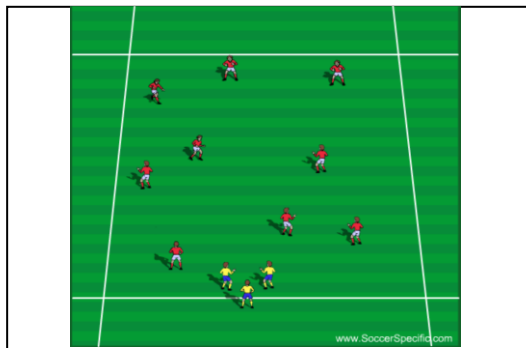


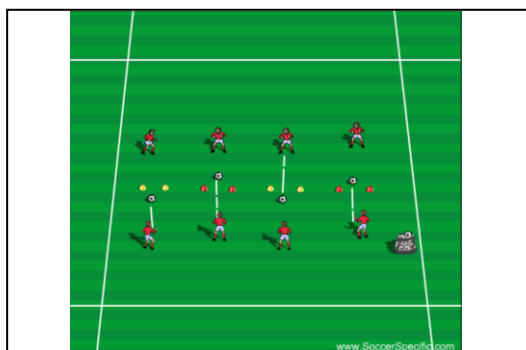
Theme - Passing



1. Tig

A variety of tig games for a fun warm up.

- Tunnel tig
- Turtle tig
- Toilet tig



2. Passing in 2's

Players are in pairs with 1 ball between them.

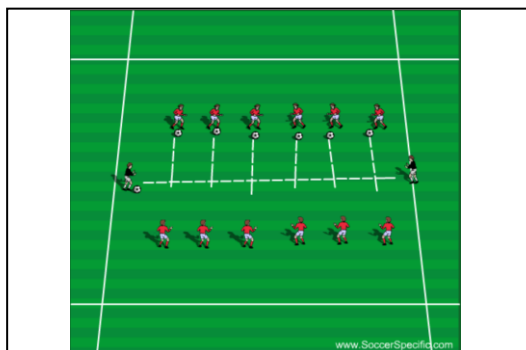
When asked to do so, the player with the ball is encouraged to pass the ball to their partner, kicking the ball using the inside of either foot.

Coaching points to consider

- Non-kicking foot to the side of the ball, toes pointing towards target
- Use the inside of the foot
- Have arms out for balance
- Be ready to receive the ball

Make it more challenging for players by increasing the distance to the cones.

Progress by asking players to count successful passes over 1 minute and then challenge them to beat their score.



3. Cannonball

Fun game!

Players are pairs and set up opposite each other – north and south. One player of each pair has a ball.

2 coaches set up opposite each other with 1 ball between them – west and east.

The coach with the ball passes the ball to the other and the players must try to pass their ball as it passes and hit it – cannonball!

The player that hits it wins a point for their pairing.

Depending on ability, the pair that win the point can progress to passing the cannonball.



4. Games!

Small sided games – 3v3 or 4v4 max.

Players are encouraged to play as a team, passing the ball to team mates to score a goal.

Notes