Description	Organization	Coaching Points
WARMUP (20 min)		
Pass, receive to side, return pass - both feet	1 ball for 2 players 2 touch passing around cones 5 yds apart depending on skill level	Inside foot - knee of kicking foot facing out Plant foot next to ball not in front or behind
1 -> 2 -> 3 -> 4 -> 5 -> 6 -> 7 -> 8 Pass and follow your pass (have fewer players in ea line if you want more touches - start with players receiving ball still, then moving fwd 2 touch, 1 touch?	Groups 10 yds apart 2 lines of 4 players ea (8 players in group) 1 ball 7, 5, 3, 1 • <-> 2, 4, 6, 8 3 teams going at the same time (2 gates open) 1 ball for 2 players 5 gates in a 20 x 20 yd box : : : : No def, just 3 teams competing for open space.	Pass with inside of foot Strike thru the middle of ball Talk and work together moving to each gate Keep head up so don't go to same gate as other team Don't just kick, pass
TECH SKILL adding pressure (20 min)		
Sequence passing 1->2->3->4->5->6->1 repeat Pass and move Add coach in between players to have them think	5 players with 1 ball - 20 x 20 yd space 3 1 5 4 6 2	Keep head up Don't just kick, pass Receive ball into open space if possible
Add Defender and count passes see if OFF can get 3 passes before DEF takes it. (rotate DEF & then rotate DEF to OFF for constant rotation. Take off restriction of sequence passing if too hard	Add Defender (regroup into grps of 8 - 5 v 1 w subs) 3 1 5 6D 4 2	Play the next pass without too much dribbling
GAME LIKE CONDITIONS (20 min)		
Small sided game	Game 4 v 4 with subs small sided game - Maybe have a restriction to start that divides players into 1/2s of the field R or L or Off/Def Progression: unrestricted	Same as above

Description	Organization	Coaching Points
WARMUP (20 min) Sequence passing 1 ball to get hang of it then add a 2nd ball restarting w/ balls at players 1&3	Undefined space. 1 ball to start	Be alert, keep moving without ball Know who is passing ball, and who your pass to
Receive and play back to same player move repeat 2 touch playing ball back to same player & switching outside player that receives ball leaves it & looks for another Receive ball, dribble - find another outside player pass to that player and repeat		Keep head up Don't just kick, pass Receive ball into open space if possible Play the next pass without too much dribbling
TECH SKILL adding pressure (20 min)		
Start with light pressure from (DEF:7,8) (1-6) receiving passes, dribbling and finding another player on outside to play ball to. (1 ball - 2 passes before you can play the ball to outside player.	Box 1/2 in & 1/2 out balls with players on outside 30 x 30 yd box 9 10 7D 1 - 6 8D	Be alert - know where defender is and how much time you have when you receive. Communicate without the ball - let teammates know if they have time and if you are open.
