

**Warm Up (15 minutes)**

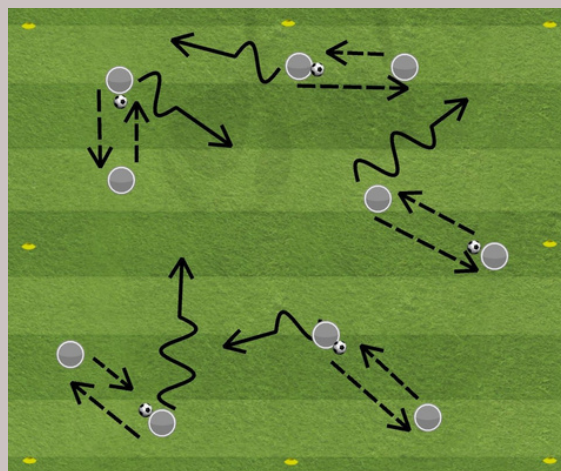
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls.

Players work in pairs with 1 ball between them. Players stand 5 yards apart and begin with passing the ball between them, control it upon receiving it and pass it back, when coach calls "play" the player with the ball turns and tries to keep the ball from their partner.

**Progressions:** Introduce a time limit which the player dribbling must keep the ball for. If players are able to get the players to play it between themselves with one touch.

**Regressions:** Instead of the player without the ball trying to win it, just have them follow and keep up with the player who has the ball. If players are struggling have them throwing the ball between each other instead of trying to pass it.



**Technical (20 minutes)**

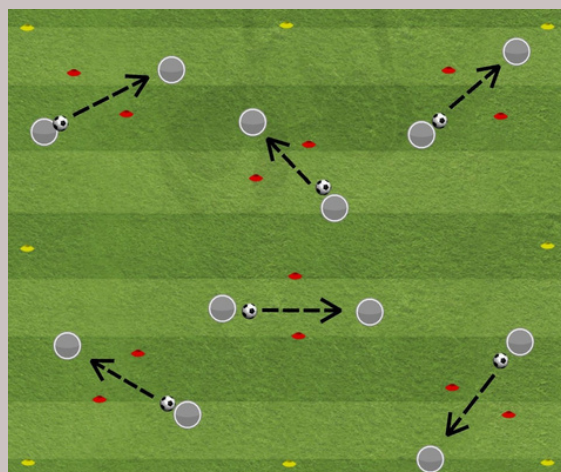
**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls.

Have multiple gates set up and pairs work in one gate. Players face each other with one ball between them. On coaches call of play players must pass the ball to their teammate who will receive it and play it back.

**Progressions:** Challenge the players to use 2 touches only, 1 to control 1 to pass. Make a competition of it, introduce a time limit and every time a pass goes through a gate it is 1 point.

**Regressions:** Make the gates larger for the players and remove any touch restrictions to help the players.



**Game (25 minutes)**

**Set Up:** 20 X 20 area.

**Equipment:** Cones, Balls, Goals, Bibs.

Set up a small sided game, with 4 goals. Make sure teams are small 3v3, 4v4 (5v5 depending on the players). Ensure there is a lot of space for players to play and get plenty of touches on the ball during the game.

**Progressions:** Introduce conditions to focus on passing. Every pass before a goal is scored changes the value of the goal 5 passes before = 5 goals.

**Regressions:** Remove any conditions and allow the players to play freely. Remove goalkeepers to make it more successful for the outfield players.

