

ACTIVITY #1

Set up: Small goals are set up 15 yards from each other.

Instructions: Players attempt to pass ball to partner at opposite side through cones. Player receives ball and plays back to partner. Concentration is on technique not power. Two types of passes: 1) Push pass(side of foot), 2) Driven pass (with laces)

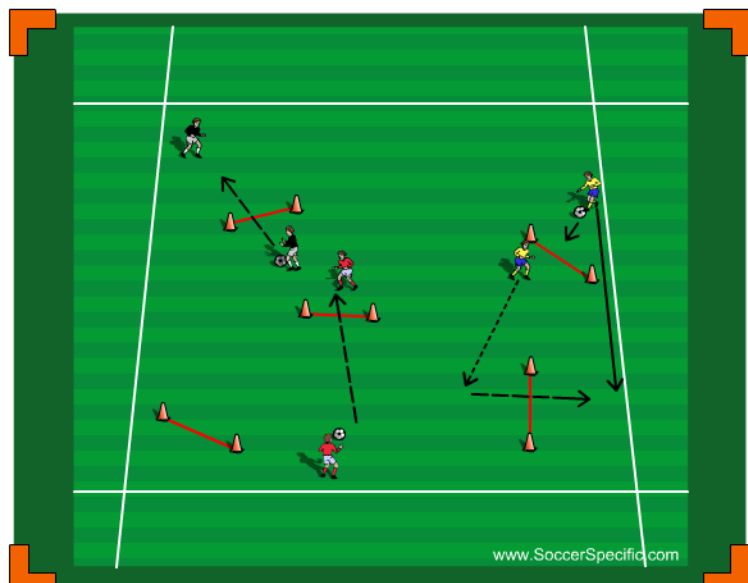
Progression: 1) 1st player to 10 points wins

Coaching Points:

Non-kicking foot beside ball

Weight over the ball

Hips towards target



ACTIVITY #2

Set up: 20 x 30 grid, gates are created by placing cones 2 yards apart and randomly around grid. Ensure there is more gates than players

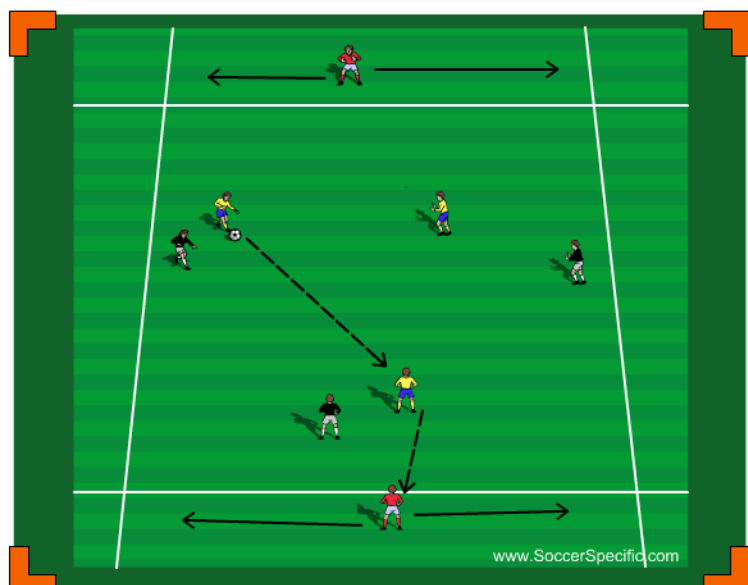
Instructions: Player in pairs move the ball around the grid and score by passing the ball on the ground to their partner.

Progressions: 1) 1st team to score on all goals wins, 2) Increase grid size and only driven passes in the air count, 3) Limit touches of receiver before they pass again.

Coaching Points:

Touch towards next goal

Play to teammate where they have space to turn



ACTIVITY #3

Set up: 30 x 40 grid, 3 v 3 to two target players

Instructions: Players pass ball around and score a point by passing ball into target player on end of grid.

Progressions: 1) Target player plays back to the team that scores and they now attack other end of grid, 2) Target players get only one touch, 3) Inside players get 2 touches only, 4) Bonus point if pass comes before they cross half-way line

Coaching Points:

Create passing angles

Play to where team mate can use space

Head up play early for a point if it's on