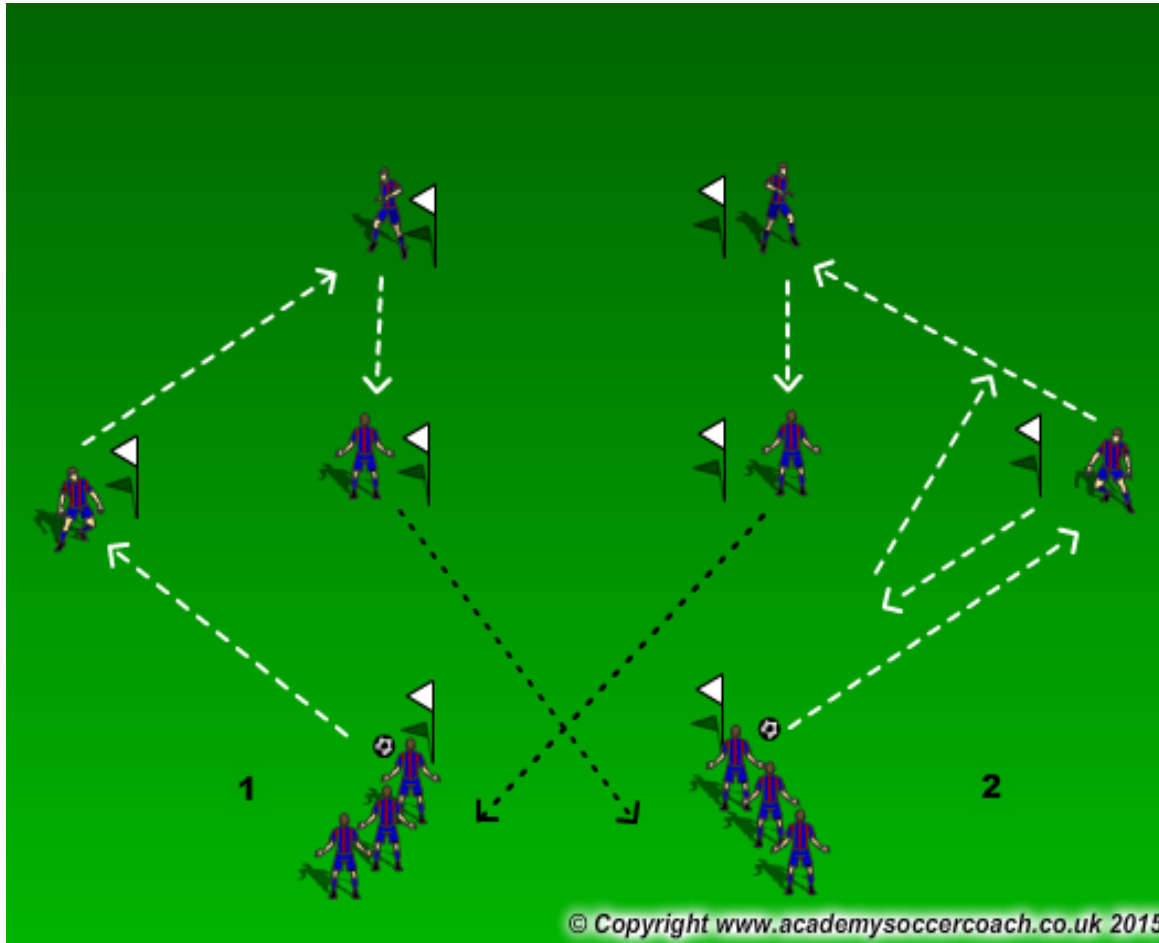


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Session Two:
Passing

Warm Up Activity: Pass and Follow



Area: Set-up 4 cones or flags, approx. 8-10 yards apart. Mirror with two areas.

Description: Multiple players on 1st cone/Flag. All with a ball.
1 player each on remaining cones/flags

Phase 1:

Player 1 passes to outside player, player 2 passes to far cone, player 3 passes to inside cone, player 4 dribbles to the back of the opposite line. All players follow their pass.

