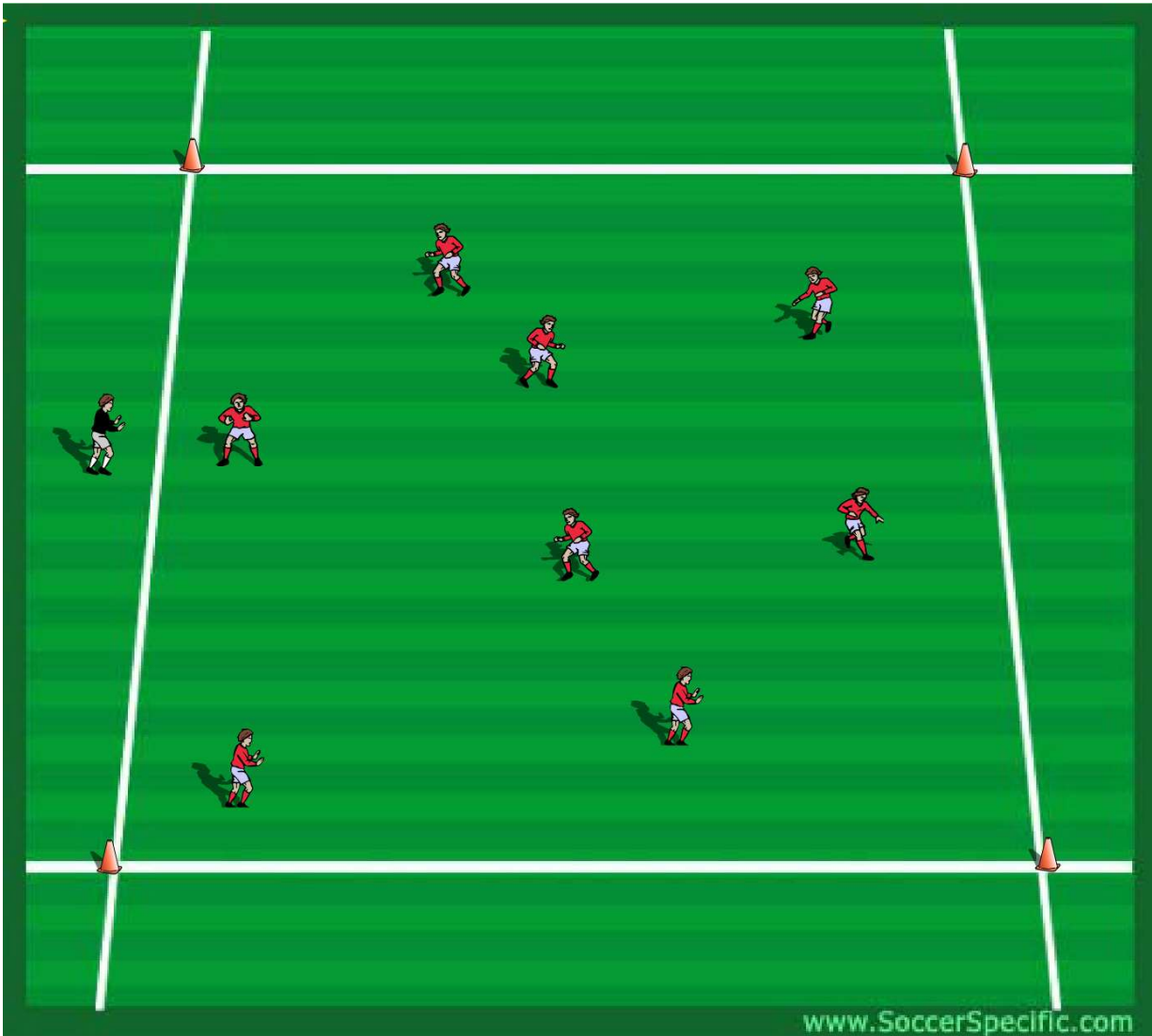


# Warm Up



## Warm Up

Purpose- To get the blood circulating around the body and muscles warm for exercise.

### Organization

Ask players to jog forwards, backwards, sideways, skipping, karaoke

Stop to stretch and also include exercises such as open and closing the gate, lunges and twists.

