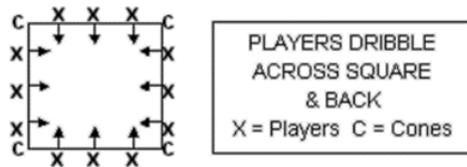


Topic: Receiving/Passing

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

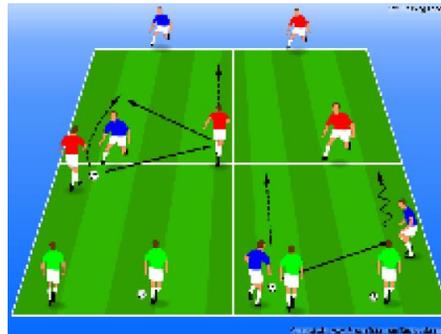


- Receive & pass the ball with inside of the right foot.
- The ball must be passed through both gates.
- Follow you pass to the opposite side
- Competition: Each player must complete 10 passes, first team to finish wins

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.

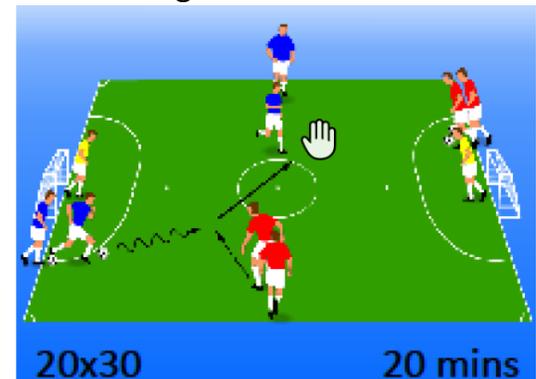
Rotation

- After each play, the attackers 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 defenders is restricted to his/her square.

4. 2 v 1 to goal



1. Play begins when player dribbles ball from end line towards opposing goal.
2. Supporting player enters from halfway line and a single defender presses from halfway line on the same side of the field.

3. Player with the ball looks to make a pass as the defender approaches.
4. Is the supporting player onside?
5. Does the defender close the passing lane?

Progression

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

5. Scrimmage (10-15 minutes)