

Topic: Introduce passing with inside of both feet

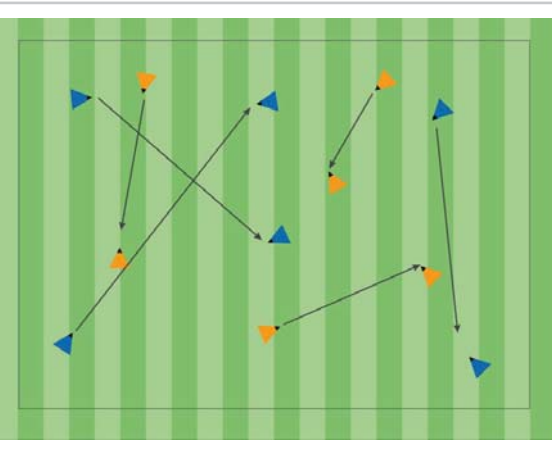
Objective: To gain an understanding of passing with the inside of the foot through exploration and fun games

Player Actions: dribble, passing, defend



Initial Play Phase - 10-12 minutes

Look at the back of this sheet or the email from the 1st week for clarification - this is an important phase to get the players in the mode for training.



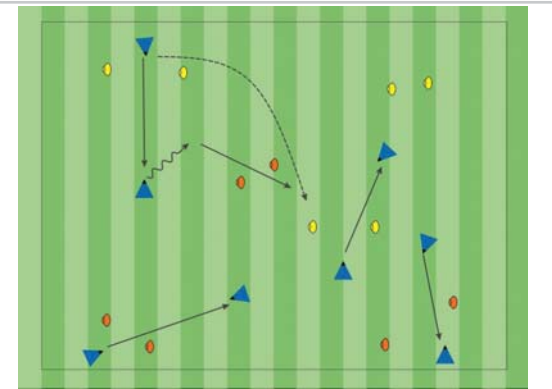
Objective: To introduce passing

Organization:

In your half, give half the players practice jerseys  
Half of players with a jersey have a ball and half without have a ball  
If you don't have a ball, get one from a teammate, if you have one pass to a teammate  
After a few minutes, have them switch where they can only pass to the other team and receive from the other team

Coaching Points/Guided Questions

Can we use the entire field?  
What part of the foot is most accurate? Inside.  
Is it easier to control a ball on the ground or in the air? Ground  
How do we know who to pass to? Keep your head up while dribbling



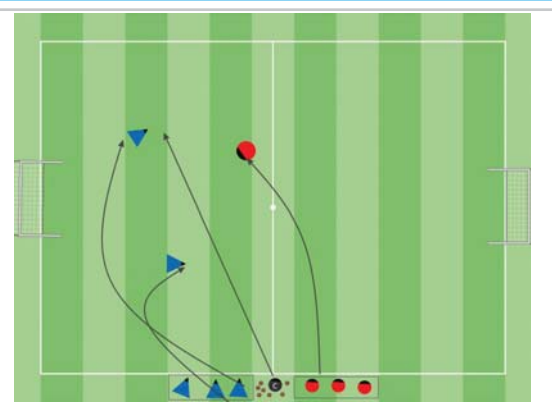
Objective: To keep pass the ball to your teammate accurately

Organization:

Partner up in your own half the field - one partner with a ball  
Give them 1 minute to pass through as many gates as they can in that time  
Talk and ask them how each team did well so we can all improve  
Start by playing through any gate, then opposite color or any pattern you decide

Coaching Points/Guided Questions

What part of the foot? inside  
How do you know where to go next? Head up  
Who decides where to go next - person that passed it can move to the next easiest gate



Objective: To work with a teammate to score a goal

Organization:

In your half - teams split  
Coach plays a ball on the field to one side, they go with two players and other team goes with one.  
As soon as ball is out, they go get it, bring it back and you play to the other side and they go 2v1.  
You can switch to 2v2 if it is too easy, but I think 2v1 is a good way to work on passing

Coaching Points/Guided Questions

Inside of the foot  
Can we play in front of our teammate so they can dribble to goal?  
Do we want to pass when the defender is close or far? Close so our teammate has more space

Final Phase

Play 3v3 or 4v4 to two goals

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next

4v4    9v9  11v11

Moment: Win we have the ball

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