



Week 3A Passing

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Battleship (10 mins)

First Activity: Battleship

Theme: Passing

Set Up: 10 X 15 Box

Time: 8-10 minutes

Players on the sides with a ball each. Players with ball starting at end. Players at end try to dribble to the other end without getting "sunk" from balls being passed in from sides. Side players are trying to hit the moving targets using a passing technique while trying to keep the ball on the ground. Players that get hit move to the outside and help try to sink the other Battleships. Switch roles.

Coaching points: Passing with inside of the foot, aiming ahead of the player to allow them to run into it.



Pass and Move (10 mins)

Second Activity: Pass and Move

Theme: Passing

Set Up: 5 cones in a zigzag formation, goal, goalie.

Time: 8-10 minutes

Pass and sprint to cone, partner passes to that cone and sprints to open cone, after last cone go to net and score. Coach can count out loud to see which partners can complete this the fastest!

Coaching Points: Passing ahead of player to meet at the same time at the cone. Run to next cone right away.

