

WEEK 2: PASSING

- **Key teaching points:** How to pass using both feet, no toe kicks!!!, speed of the ball, accuracy of the pass
 - **Let players know what they will be learning + what's expected of them today!**

Warm Up: Ball Skills (5-7 minutes)

- Do 4-5 minutes of fast footwork drills like Climb the Mountain and Happy Feet. Also do 5 minutes of the dribbling inside a box drill. The same variations as last week can be used (left/right only, rolling foot over ball, etc)
- Another example would be having the players call out how many fingers the coach is holding up as they are dribbling (HEAD UP!)
- If you'd like- you can incorporate balancing, running, walking, bending, twisting, changing direction, skipping, hopping, high knees throughout the warm up

Activity #1: Passing Fundamentals (10-15 minutes)



- Pass back and forth between the cones with a partner
 - Keep partners close together to begin
 - Variations:
 1. Only left foot (only right)
 2. Only two touches each player
 3. Go for most passes in a minute
 4. Move players further apart

**Emphasis: Use the inside of the foot, strike through the middle of the ball, the non-kicking foot's toe should be pointing at the target. Put the ball right to your partner's feet, pass it hard enough so that it gets there
Don't forget to model your expectations for them!**

WATER BREAK!

Activity #2: Statue passing (10 minutes)



- Set up a large area where players can dribble and pass
- Half of the team (statues) is standing in one place without a ball. The other half (movers) has balls and are dribbling around the area
- When the coach says “go” the mover players find one of the statues and pass them the ball and then get it back while they continue to moving
- Make sure the statues are spread out all over the playing area.
- Tell the moving players that they cannot pass to the same statue twice in a row.
- The players should be moving when they pass the ball and when they get it back (not the statues of course, they stay in one spot)
- Switch the statues and the movers every couple minutes

WATER BREAK!

Scrimmage: 10-15 minutes

- Emphasize on passing techniques throughout a live game
 - *Good time to teach the rules of the game*
 - Organize teams similar to how their games are (**3v3**, 5v5)
- **Team chant, shout outs: under 2 minutes**