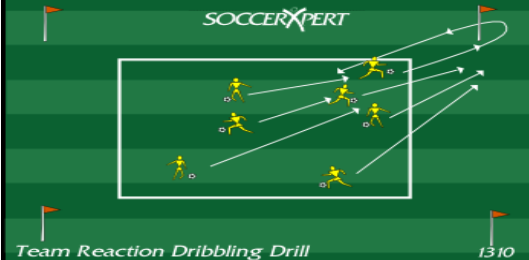





Topic: Passing/Receiving
Coach:

Date:

Objective: Improve passing and receiving techniques

Effectiveness: Excellent Very Good Good Poor

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
WARM-UP (5-min) Team Reaction Dribble Drill - when the coach calls a cone #, players must quickly dribble around cone and back - change it up (call players name and team must follow player, or team must go to opposite cone the player chose	- Mark off area 20X20yd square or larger - 4 additional cones as dribble markers beyond the corners of the square -1 ball per player	 <p>Team Reaction Dribbling Drill 1310</p>	- Warm the body - speed of dribble - use all parts of the feet - change of direction
ACTIVITY #1 (10-min) Corner Kicks - goal is to work on lofting the corner kick into the air - goal is to have offensive players win ball and execute quick shot on goal	- set up goalie and 3 defenders with 4 offensive players ready to receive corner kick - divide remaining players into 2 groups and place half on one corner arc and the other opposite	 <p>Hitters and Dodgers Drill: 1255</p>	- technique - positioning - possession and shot - rebound - defensive clear out
ACTIVITY #2 (10-min) 2v1 Dribbling w/ Opposition - Divide players into two teams - On "GO" the first 2 players race around the cones to win possession - 1 st to gain possession must try to score quickly	2 cones 2 teams Coach/helper kicking balls to center	 <p>1v1 50/50 to Goal Team Competition 1307</p>	- hustle - win the ball - possess the ball - quick shot on goal - follow shot
ACTIVITY #3 (10-min) Crossing/Finishing - 4 attacking lines - 1 team of 4 defenders (2 on field at a time) - players penetrate to goal while side player crosses ball to attackers		 <p>Crossing, Finishing, Heading Drill 1306</p>	- Vision - Change of direction - Speed of play - quick shot - follow shot
SCRIMMAGE (10-min) Full Scale Game (If time allows)	- ball per side		
Devotional 5 minutes			

