
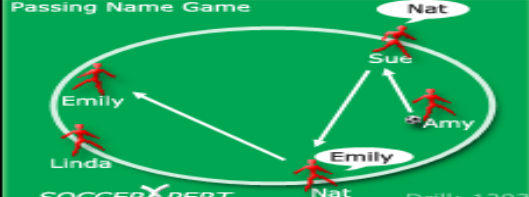





Topic: Passing/Receiving
Coach:

Date:

Objective: Improve passing and receiving techniques

Effectiveness: Excellent Very Good Good Poor

ACTIVITY	SETUP	DIAGRAM	KEY POINTS
WARM-UP (5-min) Hitter and Dodgers - on "go", the hitters attempt to pass, NOT KICK the ball to a dodger. If dodger is hit he/she becomes a hitter	- Mark off area 15X15yd or larger - 3 players selected as "hitters" - all other players are "dodgers"	 <p>Hitters and Dodgers SOCCERXPERT Drill: 1255</p>	- Warm the body - hitters keep ball close - hitters keep head up and find moving "dodgers" - hit dodger with a pass (inside of foot with good pace)
ACTIVITY #1 (10-min) Passing Name Game - Divide players up into smaller groups of 5 or 6 players - Before a player receives a pass, he/she must call out the name of the player he/she will pass to	- 1 ball/group - cones or lines to define player space	 <p>Passing Name Game SOCCERXPERT Drill: 1293</p>	- technique - work on good first touch to setup pass - quality pass - thinking ahead
ACTIVITY #2 (10-min) 2v1 Dribbling w/ Opposition - Divide players into two teams - 2 attackers and 2 defenders - defender #1 can only defend in grid 1 - attackers get beat defender #1 and try to score on goalie	- 30X15yd grid - once pass is made defender #1 becomes active	 <p>2v1 Dribbling with Opposition SOCCERXPERT Drill: 1296</p>	- good choice to pass, dribble, or shoot - change of direction - change of pace
ACTIVITY #3 (10-min) 5v2 Rotating Defenders - divide players into 2 equal teams - offensive team inside the grid - defenders lined up on one corner - first pair of defenders pass ball into play. Next 2 defenders come on when first 2 defenders kick ball out of play for win possession	- mark off 15X20yd grid - 1 ball per 2 defenders	 <p>5v2 Rotating Defenders SOCCERXPERT Drill #2</p>	- Vision - Change of direction - Speed of play - work on 1 st touch - short and long passes - good passes (inside/outside of feet) - -make easy plays
SCRIMMAGE (10-min) Full Scale Game (If time allows)	- ball per side	 <p>Shooting & Finishing Game SOCCERXPERT 1300</p>	
Devotional 5 minutes			

