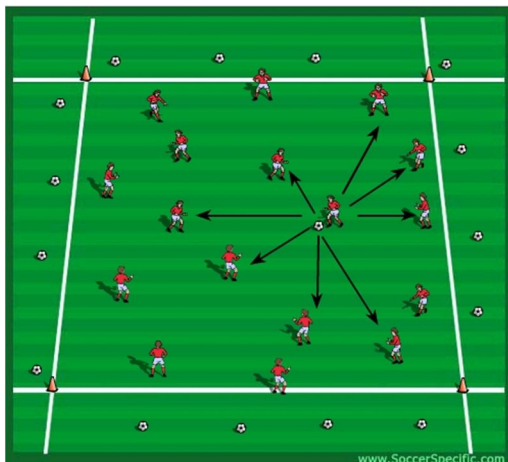




U6 Session Plan #7

Passing



GHOSTBUSTERS

Emphasis: Changing direction and changing speeds while maintaining control of the ball and an introduction to passing.

Set-up: Grid size should be approximately 20 x 20 yards. One player starts with a ball. The rest of the players are randomly spread out within the grid. All the rest of the balls are placed around the outside of the grid

Progression: Player with ball (ghost) starts by running with the ball at the rest of the players (Pac-man). After a player has been hit by the ball below the waist they proceed to the outside of the grid and grab a ball. The player must first work on a specific skill before reentering the grid and becomes a ghost. The last Pac-man left is the winner.

Coaching Points:

- Keep close control of the ball
- Eyes up seeing ball and men
- Attack players with the ball with inside of foot passing



PROTECT THE BALL

Emphasis: Passing, although will also develop dribbling and shielding skills.

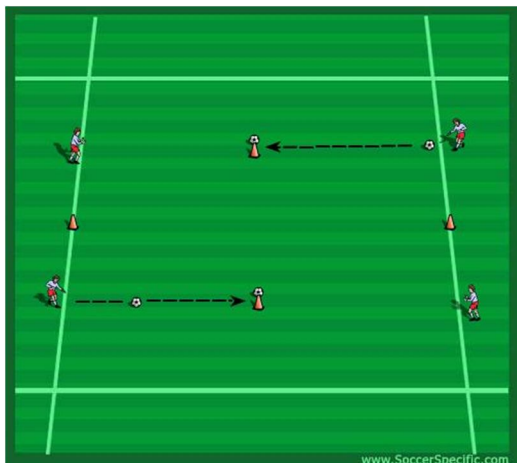
Set-up: 20 x 20 yard grid. Groups of 3-4 per grid. One ball per player.

Objective: All players dribble around grid and try to pass their ball against another player's ball or legs. If a player's ball or legs are struck then this player must exit the grid and practice juggling on the outside of the grid. The last player remaining in the grid is the winner.

Progressions: Can pass ball only. No dribbling into players

Coaching Points:

- Keep head and eyes up to avoid opponents as well as locate targets.
- Changes of speed to get close to opponent prior to passing ball.
- Keep close control of the ball
- Eyes up seeing ball and players
- Attack players with the ball with inside of foot passing



KNOCK IT OFF

Emphasis: Passing, Receiving

Set-up: 10 x 10 yard grid. Players work in pairs with 2 balls.

One of the balls is placed on top of a disc cone halfway (5 yards) inside the grid

Objective: Players pass the ball back and forth trying to knock the ball off the centre disc cone

Progressions: Increase length of grid. Use weaker foot

Coaching Points:

- Lock ankle, strike with inside of foot.
- Receive the ball and take into space with first touch.
- Non-kicking foot must be in line with the target.



3v3 GAME

Emphasis: FUN!

Set-up: 20 x 30 yard grid. 6 players. Cones to make mini goal.

Objective: 3 v 3 game. Each team has 1 goal to defend and one goal to attack. Regular game. Let them play! Trying to emphasize what you have worked on throughout the session.

Coaching Points:

- All of above

ADDITIONAL NOTES