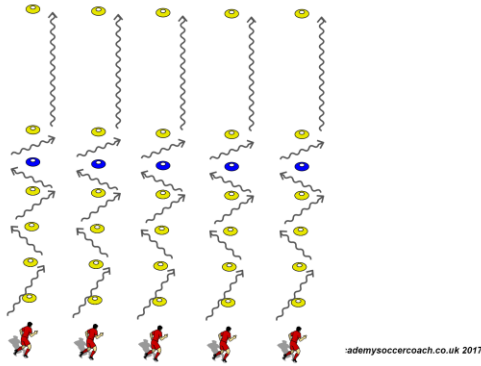




OBJECTIVES- Passing and Receiving



TECHNICAL WARM-UP Grid Size: 20x30 Duration: 15 Mins

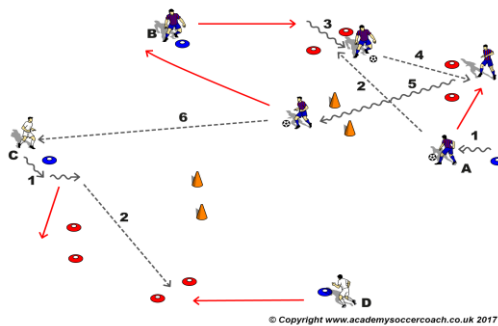
French Dribbling

Groups of 3-5 players max in each line, cones 1 yd apart
Player A dribbles thru cones using different parts of feet.
When Player A gets to blue cone Player B can proceed
Once past the last cones he should speed dribble and perform a turn and return to the end of the line.

Progression: After turn he can pass to the player at the back of the line

COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.
Lots of small touches.

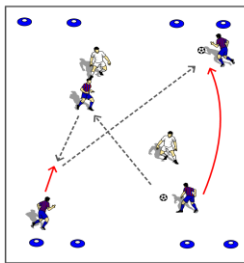


ACTIVITY 1 Passing Pattern Grid Size: 20x30 Duration: 15 Mins

Player A dribbles and passes thru gate to player B who starts at blue cone. Player B dribbles thru gate and passes the ball back to player A thru other set of gates. Player A receives ball and dribbles with speed thru 2 sets of gates. Player A passes forward to player C. After the forward pass, players switch positions. C plays with D the same pattern as A and B

COACHING POINTS / KEY CONCEPTS

Non-Kicking foot pointed to target, Toe up, ankle locked. Strike thru middle of the ball. Receiving: On your toes, get behind ball. Toe up ankle locked. Eyes on the ball, 1st touch, push the ball where you want to go.



ACTIVITY 2 3v2 to 4 goals Grid Size: 20X30 Duration: 15 Mins

Possession vs counter

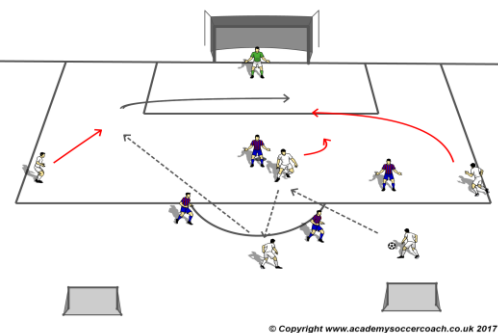
Team with 3 tries to possess and create goals while the team with 2 tries to score goals or dribble across on the counter.

If a team has 4 or more passes among them and score the goal is worth 3 points.

Team with 2 players can pass thru small gates for 1 point or dribble across back line for 2 points.

COACHING POINTS / KEY CONCEPTS

Good 1st touch, push the ball where you want to go. Try to find the open space and open teammate.



ACTIVITY 3 5v4 to goal Grid Size: 40x50 Duration: 15 Mins

5v4 to goal with 2 counter goals.

If a team has 7 or more passes among them and score the goal is worth 3 points. All other goals are 1 point.

COACHING POINTS / KEY CONCEPTS

Quick ball movement to find 2v1 situations to score goals.

Good first touch, push the ball where you want to go.

Good passes that allows teammates time and space