### Week 7

**Passing**

**Warm up**

**Objective:**
To improve general Passing.

**Organization:**
20 yard x 20 yard area

**Procedure:**
Each player has a ball. As they move around the grid they try to hit another player’s ball with their own ball. 1 point for each successful try. Who can get 5 points? 1 minute rounds – include stretching movements.

**Key Coaching Points:**
- Accuracy of pass
- Weight of pass
- Timing of pass
- Disguise your pass
- Inside of foot: Use the inside part of the foot
- Push through the ball
- Outside of foot (Good for disguise)

### Week 7

**Individual Activity**

**Objective:**
To Improve individual passing skills.

**Organization:**
20 yard x 20 yard area. Players get into pairs at opposite ends of the grid. Cones are randomly spread out in the middle of the grid

**Procedure:**
Players try to knock down as many cones as they can. The ball must be moving at the time of the players pass. 1 point for each cone knocked down. Which pair can get the most points?

**Key Coaching Points:**
- Accuracy of pass
- Non kicking foot
- Weight of pass
- Part of foot?
- Hit through the middle of the ball
- Body position
- Pass through the ball

**Progression:**
Variation: Ball must first be passed to you by your partner
<table>
<thead>
<tr>
<th>Week 7</th>
<th>Organization:</th>
<th>Procedure:</th>
<th>Key Coaching Points:</th>
</tr>
</thead>
</table>
| Small Group Activity | 20 yard x 20 yard area. One 2 yard goal on each of the 4 sides. Players are put into pairs. | 4 pairs try to pass their ball through any of the 4 goals to each other. 2 pairs act as defenders and try prevent any goals being scored. A pair can not score two consecutive goals on the same goal. 1 point per goal, 2 minute games, who can get the most goals? | - Accuracy of pass  
- Weight of pass  
- Timing of pass  
- Movement  
- Disguise your pass |

**Progression:**
If the defenders kick your ball out of the grid your team must make 5 passes before you can come back in to play.

<table>
<thead>
<tr>
<th>Week 7</th>
<th>Organization:</th>
<th>Procedure:</th>
<th>Key Coaching Points:</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 v 6 Small Sided Game</td>
<td>30 x 50 yard area Play a 6 v 6 match 2 Goals Size 4 ball</td>
<td>Free Play!</td>
<td>Summation of all challenges for the players. Stay out of their way and let them play.</td>
</tr>
</tbody>
</table>