

**Ela Rec 1-4 Passing (2)**  
AGE: U7 / U12 / 8 players  
TEAM FUNCTION: Attacking



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OBJECTIVE:  
TEAM TACTICAL PRINCIPLES:  
KEY QUALITIES:

 8

 60 min

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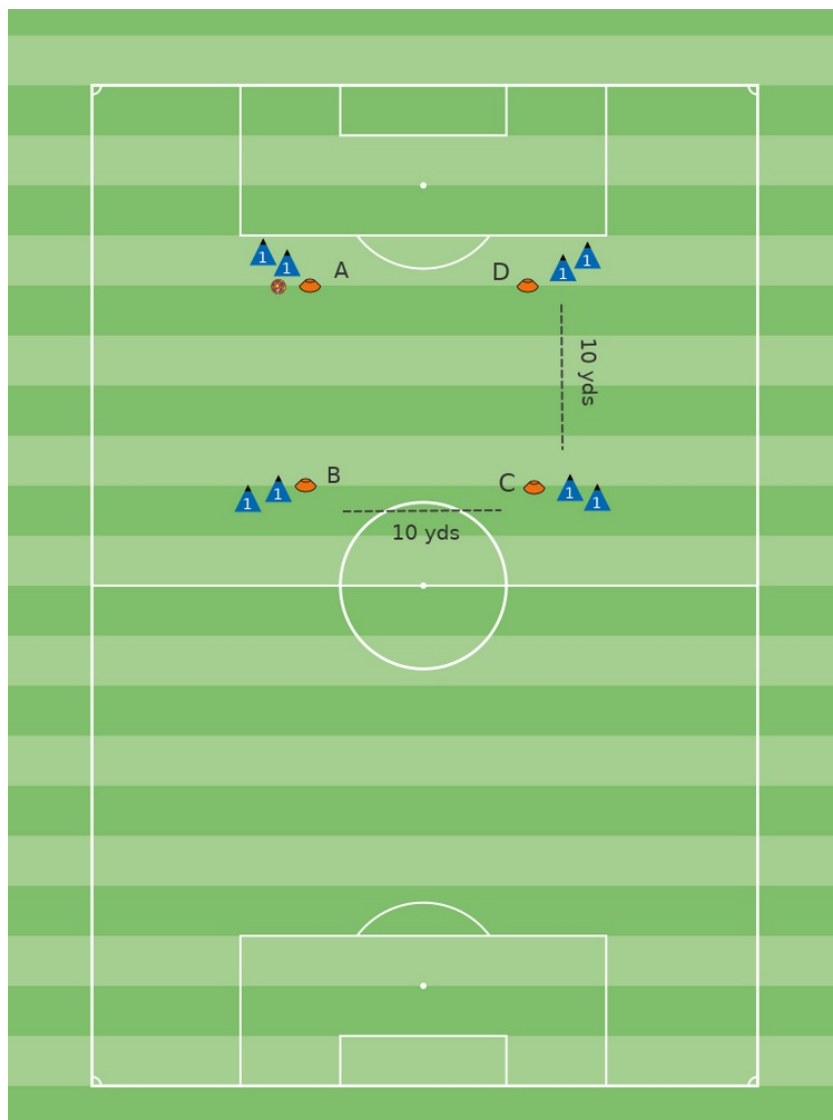
**Square Passing**  
**Small Passing Rondo**  
**3v3 with Passing Emphasis**

