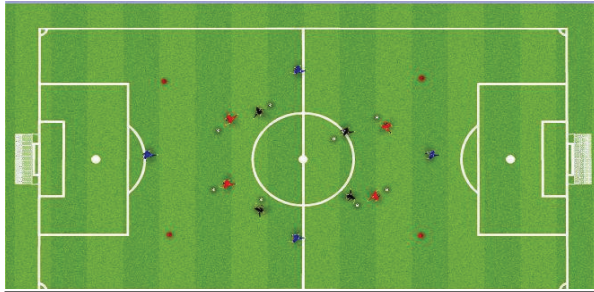
Players when they pass to the outside they must overlap the receiver (run round the back) and get the pass back once inside the area. Switch outside players regularly.

COACHING POINTS:

1 - Correct passing technique and pace of pass

2 - Movement off the ball - make it game realistic

3 - Communication - visual & verbal

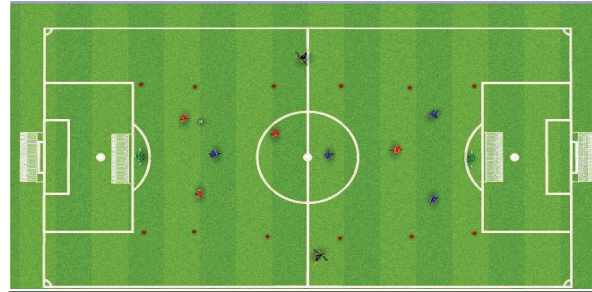


THEME #3 (15 mins) – Passing

Players pass the ball to the outside player, who dribbles in and takes inside players place. The original passer then goes to the outside to become a receiver.

COACHING POINTS:

- 1 - Correct passing technique and pace of pass
- 2 - Movement off the ball - make it game realistic
- 3 - Communication - visual & verbal



THEME #4 (20 mins) – Game Based On Theme

If you have 2 GKs on team then introduce them to their position in this game. If 1 GK, then put them in one goal, and set up smaller goal at other end. If no GKs then use small goals only. Neutrals on the outside must stay outside and play for the team that is in possession. Remember to rotate the outside players. Use the coaching points from the Warm Up and the Theme to reinforce how they impact a game

COACHING POINTS:

- 1 - Correct passing technique and pace of pass
- 2 - Movement off the ball - make it game realistic
- 3 - Communication - visual & verbal

*This can be extended as long as instruction is taking place



THEME #4 ALTERNATE (10 mins) – Scrimmage

If space is available - Allow the players to play with no restrictions. You can expand this to one game (6v6; 7v7) if field space allows. Always promote the session topic within the game and remind players of the coaching points.

COACHING POINTS:

- 1 - Correct passing technique and pace of pass
- 2 - Movement off the ball - make it game realistic
- 3 - Communication - visual & verbal