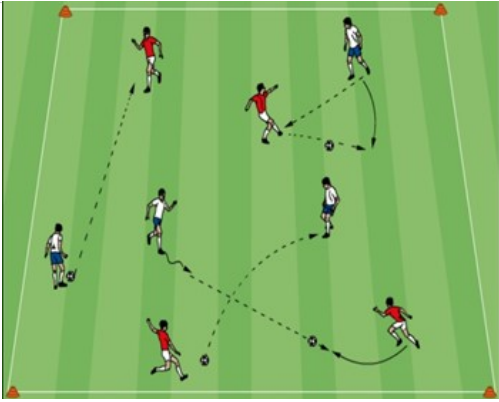
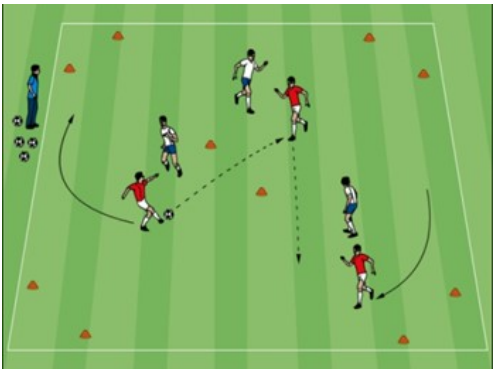
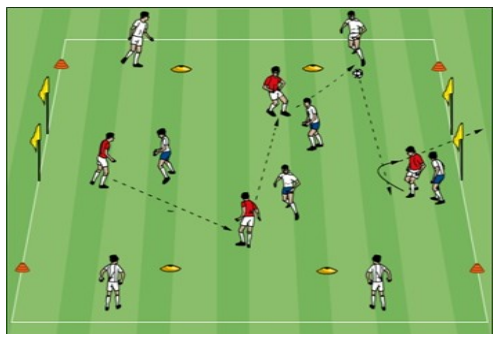



**PLAY — PRACTICE — PLAY**

**"Passing and receiving"**

**Dribbling move  
Ribery/Triangles**

| PLAY<br>10 mins.            | Play- as players arrive have them join in a small sided game.  | Set Up- 3V3 or 4V4 small games.<br>-20yds X 20yds fields<br>-Set up multiple fields if needed | Let them play  |
|-----------------------------|--|---|--|
| <u>Activity Description</u> |  | <u>Set Up Diagram</u>   | <u>Coaching Points</u>   |
| #1<br><br>15 mins           | <p><b>Paired Passing:</b></p> <p>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"> <li>-Technique of passing<br/>locked ankle, toe up</li> <li>receiving first touch – directional</li> <li>-Communication to ask for the ball</li> </ul>  |
| #2<br><br>15 mins           | <p><b>3v3 5 Goal Game:</b></p> <p>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.</p> <p><b>Coach:</b> First have the players receiving with inside of foot, outside, and weak foot.</p>  |            | <ul style="list-style-type: none"> <li>-Tech of passing and receiving</li> <li>-Finding the open gate or goal</li> <li>-Pace of the pass</li> <li>-First Touch – Directional</li> <li>-Clear Communication (demand the ball)</li> <li>-Supporting Shape</li> </ul>   |
| #3<br><br>15 mins           | <p><b>4v4 with Bumpers:</b></p> <p>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 into space under control.</p> |           | <ul style="list-style-type: none"> <li>Soft 1<sup>st</sup> touch receiving into space, away from pressure</li> <li>-Proper weight, accuracy and timing of passes</li> <li>-Possession vs. Penetration</li> <li>-Proper angle and distance of support off the ball</li> <li>-Communication between players</li> </ul> |
| PLAY<br><br>25 mins         | <p><b>Small Sided Games</b></p> <p>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