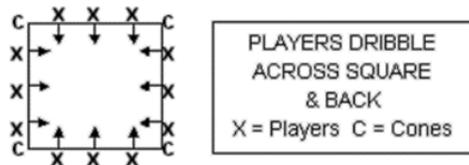


**Topic: Receiving/Passing**

**Skill: Push Pass**

**Coach correct technique during all exercises: Passing (Push Pass) & receiving with the inside of the foot.**

## 1. Dribble Across the Square Warm-up (every practice)



- See Week 1 Plans for details

## 2. Passing in small groups



- Receive & pass the ball with inside of the right foot.
- The ball must be passed through both gates.
- Follow you pass to the opposite side
- Competition: Each player must complete 10 passes, first team to finish wins

### Variation

- Modify distance between gates depending on each group's ability
- Receive ball with inside of one foot and pass with the other
- Receive and pass the ball with weak foot
- Introduce long, short, short combination to advanced group

## 3. 2v1 ladders



**15x20 channels 15 mins**

- Defenders must stay on the line. They can only move side-to-side.
- Attacking players combine until the ball is received over the end line, under control.

### Rotation

- After each play, the attacker become defenders, the pair waiting combines (attacks) next and the defenders prepare to be the next, subsequent attackers.

### Progression

- First defender can move forward into the first box.
- Second defender can move forward into the second box.
- Two groups in each box race against each other. By this point, each defender is restricted to his/her square.

## 4. 2 v 1 to goal



- Play begins when player dribbles ball from end line towards opposing goal.
- Supporting player enters from halfway line and a single defender presses from halfway line (same side of field as dribbler).
- Player with the ball looks to make a pass as the defender approaches.

### Questions for players

1. Is the supporting player onside?
2. Does the defender close the passing lane?

### Progression

1. Progress to 3v2 with two defenders and two supporting players entering from halfway line.

## 5. Scrimmage (10 - 15 minutes)