6v2 If DEF intercepts they swap out and keepaway begins again until ea DEF pair goes twice (switch OFF/DEF)	9 10 7D 1-6 8D	Spread out so harder on defense Don't dribble too much - keep ball moving Keep ball on the ground and look for longer passes
GAME LIKE CONDITIONS (20 min)		
Small sided game	Game 4 v 4 with subs small sided game - Maybe have a restriction to start that divides players into 1/2s of the field R or L or Off/Def Progression: unrestricted	Same as above

Up -> Back -> Thru Groups of 4 or 5 1 ball 1. 2 Check away & strike while moving towards ball 3 4 1 touch if possible under control - inside foot pass 1 has ball. Cones a-c, b-d 20 yds; a-b, c-d 10 yds apart 1->3->4, 3 moves (c.) 4->3, 2 moves (a) 3->2->1 - repeat 1->2->1->4 who moved to (d) - repeat 4->3->4->2 hard driven ball on ground, air for 1 or 2 touch 1 3 Strike ball and follow thru to target	Description	Organization	Coaching Points
1. 2 3 4 1. touch if possible under control - inside foot pass 1 has ball. Cones a-c, b-d 20 yds; a-b, c-d 10 yds apart 1-32-3-4, 3 moves (c,) 4-33, 2 moves (a) 3-32-31 - repeat 1-32-3-4, 3 moves (c) 4-33, 2 moves (a) 3-32-31 - repeat 1-32-3-4 who moved to (d) - repeat 4-33-34-32 hard driven ball on ground, air for 1 or 2 touch 1 3 Ball on the ground when possible Strike ball and follow thru to target FECH SKILL adding pressure (20 min) For upse of 8 y b y b Attack side closest to "help/wall passer" Wall passer use inside front foot letting ball pass thru body before return pass Wall passer must be still - pass to lead foot No restrictions to start - 4 passes = 1 pt Progression - alternating color passing on offense Progression - 2 touch restriction on 1 color on offense Pro	WARMUP (20 min)		
Check away & strike while moving towards ball 1 touch if possible under control - inside foot pass 1 has ball. Cones a-c, b-d 20 yds; a-b, c-d 10 yds apart 1-33-43, anoves (c), 4-3, 2 moves (a) 3-2-2-1 - repeat 2 4 3 all on the ground when possible 3 all on the ground when possible 4 b d Ball on the ground when possible 5 trike ball and follow thru to target TECH SKILL adding pressure (20 min) TeCH SKILL adding	Up -> Back -> Thru	· ·	Keep pace on the ball crisp, ball on the ground
1 has ball. Cones a-c, b-d 20 yds; a-b, c-d 10 yds apart 1-33-3-4, 3 moves (c, 14-32, 2 moves (a) 3-32-91 - repeat 1-32-91-34 who moved to (d) - repeat 4-32-34-2 1 hard driven ball on ground, air for 1 or 2 touch FECH SKILL adding pressure (20 min) Vol give-n-go Groups of 8 Y Bull passer ruse inside front foot letting ball passer Wall passer use inside front foot letting ball pass thru body before return pass Wall passer must be still - pass to lead foot No restrictions to start - 4 passes = 1pt Progression - 3 touch restriction on 1 color on offense Progression - 2 touch restriction on 1 color on offense Passing thru gates to score. 5v5 finding angles and open space to play passes No restriction to dump Sv5, 7 gates passing thru gates to score 40 x 30 Spread out - longer passes when possible Keep ball on ground and use crisp passing For gression - 2 touch restriction on 1 color on offense Progression - 3 touch restriction on 1 color on offense Passing thru gates to score. 5v5 finding angles and open space to play passes Wove in 3s Receiver needs to have option to dump		1. 2	Check away & strike while moving towards ball
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1-32-34. 3 moves (c.) 4-33, 2 moves (a) 3-32-31- repeat 4-32-34-32 b d Ball on the ground when possible Strike ball and follow thru to target IECH SKILL adding pressure (20 min) Vol give-n-go Groups of 8 Y Bob Y Wall passer use inside front foot letting ball pass thru body before return pass Wall passer must be still - pass to lead foot Progression - 2 touch restriction on 1 color on offense Progression - 2 touch restriction on 1 color on offense Passing thru gates to score. 5v5 finding angles and open space to play passes Synce the sum of the pround when possible strike ball and follow thru to target Outside of foot pass from dribbler Attack side closest to "help/wall passer" Wall passer use inside front foot letting ball pass thru body before return pass Wall passer must be still - pass to lead foot Synce ball on the ground when possible Attack side closest to "help/wall passer" Wall passer use inside front foot letting ball pass thru body before return pass Wall passer must be still - pass to lead foot Spread out - longer passes when possible Keep ball on ground and use crisp passing Eve contact prior to pass - communicate with hand signals, or asking for ball to be played. Talk and move without the ball Spread the game. Realize when receiving pass goal is to find teammate quickly - pass & move. Spread the game. Realize when receiving pass goal is to find teammate quickly - pass & move.			1 touch if possible under control - inside foot pass
