



Week 3B Passing

Category: Technical: Passing & Receiving
Difficulty: Beginner

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Clean Your Yard (10 mins)

First Activity: Clean Your Yard

Theme: Passing

Set Up: Using cones split field in half, two teams with balls.

Time: 8-10 minutes

Players attempt to find space on the other side and pass the ball over. Balls in your "yard" need to be cleared to the other side. Team wins when all the balls are on one side.

Coaching Points: Open foot passing, aim behind the opponents.



Passing Relay (10 mins)

Second Activity: Passing Relay Race

Theme: Passing

Set Up: 5 cones set up in a zigzag X2

Time: 8-10 minutes

Start relay passing from the end, pass the ball to every player end to end and then back to every player to the start again. Keep track of score.

Coaching points: Strong passes, receive facing the next pass.

