

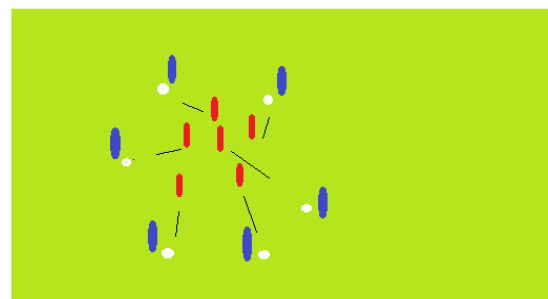
TECHNICAL SKILL DEVELOPMENT & THEME RELATED GAMES : PASSING

REC 5TH- 8TH

Warm Up (15 min)

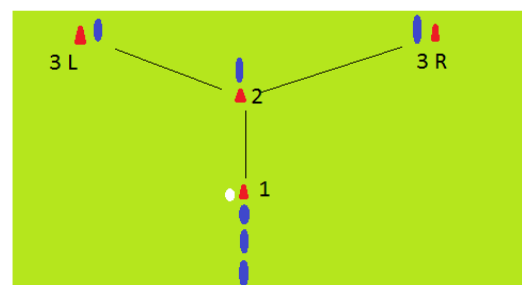
- Passing Warm Up (split players into two groups)
- One group of players with a ball each makes a big circle, players with out ball inside circle
- Players inside check to a pass on the outside, players recieves the pass and gives a good hard pass back then finds another open player on the outside. (switch players every 4 min)

FOCUS: communication (asking for the ball , calling names)
correct passing technique



Y- Passing (15 min)

- Line of players with a ball behind cone #1 , one player on cone #2, a player behind cone # 3 Right side and player on cone # 3 left side
- Cone # 1 passes to cone # 2, cone # 2 passes to either cone # 3 (right or left) , player on cone # 3 dribbles back to the line
- FOCUS: checking to the ball correctly
good positive touches
correct passing technique
- Progression : add pug goals so cones # 3 can finish on goal

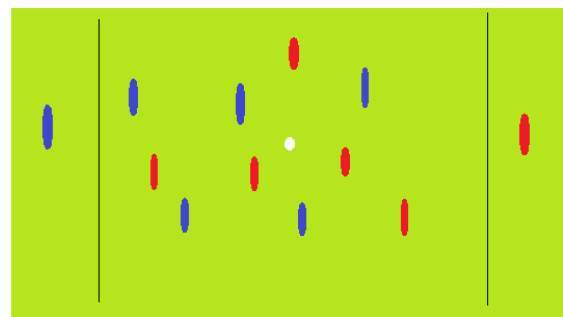


Possesion game with target players (15 min)

- Make two teams (as even as possible)
- Point of the game is to get as many points as possible
- one target player from each team on either end of the grid
- ways to get points is by completing 5 passes with out other team getting the ball (depends on age) equals one point, also passing it to target players equals one point

FOCUS : communication
creating space
good passing

Progression : when players pass to target players make them switch as the target players enters possesion game and player who pass the ball is now the target player



Small sided game (15 min)

- small sided game but still focusing on the passing
- keep the 5 passes in a row equals a goal rule

FOCUS : connecting passes
finding space
communication