## Square Passing

OBJECTIVE: Improve the individual player's ability to pass and receive the ball

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**  
Attacking

 **AGE:**  
U5 / U11

 **PLAYERS:**

 **DURATION:**  
8:30 min (6 x 1:0 min, 0:30 min rest)

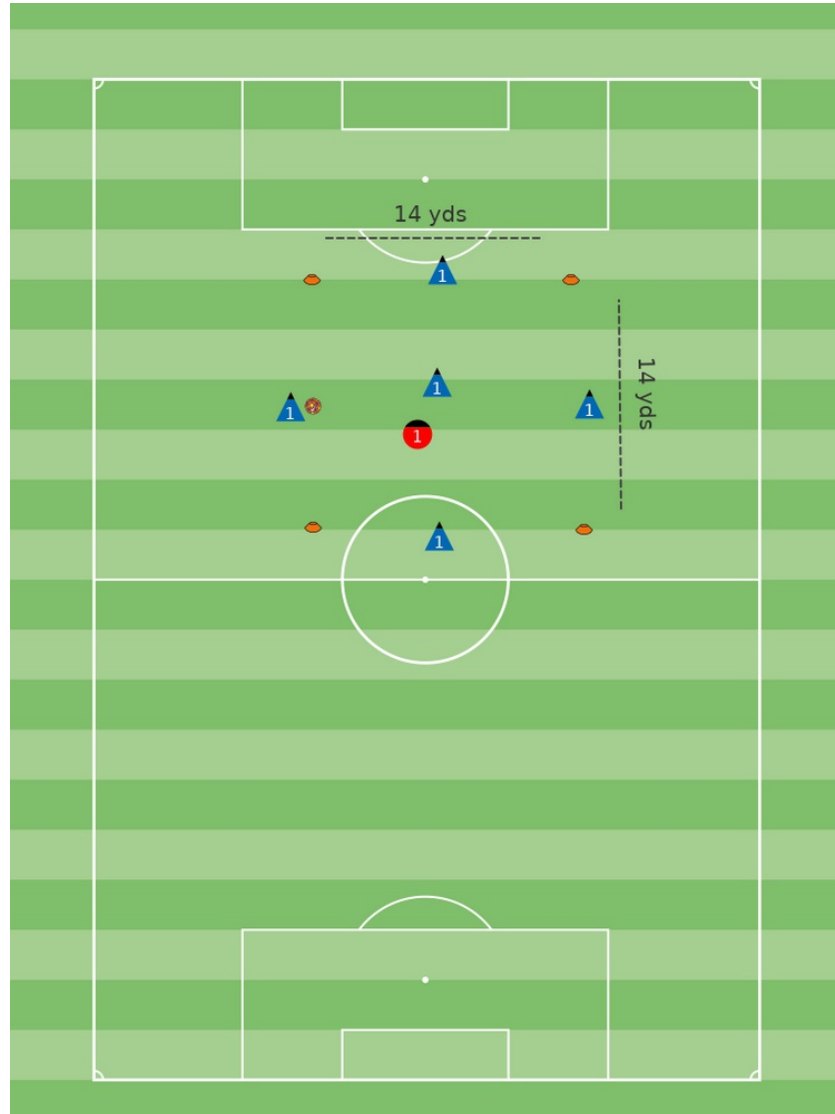
 **INTENSITY:**  
Extremely Light

## Small Passing Rondo

OBJECTIVE: Improve the individual player's ability to move to receive a pass

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Create a 5v1 (or numbers as needed) keep away game. Players in possession must connect 5 passes in a row to score a goal. Player in the middle must try to win the ball and dribble out of the grid in any direction to score (kicking the ball out does not count). Play for 75 seconds and rotate the players in the middle.

