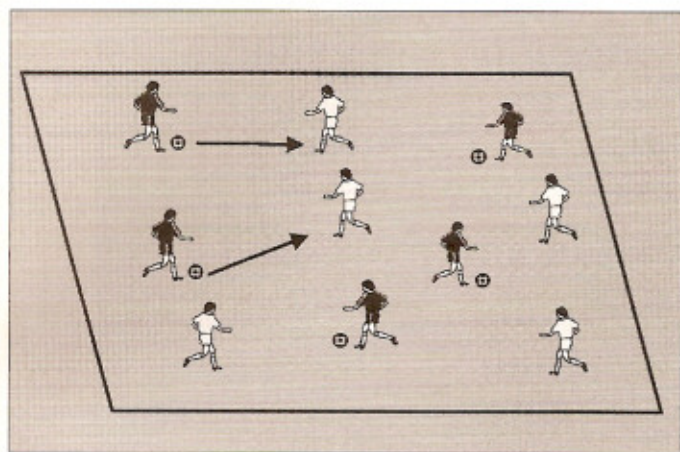


Session 1 ~ Passing & Control

1.1 Passing Warm Up



Organization:

Half of the team dribbles around a grid using all surfaces of the foot. The other half of the team jogs throughout the grid at the same time. After 5 seconds of dribbling they must look to pass to one of their teammates. The players continue to dribble and exchange passes every 5 seconds.

Progressions:

1. Place restrictions on the passes – must be made with weak foot, must be at least 5 yards, must be flicked with the outside of the foot etc.
2. Reduce the amount of time each player may dribble between passes.
3. Players must now combine to make 3 consecutive passes back and forth each time.

Coaching Points:

Players should maintain a light jog and take gentle touches on the ball. Keep looking up between touches.

Both passer and received should make eye contact. Roll the ball smoothly with the inside of the foot.