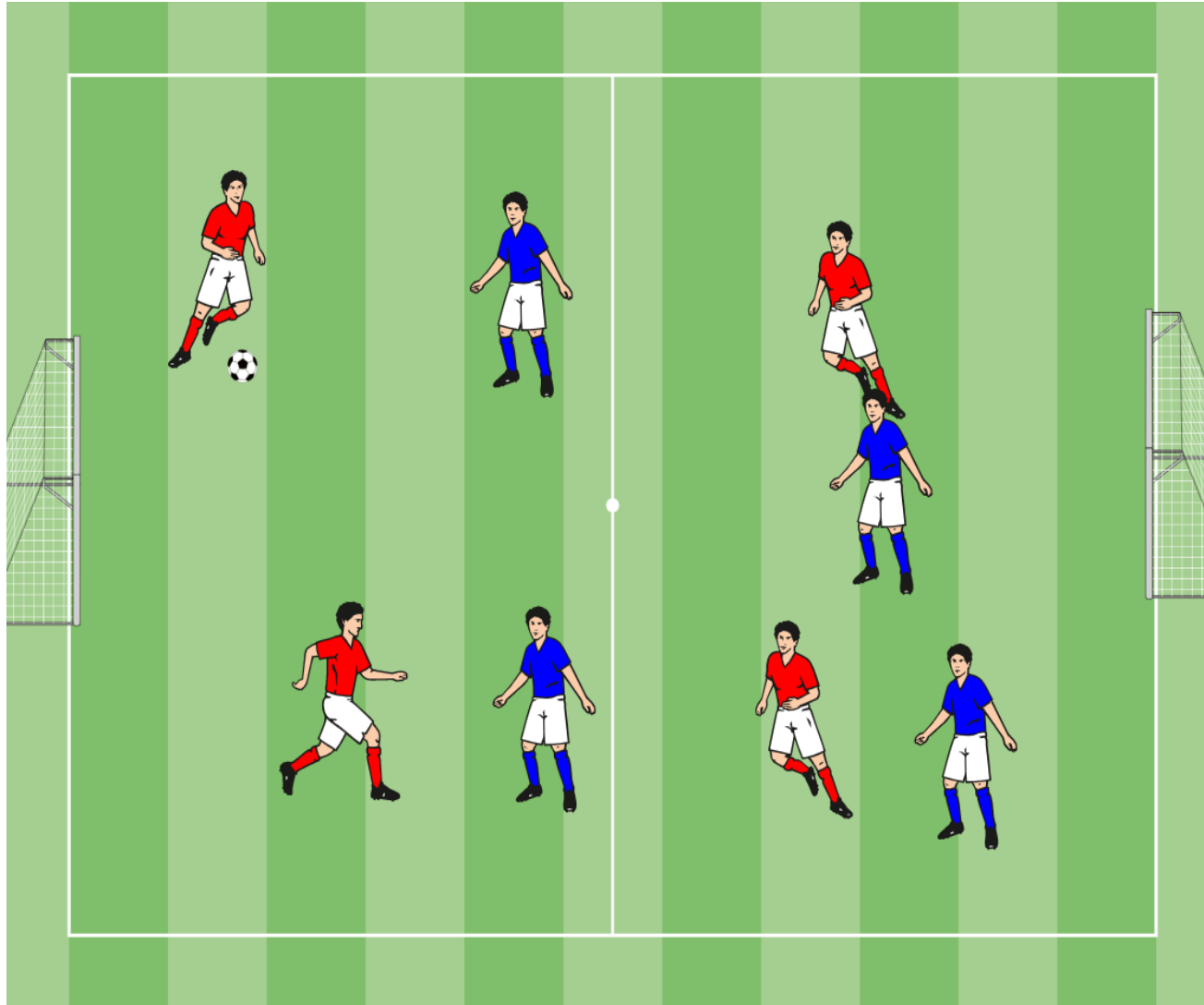
Phase 2:

Repeat with player 1 and player 2 combining on a give and go.

Coaching Points:

Quality of the pass – zip it in
Movement before and after the pass
First touch in the direction you want to play
Communicate – demand the ball

Small Sided Games: 4 V 4



Organization: 20 x 30
grid,
Two teams of 4 vs 4

Let the game flow and
give pointers when
necessary, try not to
keep starting and
stopping it.