### KEY WORDS:

### GUIDED QUESTIONS:


### ANSWERS:

### NOTES:

 **TEAM FUNCTION:**  
Attacking

 **AGE:**  
U7 / Senior

 **PLAYERS:**  
6 vs 2

 **DURATION:**  
10:30 min (6 x 1:15 min, 0:30 min rest)

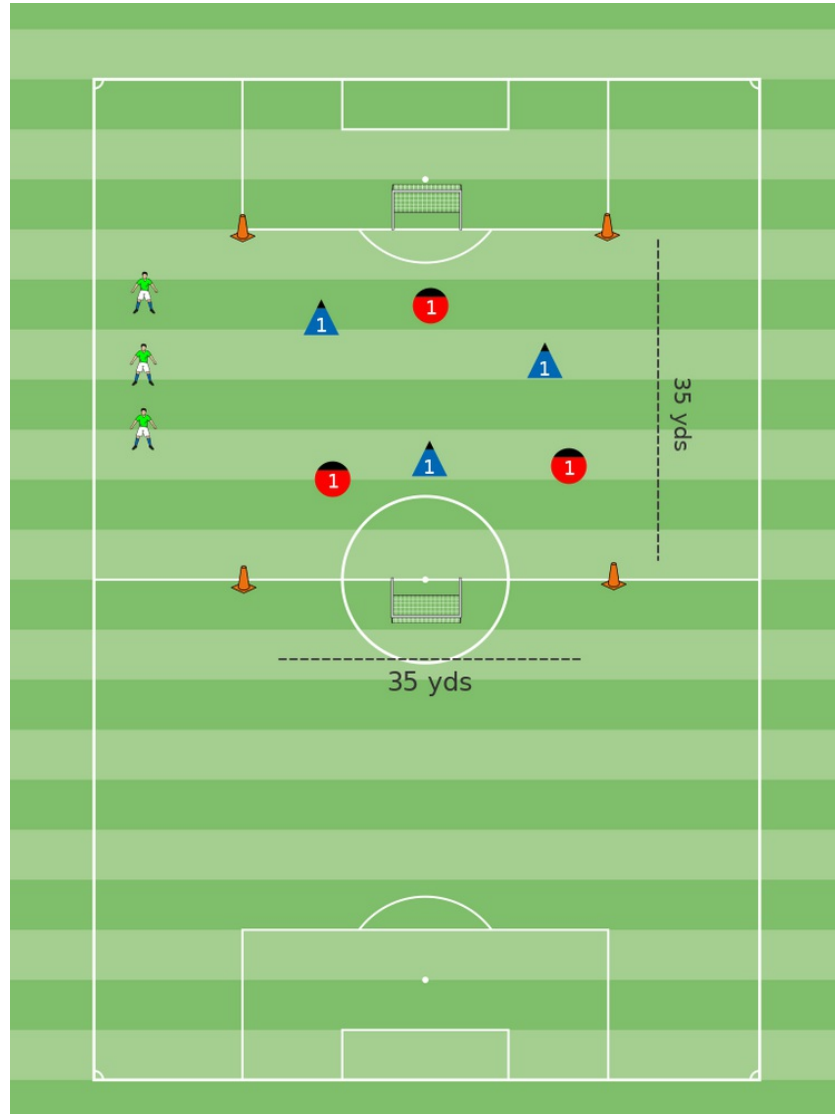
 **INTENSITY:**  
Very Very Light

### 3v3 with Passing Emphasis

OBJECTIVE: Improve the player's recognition of when to pass and ability to execute the pass

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



#### ORGANIZATION:

Field set up as shown. Can add GKs or neutrals if numbers require it. Teams play a normal 3v3 game with each goal counting as 1. If a team makes 1 pass in possession leading to a goal they add 1 point to the goal, 2 passes add 2 points, 3 passes add 3 points, etc. Play for 3 minutes.

#### KEY WORDS:

#### GUIDED QUESTIONS:

#### ANSWERS:

#### NOTES:

 **TEAM FUNCTION:**  
Attacking

 **AGE:**  
U5 / U10

 **PLAYERS:**  
3 vs 3

 **DURATION:**  
11:0 min (3 x 3:0 min, 1:0 min rest)

 **INTENSITY:**  
Very Hard

**Ela Rec 1-4 Passing (2)**

**OBJECTIVE:**

**TEAM TACTICAL PRINCIPLES:**

**KEY QUALITIES:**

**AGE:** U7 / U12 / 8 players

**TEAM FUNCTION:** Attacking

**DURATION:** 60 min

**Five Elements of a Training Exercise**

1. **Organized:** Is the exercise organized in the right way?
2. **Game-like:** Is the exercise game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there proper coaching, based on the age and level of the player?

**Training Session Self-Reflection Questions**

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

**NOTES:**