

PLAY — PRACTICE — PLAY

“Passing and Receiving”

**Dribbling move
Ribery**

<p>PLAY 10 mins.</p>	<p>Play- as players arrive have them join in a small sided game.</p>	<p>Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
	<p><u>Activity Description</u></p>	<p><u>Set Up Diagram</u></p>	<p><u>Coaching Points</u></p>
<p>#1 15 mins</p>	<p><u>Paired Passing:</u> Two players passing and moving a ball between them in a defined space. After the player passes the ball, he/she shall move into another receiving position. Players should position themselves in passing lanes to receive and return a pass.</p>		<ul style="list-style-type: none"> Technique of passing locked ankle, toe up eyes on ball at instant of contact, follow through to partner strike ball solid through the middle, knees bent and balanced Communication to ask for the ball
<p>#2 15 mins</p>	<p><u>3v3 5 Goal Game:</u> In a 20x30 yard grid, five 2 yard goals are spread out throughout the grid. The teams score by passing and receiving through any of the goals to a teammate. First team to get 10 points wins. Coach: First have the players receiving with inside of foot, outside, and weak foot.</p>		<ul style="list-style-type: none"> Tech of passing and receiving Finding the open gate or goal Pace of the pass First Touch – Directional Clear Communication Supporting Shape
<p>#3 15 mins</p>	<p><u>4v4 with Bumpers:</u> In a 20x30 yard grid, two teams of 4 players each will try to score. Standing on each sideline will be 2 bumper players with 2 touches each who can be used at any time by the attacking team. If a team gets scored upon, they become the bumper players and the outside team plays on the field. Keep score and make the game competitive.</p>		<ul style="list-style-type: none"> Soft 1st touch receiving into space, away from pressure Proper weight, accuracy and timing of passes Possession vs. Penetration
<p><u>PLAY</u> 25 mins</p>	<p><u>Small Sided Games</u> 7v7 small sided game.</p>		<p>Let them play</p>

5 Elements	<p>Organized-set up and ready to go</p> <p>Game like-activity must be game like</p> <p>Repetitions-repetition on what you are trying to achieve</p>	<p>Challenging-players need to be challenged</p> <p>Coaching-the right coaching based on the age/level of the players</p>
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