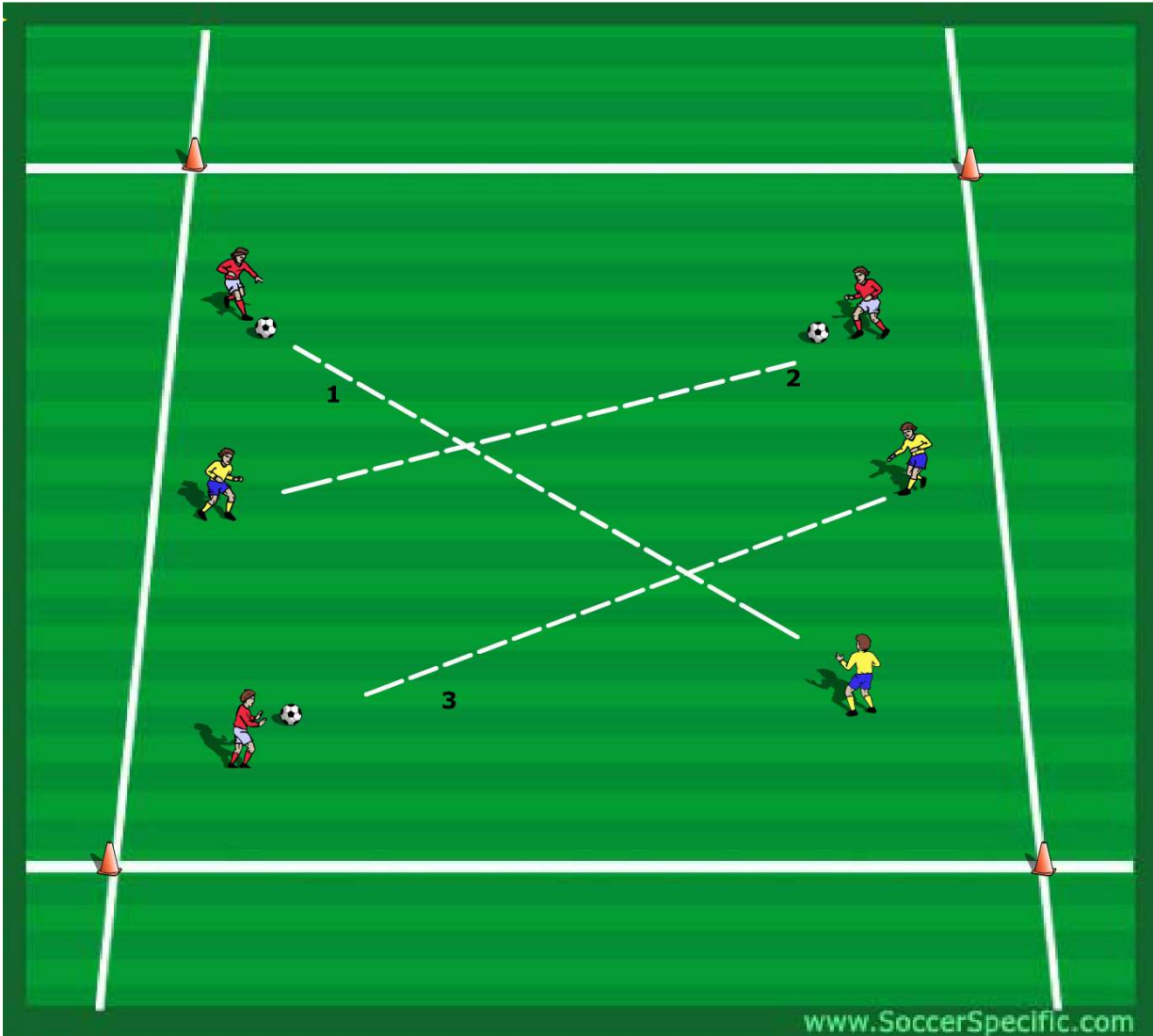
### Progression

Add soccer related movements, sit down, right foot volley, left foot volley, up and head the ball.

Add fun, ask players to make groups of 3 minus 2 etc

Ask players to get in wheelbarrows and piggy backs

# Technical Passing One



## Technical Passing One

Purpose- To improve passing technique.

Organization- Players move around the area, passing and receiving the soccer ball.

Progression- Players can play two touch only.

### Coaching Points

Good communication

Body in line with the ball

Attempt to receive the ball sideways on

Ball out of feet, ankle locked, body over the ball and pass through the target.

# Technical Passing Two



## Technical Passing Two

Purpose- To improve technical passing.

Organization- In twos,, players attempt to score goals by passing their ball to hit the other teams ball, whilst keeping possession of theirs.

### Coaching Points

Good communication

Identify when to pass first time to partner to avoid ball being hit.

Approach ball from angle when preparing for strike

Use different surfaces where appropriate

# Technical Passing Three



## Technical Passing Three

Purpose- To improve passing under Pressure.

Organization- Players are set up in groups of four in a 10x10 grid. Players play 3v1 with attackers attempting to move the defender around and score a point by knocking the ball off the middle cone.

Progression- Ask players to play two touch only.

### Coaching Points

Good communication.

Attempt to receive the ball sideways on, to give multiple passing options.

Move the ball around the grid quickly to opportunities to hit the ball off the cone.

Relax and remain composed when in possession.

# Technical Passing Four



## Technical Passing Four

Purpose- To improve passing in small sided game

Organization- Six players are organized into two whites, two yellows and two reds. Players can score in end goals, or through four sets of corner flags randomly positioned around the 20x20 grid. Always play 4v2, each team taking it in turns to be the neutral team for two minutes.

Progression- Teams have to make three passes before they can score a goal.

### Coaching points

Good communication

Receive ball sideways on to give multiple passing options.

Vary passes with different parts of the foot.

Identify free players early and often

Move ball around quickly