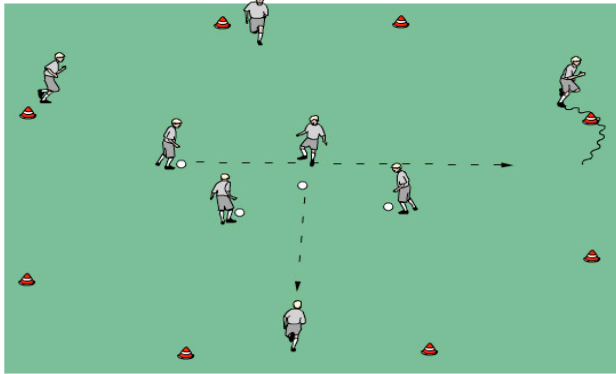
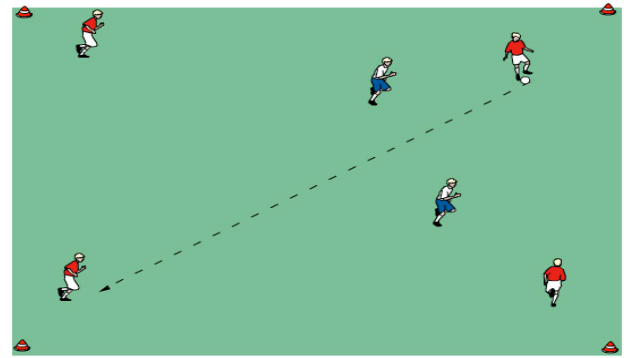


Theme: Passing for a purpose



Soccer Theme: Best Passer

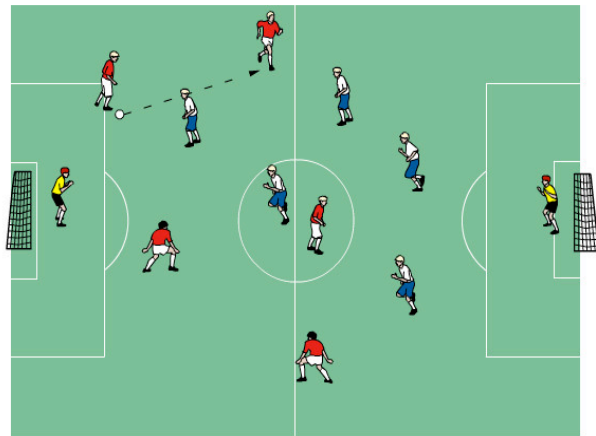
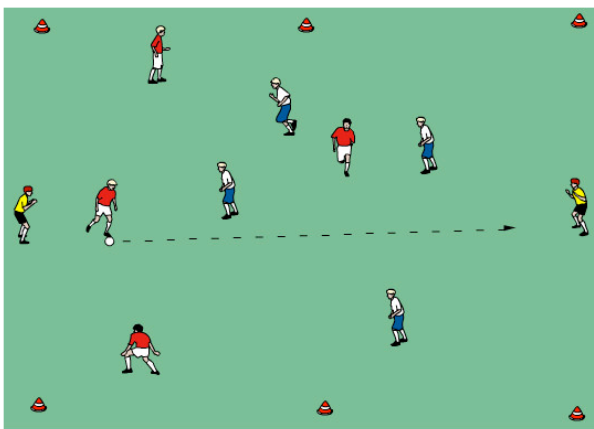


Warm-Up: Checkout

Players partner up and share a ball. Players pass and move in an area. After a player passes they have to “checkout” which means that they run around a cone and then come back on the field. The player with the ball keeps dribbling until their partner comes back on the field and then they pass the ball to them and move.

1st Activity: 4v2 Keepaway

4 play against 2 keep away. When the 2 defenders win the ball, they try to get out of the square by either dribbling or passing. A point is scored whenever the 4 players pass successfully without the 2 defenders winning the ball. Switch defenders after 2 minutes so every one gets a turn. Bonus point is scored when they pass the ball between (split) the 2 defenders.



2nd Activity: SSG to targets

4v4 game. Each team defends a target player and tries to get the ball to the other. Work on the idea of getting the ball forward but controlled pass to the target.

Final Activity: Small Sided Game

Divide players into groups of 4-6 players with goal keepers.

