



PLAY – PASSING AND RECEIVING

Focus: Passing with accuracy

Explanation

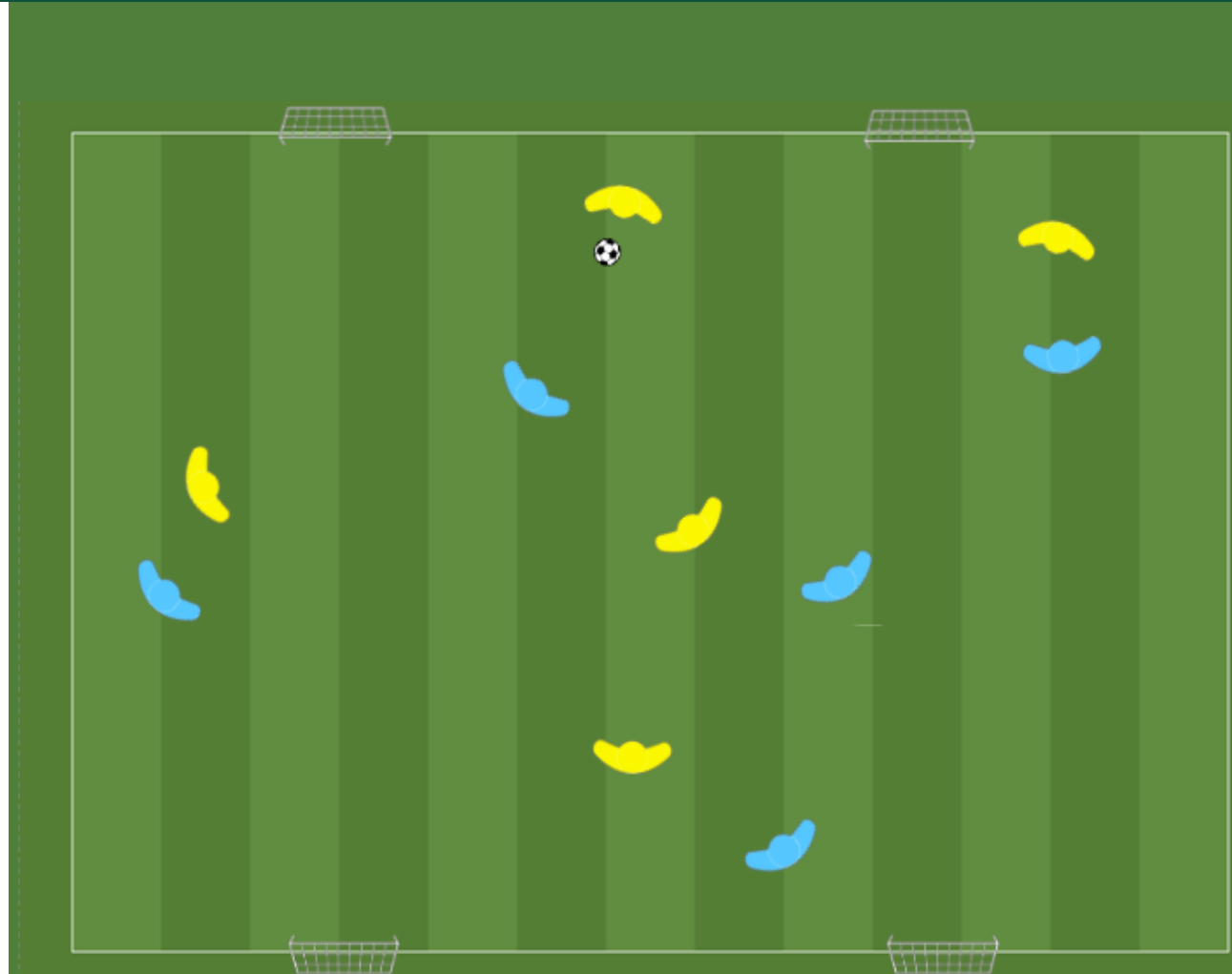
- Have an area set up so that as the players are arriving, they can get straight into a game.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams.
- Have four goals, two either side and let them play.

Coaching Points

- Pass the ball using the inside of your foot.
- Kick the ball using the inside of your foot to try and score in the goals.
- The inside of your foot is the largest area of the foot to use.
- Use your non kicking foot as an arrow to point in the direction you want the ball to go when using the inside of your foot to kick the ball.

SO-CHANGE-IT

- Uneven numbers? Add in a Joker/Secret Agent player.
- Less goals, have one central each end instead of two wide.
- Same person cannot score two goals in a row.
- Add in a scoring zone, players must be in the zone to shoot.





PRACTICE – PASSING AND RECEIVING

Focus: Passing with accuracy

Explanation

- Using the same area, split the field down the middle.
- Move two goals from one end and replace with footballs on top of cones as shown.
- Add in a scoring zone near the football targets.
- Split the players into two groups to create two 2v2s or 3v3s .
- One team will be aiming to hit the footballs off the cones by aiming at them once in the scoring zone.
- The other team will be trying to score in the central small goal.
- Once all the footballs have been knocked off, the teams switch ends and aim for the opposite scoring system.

Coaching Points

- Pass the ball using the inside of your foot.
- Kick the ball using the inside of your foot to try and score in the goals.
- The inside of your foot is the largest area of the foot to use.
- Use your non kicking foot as an arrow to point in the direction you want the ball to go when using the inside of your foot to kick the ball.
- Practice using both feet.

SO-CHANGE-IT

- Uneven numbers, have a 2v1, or a joker player (secret agent).
- Left foot only, right foot only.
- Same player cannot score two goals in a row.
- Open-up the field to be one area and play 4v4 (or as above if uneven numbers).

Repeat Play

- Return to the first game set up for the last part of your session.
- Has the players passing with accuracy improved?

