

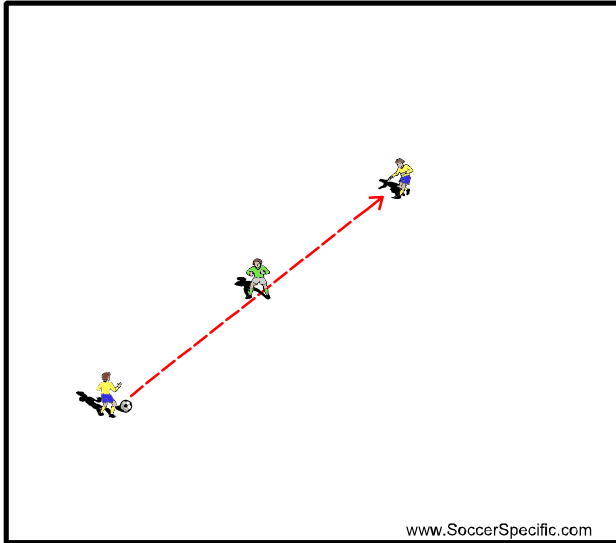
ACTIVITY #1

Set up: two players 5-8 yards apart. Third player in the middle with opened legs.

Instructions: Pass through middle players legs. 2 pts for clean pass, 1 pt for deflected pass. Rotate after 5 attempts

Coaching Points: Push Pass; toe up, ankle locked, knee bent, follow through the middle of the ball. Plant foot pointed towards passing target.

On toes to receive and/or move to receive



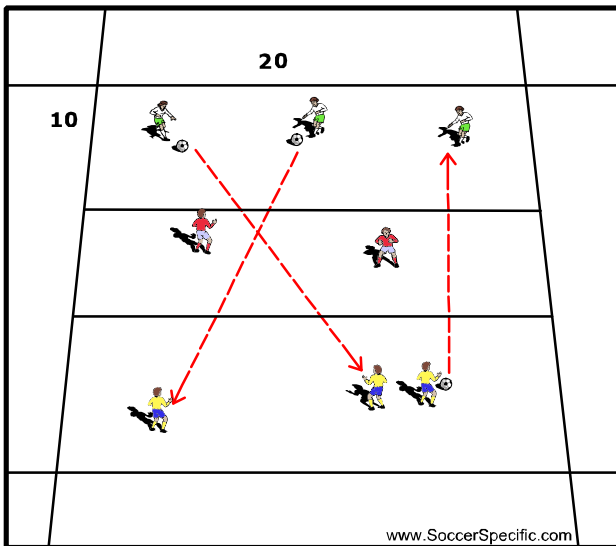
ACTIVITY #2

Set up: Field divided into thirds. Players on each end. 1-3 defenders in middle (depending on ability). 1 ball for every 2 players

Instructions: Players on the ends attempt to pass through the middle zone to players at other end. Count number of successful passes. Players can have designated partner but avoid this if appropriate.

Coaching Points: proper passing technique; toe up, ankle locked, knee bent, follow through middle of ball. Plant foot pointed at passing Target.

Weight of pass (longer distance pass can be struck harder).
Communication.



ACTIVITY #3

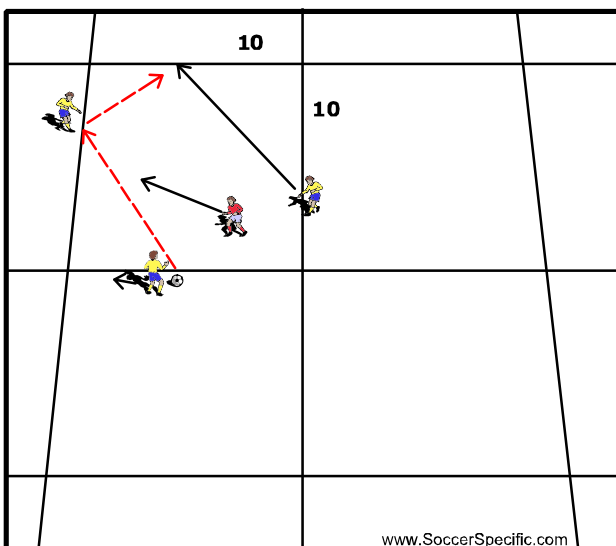
Set up: 3 attacking players. 1 defender (holding bib)

Instructions: 3 attacking players must stay on the edge of the grid and attempt to maintain possession. How many can you get in a row. rotate defender (based on time or number of attacking misques)

Coaching Points: Proper passing technique

Movement to support player on ball

Awareness/engagement when off the ball



ACTIVITY #4

Set up: 3v3/2v2. Approx. 15x25 to popup or cone goals

Instructions:

Coaching Points:

