

WEEK 6: Passing (2)

- **Key teaching points:** Accuracy of passes, using inside of foot (no toe kicks!)
 - **Let players know what they will be learning + what's expected of them today!**

Warm Up: Pass and follow (5-7 minutes)

Set Up: Have half the players make a large circle with no ball, the remainder of group inside the circle with a ball.

- A player in the center of the circle passes to a player standing on the outside of the circle. They will follow their pass and exchanges places with the player she passed to. That player then dribbles into the center of the circle and passes to another player on the outside.
- If you'd like- you can incorporate balancing, running, walking, bending, twisting, changing direction, skipping, hopping, high knees throughout the warm up

Activity #1: Review: Dribbling *Activity from last week* (10-15 minutes)



Purpose: To develop the player's ability to dribble at speed.

Setup: Use the four corner drill diagrammed above.

How to play: Players should dribble all the way to the cone and leave the ball for the next player to dribble. Go to the end of the line that you dribbled to. Use two balls to get more players involved.

Emphasis:

1. Keep your eyes up
2. Accelerate when you get the ball
3. Dribble close to your body

WATER BREAK

Activity #2: Four Corner Zig-Zag Drill (15 min)

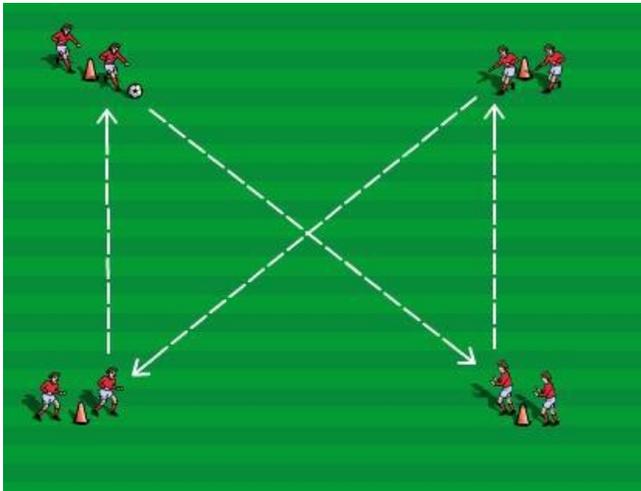
Purpose: To develop a player's ability to make longer passes.

Setup: See the drill diagramed below.

How to Play: Pass and follow the ball to line you passed it to. Follow the rotation outlined in the diagram.

Emphasis:

1. Pass with inside of foot
2. Strike through middle of the ball
3. Pass with good pace



Activity #3: Passing Contest (10 minutes)

Purpose: To develop passing accuracy.

Setup: Have players get into pairs and face each other at about 6 yards apart. Each group of two has one ball.

How to Play: The object is to pass the ball through your partner's legs. Players should stand with legs spread apart when their partner is shooting. First player to score five goals wins. Trade partners when you have winners.



WATER BREAK!

Scrimmage: 15 minutes (Water break mid-way through)

- ✓ Begin to emphasizing on spacing, moving without the ball
- ✓ Players should begin to understand its more effective to spread the field, creating space, than to bunch up close together
 - 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**