

Learn to Train

Analytical

Mind the Gap



Organization

30 m x 30m. 3 teams of 4. Each team with a ball. 1 team to be placed outside of grid. 2 teams to be placed inside the grid.

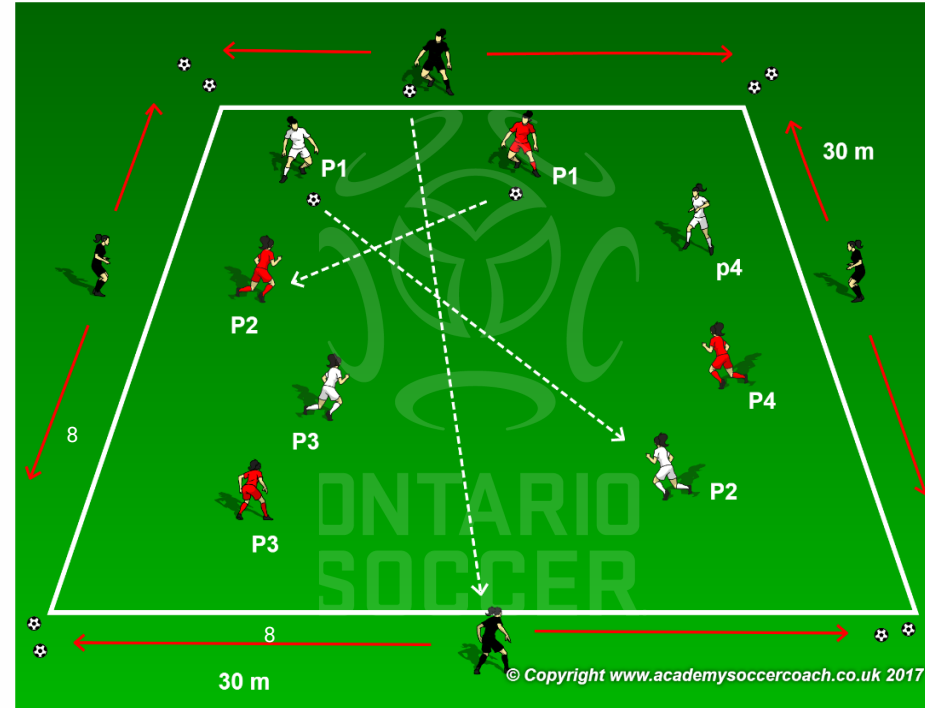
Procedure

The team on the outside of the grid, must pass to each other without hitting the players in the middle. The players inside the grid, must pass within their team's number 1-4. Player 1 must pass to player 2, player 2 must next pass to player 3 within their own team etc. Point awarded for each team that can eliminate a players by a penetrating pass.

Emphasis

Creating a Safe Environment
Positive Reinforcement
Allow Players to Make Decisions
Demonstration of the Activity
Asking Question

Progression



Timing	Area
10 Minutes	30 m x 30 m

Objective

Players will be able to pass the ball accurately to their teammate

Outcome

All players- will be able to pass with the inside foot to their teammate
Most players- will be able to pass the ball with both feet to their teammate.
Some players- will be able to pass the ball using different parts of their foot.

Technical / Tactical	Psychological
Passing Receiving Scanning Support	Safety Decision making Awareness FUN
Socio - Emotional	Physical
Problem Solving Communicating Teamwork	Agility Balance Co-ordination Change of Speed Change of Direction

Top Tip

Show players examples of professional players executing these techniques. Perhaps use a cell phone or a tablet to show examples of TFC, Ottawa Fury or the Canadian National Team and ask what details they can see and try and replicate.