

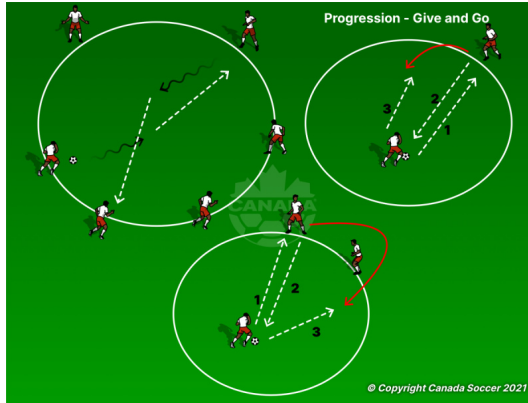
Select a Date

Coach

Age group:

Session

Time



**Circle Passing Warm Up**

Equipment - 2 -3 balls

Set up - players form a circle, one player with the ball

Drill starts with the player with the ball dribbling into centre of circle, once there they will pass the ball to someone else standing on the outside of the circle. The player who receives the ball takes the touch inside of the circle and repeats.

**Progressions:**

Add a 2nd ball

Using a 3rd ball have the players on the outside throw a ball to each other clockwise/counter clockwise

Perform a give and go

Perform an overlap run

**Coaching points:**

First touch positive

Weight of pass

Communicate



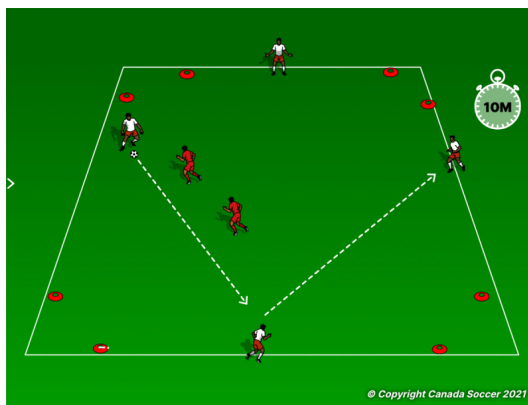
Equipment -1 ball for every 3 players. Two 3 yard gates should be set-up as pictured. Players should stand approximately 5 yards away from the gates.

Organization - Player A dribbles across (as pictured top left) and passes the ball through the gate to player B. A should now run to take up B's position. Player B receives the ball and dribbles across toward the other gate. Player B now passes the ball through the gate to Player C (pictured bottom right). The exercise continues.

Note: When teaching a player to receive the ball there are a few important things to observe.

Does the player get in line of the balls path?

Is he or she in a good starting position, soft on their feet, no heels on the floor?



**Organisation:**

Set up 3 x 20 m x 20 m with gates at each end

4v2 rondo

To score a point, the attackers can make 5 passes . If the defenders win the ball, the must dribble/pass through one of the 4 gates in the corners to score a point.

The player that lost the ball goes in the middle and the defender now become the attackers.

**Facilitator Feedback:**

- "Make the pitch big"
- "Create space"
- "Provide an angle"
- "How can you create an opening for yourself or teammates ?"



**Organization:**

3 v 3 plus 1 neutral player to end zones (Directional game – Each group attacks and defends an end zone)

To score, you must pass into a teammate that is arriving inside the offensive end zone (refer to diagram)

**Rule:**

- 1) players cannot stand inside the end zone but arrive as the ball is coming into the end zone (timing)
- 2) Defending team can only intercept passes - no pressure - they can only delay the forward progression

**Facilitator Feedback:**

Create Angles

Connect

Who is the Free player ?

Where is the open space ?

**Progressions:**

Points only count when the ball is passed into a teammate that is moving into the end zone (Remove dribbling as a scoring method)

Reduce space