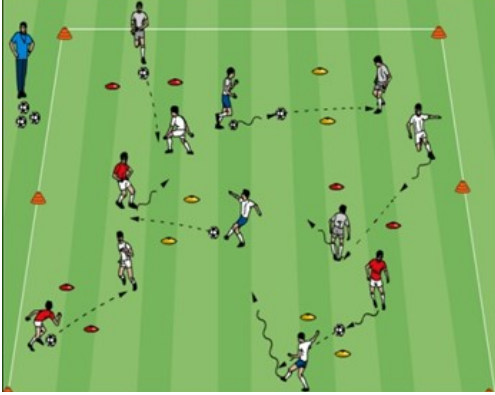
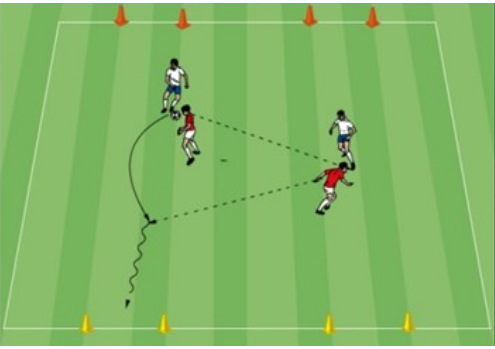
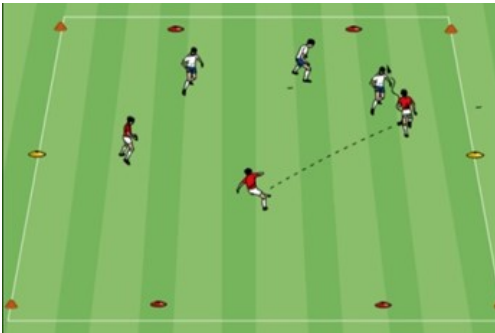



PLAY — PRACTICE — PLAY

“Passing and Receiving”

<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>Activity Description</p>		<p>Set Up Diagram</p>	<p>Coaching Points</p>
<p>#1 15 mins</p>	<p>Gate Passing In a 25x30 yard grid, set up many gates (two cones about 1 yard apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate in order to score a point and move to another goal to score another point.</p>		<ul style="list-style-type: none"> -Passing technique -Accurate passes -Proper weight -Find open gates
<p>#2 15 mins</p>	<p>2V2 (4 goals) In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line. Players will attack a set of two goals and defend the other set. Score by passing the ball through one of the two cone goals. Attack the open goal quickly.</p>		<ul style="list-style-type: none"> -First touch direction to set up for the pass Communicate with teammate Support with shape
<p>#3 15 mins</p>	<p>3V3 End Line In a 25x30 yard grid, make a one yard wide End Zone along each end line. Players will score by passing into and stopping the soccer ball in the End Zone to their teammate. Defenders can't defend in the End Zone.</p>		<ul style="list-style-type: none"> -Receive into space -Communication with teammates -Passing angles
<p>PLAY 25 mins</p>	<p>Small Sided Games 7V7 scrimmage</p>		<p>Let them play</p>

5 Elements

Organized-set up and ready to go
Game like-activity must be game like
Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged
Coaching-the right coaching based on the age/level of the players