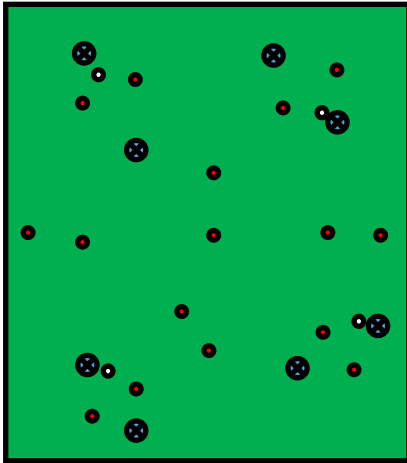


Week 2—Passing

Coaching Points for Push Pass (Instep of foot)

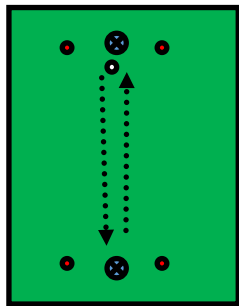
- Eyes on the ball
- Angle the passing foot 90° to the side
- Plant foot is beside the ball
- Contact near the centre of the ball
- Angle your foot to contact the ball with the inside of the foot.
- Make sure ankle is locked and kick past the ball towards the target (Follow thru!)

Warm Up



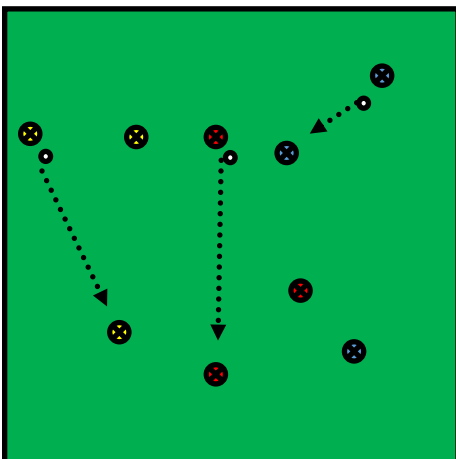
- In a 25*25 yard area have the players in partners with 1 ball per group
- 8 small cone goals (2-3 yards wide) constructed throughout the area
- Have players complete a pass to their teammate thru one of the goals. Once the pass is completed they must look to pass thru another goal in the area. Try encourage random movement from the players and not have them just going in one direction.
- Run each section for 2 minutes each with the following progression: have the players pass freely, pass with only their right foot and pass with only their left foot
- Make the players keep track of how many passes they can complete in a two minute period.

Technical-Passing



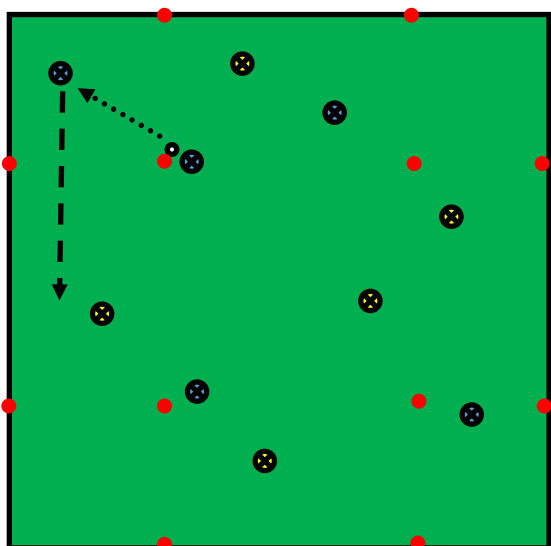
- Players in partners with one ball between them
 - Each player stands between two 5 yard wide cone goals that are 10 yards apart from each other
 - Player 1 passes to Player 2, Player 2 controls then passes back to Player 1.
 - Progression: 3 to 4 minutes each while pausing for correction. Remember Coaching Points!
- ⇒ Passing with whatever foot
- ⇒ Passing with right foot
- ⇒ Passing with left foot

Coordination—Three Way Passing



- In a 30*30 area have players in groups of three with one ball per group
- Have players pass and move about in the area. Encourage players to move about the whole area and not stand still. Heads ups cause all teams are in!
- Progression:
 - ⇒ Free passing (either foot)
 - ⇒ Right foot only
 - ⇒ Left foot only. Run each for 2 to 3 minutes. After this number each player in all the groups and have them pass in sequence (1 passed to 2, 2 passes to 3 and 3 passes to 1)
- Try encourage to vary the passing by making both short and long passes

Small Sided Game—Passing



- Split teams into two equal teams and 1 ball in play at the start
- 30*30 area with 5*5 squares in the corners
- Keep away game where once ball is kicked out of the area coach restarts game by kicking a new ball in
- Goals are scored when the ball is passed into a teammate in one of the corner areas
- Once a team has scored in one corner it must find another corner to attack
- Remember the coaching points and encourage good technique

Scrimmage

Split the team into 2 equal teams and scrimmage. Be sure to emphasize instances where the players are exhibiting good passing of the ball.