

(Set-Up: 5 zig zag lines with cones for 1 / None for 2 / 10 “holes” for 3)

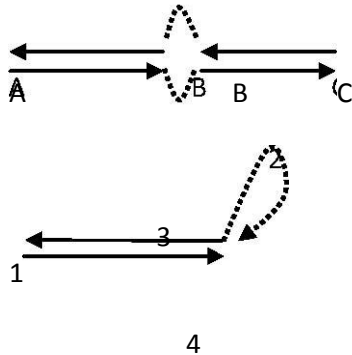
Warm Up – Dribbling Review (15 mins)

1. Zig Zag - Have 3 teams of 4. Set up about 5 cones per team. Players in turn zig zag through cones using foot and surface coach has stated. When all have been 1st team sitting down in straight line are the winners.
2. Pass and Stop - In pairs players are 3yds apart. Player 1 passes and player 2 stops ball. Player 2 runs backwards and player 1 runs forwards to pass ball again. Repeat for length of field then return with player roles switched.
3. Golf - Set up a series of cones 2 yds apart around field. Players have to pass ball through the course with the least amount of touches possible.

BREAK

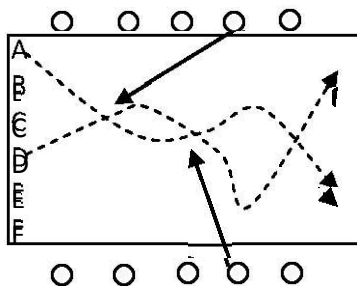
(Set-Up: None for 1 / See below)

Passing Technique (20 mins)



1. In pairs approx. 5 yds apart players pass back and forth. GIVE GOOD DEMO OF TECHNIQUE. Emphasize stopping ball 1st.
2. In 3's approx. 5 yds apart with 2 balls. A passes to B. B stops ball and passes back, then Turns to face C, who passes in. Repeat and rotate player B.
3. Numbers - In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to B in center of cross. When he passes shouts a # 1,2,3,4. B stops passes back and then runs to touch that cone. When A shouts 1 players change position after passes.
4. 3 squares - Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.

Passing Games 1 (20 mins)



BRITISH BULLDOGS

Set up Island like TMNC (Week 1). Have players start at one end with all the balls lined up along the two sides. Coach starts as BB. On command players have to run to other end of Island, dodging balls that BB is passing in. If hit below knee they become a BB. Reset all the balls and repeat till everyone hit. Winner starts as BB for next game.

BREAK

(Set-Up: Four 3 cone grids as below)

Passing Games 2 (15 mins)



Elvis Presley - Divide into pairs and place approx. 5 - 10 yds from each other. Player A has ball . Payer B must call A's name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return they repeat. Repeat 3 times and on final return players do Elvis shake, to show they are finished. New game A and B swap roles.

Passing Circle. Set up 2 circles. Player A is in center and other players have to pass to one another. Player A has to try and intercept. All players have a go as A. How many passes can be made without A touching ball.

BREAK

(Set-Up: Game field)

Game (15 mins)

4v4, No Goalkeeper

