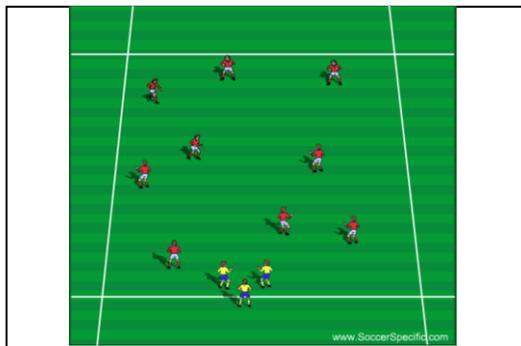


Theme - Passing



1. Tig

A variety of tig games for a fun warm up.

- Tunnel tig
- Turtle tig
- Toilet tig

2. Football skittles

4v4 across 2 pitches

The objective is to knock the ball off the cones to score a goal. Players are encouraged to work with their teammate, passing the ball onto the ball at the end of pitch, to score a goal.

Encourage players to;

- Have arms out for good balance
- Place non-kicking foot next to the ball, toes pointing to where they want to play the ball.
- Use the inside of the foot for an accurate pass

3. 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

4. Battleships

Fun game!

Set up as opposite, with balls on top of cones in front of each team.

The objective is to use the extra ball to hit balls off the other team's cone. Any balls that get knocked off become part of the game and used to knock other balls off.

The first team to knock off all the balls from the other team win the game.

5. Games!

Small sided games –4v4 – Just play.

Encourage players to pass to teammates.

Coaches can award a goal to a team for 2 successful passes without the other team touching the ball.

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

Coaches should have a ball ready and introduce to the game if players start to bunch up.