Description	1 has ball. Cones a-c, b-d 20 yds; a-b, c-d 10 yds apart	a c	Pace on pass is important
hard driven ball on ground, air for 1 or 2 touch 1 3 Strike ball and follow thru to target Strike ball and follow thru to target Coutside of foot pass from dribbler Attack side closest to "help/wall passer" Wall passer use inside front foot letting ball pass thru body before return pass Wall passer must be still - pass to lead foot Sy4 keepaway 40 + 4y v 4b 40x40 yd space 1 ball No restrictions to start - 4 passes = 1pt Progression - alternating color passing on offense Progression - 2 touch restriction on 1 color on offense Progression - 2 touch restriction on 1 color on offense Sy5, 7 gates passing thru gates to score 40 x 30 Syread out - longer passes when possible Keep ball on ground and use crisp passing Eye contact prior to pass - communicate with hand signals, or asking for ball to be played. Talk and move without the ball Syread the game. Realize when receiving pass goal is to find teammate quickly - pass & move. Eye and the game. Realize when receiving pass goal is to find teammate quickly - pass & move. Move in 3s Receiver needs to have option to dump	1->3->4, 3 moves (c.) 4->3, 2 moves (a) 3->2->1 - repeat	2 4	
Strike ball and follow thru to target Strike ball and follow thru to target	• • • • • • • • • • • • • • • • • • • •	-	Ball on the ground when possible
FECH SKILL adding pressure (20 min) 2v1 give-n-go Groups of 8 y b y Attack side closest to "help/wall passer" Wall passer use inside front foot letting ball pass thru body before return pass Wall passer must be still - pass to lead foot Sv4 keepaway 4o + 4y v 4b 40x40 yd space 1 ball No restrictions to start - 4 passes = 1pt Progression - alternating color passing on offense Progression - 2 touch restriction on 1 color on offense Fey contact prior to pass - communicate with hand signals, or asking for ball to be played. Talk and move without the ball Syread the game. Realize when receiving pass goal is to find teammate quickly - pass & move. Expected to play passes Syread the game. Realize when receiving pass goal is to find teammate quickly - pass & move. Move in 3s Receiver needs to have option to dump	nard driven ball on ground, all for 1 or 2 touch	1 3	Strike ball and follow thru to target
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thru body before return pass Wall passer must be still - pass to lead foot 4o + 4y v 4b 40x40 yd space 1 ball No restrictions to start - 4 passes = 1pt Progression - alternating color passing on offense Progression - 2 touch restriction on 1 color on offense Eye contact prior to pass - communicate with hand signals, or asking for ball to be played. Talk and move without the ball 5v5, 7 gates passing thru gates to score 40 x 30		1 '	Attack side closest to "help/wall passer"
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Passing thru gates to score. 5v5 finding angles and open space to play passes : : : : Move in 3s Receiver needs to have option to dump	GAME LIKE CONDITIONS (20 min)		Talk and move without the ball
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a short pass thru gates.			
			a short pass thru gates.

Description	Organization	Coaching Points
WARMUP (20 min)		
Pattern passing box	10 x 10 box groups of 7 or more 5v2 with the 5th OFF in the middle looking for 1 touch	
2v1 give-n-go	b S y	Outside of foot pass from dribbler Attack side closest to "help/wall passer" Wall passer use inside front foot letting ball pass thru body Don't lead wall passer - play to front foot
TECH SKILL adding pressure (20 min)		
Diagonal possession - change when ball played to outside. Work on give-n-gos	у .b b у	Be quick to recognize benefit of switching roles Setup give-n-gos by showing wide and on angle Move without the ball to create passing alleys
Passing thru gates to score. 5v5 finding angles and open space to play passes	: : :	Spread the game. Realize when receiving pass goal is to find teammate quickly - pass & move. Move in 3s Receiver needs to have option to dump a short pass thru gates.
GAME LIKE CONDITIONS (20 min)		
Rotation - endzone passers go wide; wide come in; and inside players go to endzone.	and Bumpers on sidelines R Y R • R Y R Y Y	Goal - never be flat on inside Look for opportunities for give-n-go w wide players Show on angles so deep pass is made and not close pass Find ways to combine inside - up-back-thru