

ACTIVITY PLAN

Week 7

Passing

Warm up

Objective:

To improve general Passing.

Organization:

20 yard x 20 yard area

Procedure:

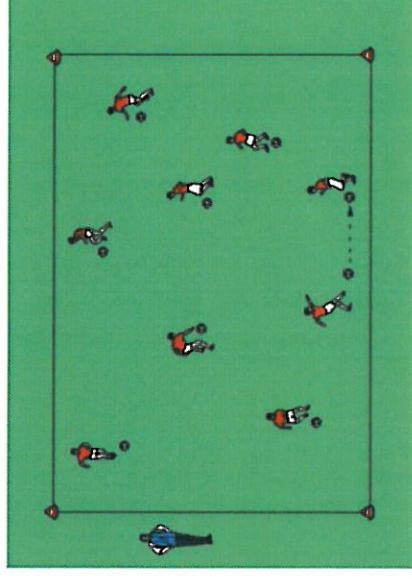
Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try.

Who can get 5 points?

1 minute rounds – include stretching movements.

Key Coaching Points:

- Accuracy of pass
- Weight of pass
- Timing of pass
- Disguise your pass
- Inside of foot- Use the inside part of the foot
- Push through the ball
- Outside of foot (Good for disguise)



Week 7

Individual

Activity

Objective:

To Improve Individual Passing Skills.

Organization:

20 yard x 20 yard area. Players get into pairs at opposite ends of the grid.

Cones are randomly spread out in the middle of the grid

Procedure:

Players try to knock down as many cones as they can. The ball must be moving at the time of the players pass.

1 point for each cone knocked down.

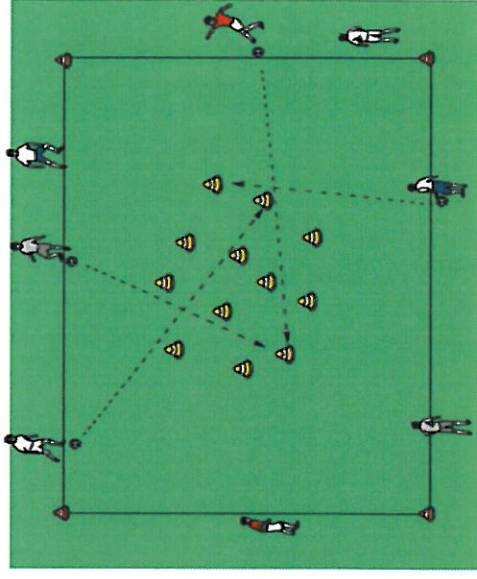
Which pair can get the most points?

Key Coaching Points:

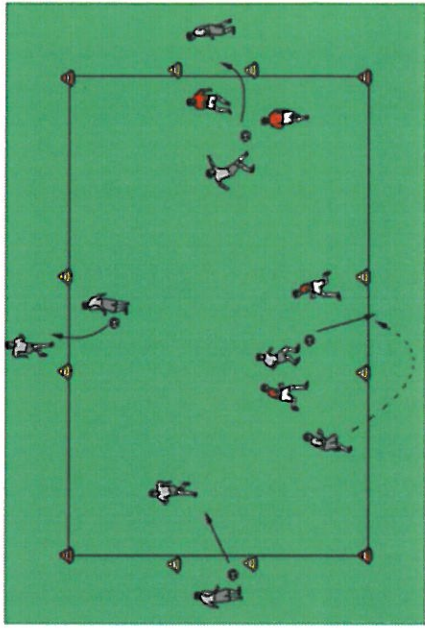
- Accuracy of pass
- non kicking foot
- Weight of pass
- Part of foot?
- Hit through the middle of the ball
- Body position
- Push through the ball

Progression:

Variation- Ball must first be passed to you by your partner



ACTIVITY PLAN

<p>Week 7</p> <p>Small Group Activity</p> <p><u>Objectives:</u></p> <p>To improve Individual Passing Skills Under Pressure.</p>	<p><u>Organization:</u></p> <p>20 yard x 20 yard area.</p> <p>One 2 yard goal on each of the 4 sides.</p> <p>Players are put into pairs.</p>	<p><u>Procedure:</u></p> <p>4 pairs try to pass their ball through any of the 4 goals to each other.</p> <p>2 pairs act as defenders and try prevent any goals being scored. A pair can not score two consecutive goals on the same goal.</p> <p>1 point per goal, 2 minute games, who can get the most goals?</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Accuracy of pass - Weight of pass - Timing of pass - Movement - Disguise your pass <p><u>Progression:</u></p> <p>If the defenders kick your ball out of the grid your team must make 5 passes before you can come back in to play.</p>	
<p>Week 7</p> <p>4 v 4</p> <p>Small Sided Game</p> <p><u>Objective:</u></p> <p>To improve Individual & Small Group Game Understanding.</p>	<p><u>Organization:</u></p> <p>30 x 35 yard area</p> <p>Play a 4 v 4 match</p> <p>6ft x 6ft Goals</p> <p>Size 3 ball</p>	<p><u>Procedure:</u></p> <p>Free Play!</p>	<p><u>Key Coaching Points:</u></p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	