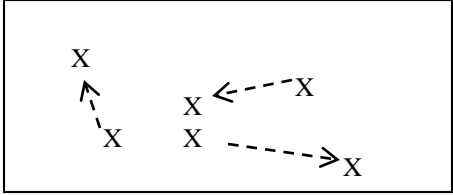
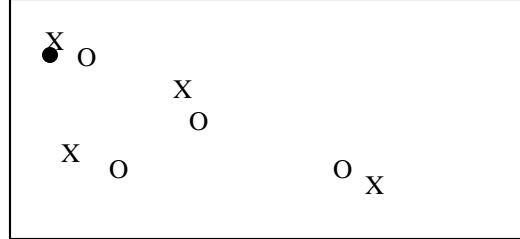
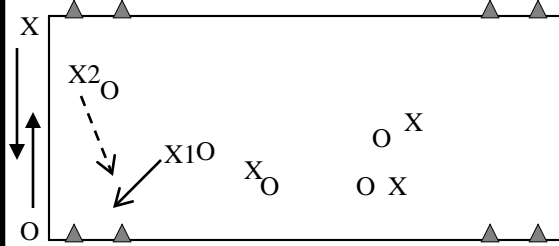


X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p>Fundamental - Warm Up 15 min.</p> <p>Passing using the following Techniques:</p> <ul style="list-style-type: none"> - push pass (using the inside of foot, striking the center of the ball) - driven pass (using the laces, striking the center of ball) - lofted pass (using the area of the laces, striking the bottom middle of the ball) 	<p style="text-align: center;">Organization</p>  <p style="text-align: right;"><i>25 yds</i></p> <p style="text-align: center;"><i>35 yds</i></p>	<p style="text-align: center;">Key Coaching Points</p> <p>Players passing in pairs while moving</p> <ul style="list-style-type: none"> - weight of the pass - accuracy of the pass - correct technique - eye contact - communication
<p>Match Related Activity 20 min.</p> <p>4 v 4 game of possession no goals</p> <ul style="list-style-type: none"> - can limit number of touches - age is a major consideration when selecting which pass to present to a player (U-9 are too young for a lofted pass!) - can add a third team of four so teams are 8 v 4 	 <p style="text-align: right;"><i>25 yds</i></p> <p style="text-align: center;"><i>35 yds</i></p>	<ul style="list-style-type: none"> - players selecting the proper pass in the proper situation (short distance, push pass / long distance / driven or lofted pass) - other types of pass chip inside / outside swerve
<p>Match Related Activity 20 min.</p> <p>6 v 6 game of possession with 4 goals</p> <ul style="list-style-type: none"> - can move to number up or numbers down to pressure players 	 <p style="text-align: right;"><i>30 yds</i></p> <p style="text-align: center;"><i>40 yds</i></p>	<ul style="list-style-type: none"> - (X1) passes to (X2) to run onto, the correct technique should be the push - the pass should have the correct weight and accuracy
<p>Match Condition Game 40 min.</p> <p>11 v 11 game</p>	<p style="text-align: center;">full field game</p>	<ul style="list-style-type: none"> - open play - reinforce set topic for technique - allow time for teams to play without coaching to see if topic has been achieved
<p style="text-align: center;">Cool Down</p>	<p style="text-align: center;">Light Jog & Stretch</p>	