

ACTIVITY PLAN



Week 4

Passing

Warm up

Objective:

To Improve Passing.

Organization:

20 yard x 20 yard area

Procedure:

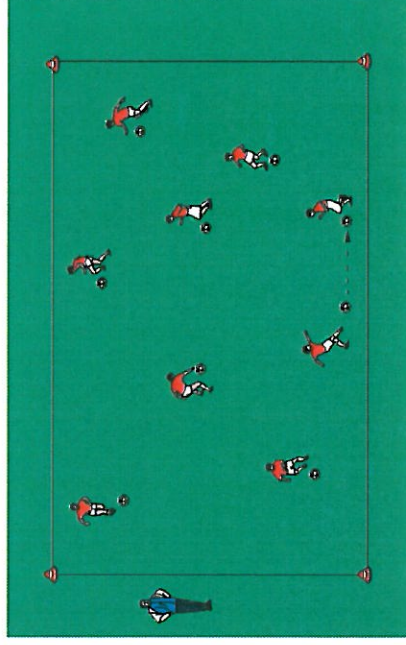
Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try.

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 4

Individual

Activity

Objective:

To Improve Individual Passing Skills.

Procedure:

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

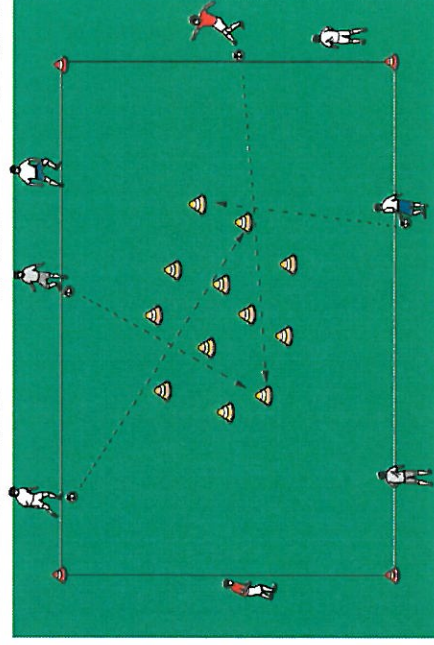
1 point for each cone knocked down.
Which pair can get the most points?

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

Week 4

Small Group
Activity

Objective:

To improve
Individual
Passing Skills

Organization:

The starting cone is
12 yards from the
bowling pins.

Players are split into 3
groups, with 1 ball per
group.

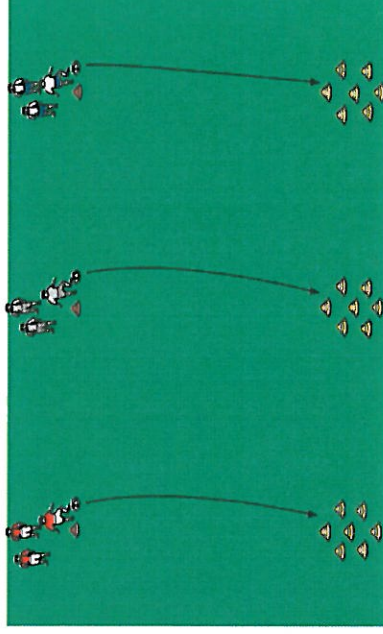
Procedure:

Players take turns trying to
knock down the bowling
pins from behind the
starting cone. The team that
gets all the pins down first
and is in a straight line wins
the game. After every pass
the player must retrieve the
ball for their team mates.

Key Coaching Points:

- Accuracy of pass
- Weight of pass
- Speed & Mobility

Encourage passing with
either foot



Week 4

3 v 3

Small Sided
Game

Objective:

To improve
Individual &
Small Group
Game
Understanding.

Organization:

20 x 30 yard area
Play a 3 v 3 match

6ft x 6ft Goals

Size 3 ball

Key Coaching Points:

Summation of all
challenges for the
players.

Stay out of their way
and let them play.

