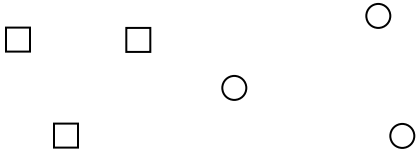
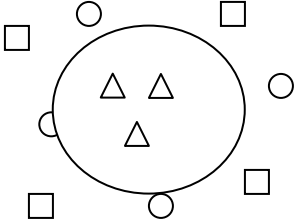
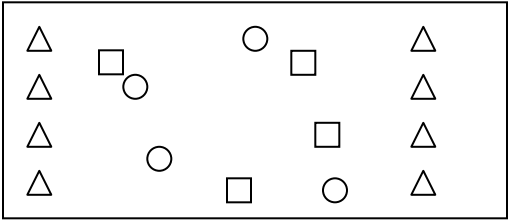





Name:

Topic: Short Passing

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Team breaks into groups of three</li> <li>Groups should pass between group in area</li> <li>Groups should constantly be moving</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Ankle locked</li> <li>Plant foot pointed at target</li> <li>Kick with inside of foot</li> <li>Wide surface=accuracy</li> <li>Follow through in direction of target</li> <li>Push pass=less than 25 yards</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Have team partner up and face each other across a circle</li> <li>Cones are placed inside the circle</li> <li>Players score points by knocking over the cones</li> <li>When all the cones have been knocked over the team that scored the most points wins</li> </ul> <p><b>Progressions:</b> Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4 in a 40-x-30 yard area</li> <li>Teams attempt to knock over cones that their opponent is defending</li> <li>When a team knocks over a cone, they pick it up and put it in the line of cones they are defending</li> <li>After 5 minutes, the team with the most cones wins</li> </ul> <p><b>Progressions:</b> Have different colored cones worth different point values.</p>	<ul style="list-style-type: none"> <li>Good technique</li> <li>Proper accuracy</li> <li>Proper pace</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Scrimmage 4v4</li> <li>No restrictions on players</li> <li>Teams score by shooting ball into goal</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with passing ability</li> </ul>