### Activity Plan

**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)

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**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
  - Push through the ball

- **Progression:** Variation - Ball must first be passed to you by your partner
| Week 7 | Organization: 20 yard x 20 yard area. One 2 yard goal on each of the 4 sides. Players are put into pairs. | Procedure: 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? | Key Coaching Points: - 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. |
| Week 7 | Organization: 30 x 35 yard area Play a 4 v 4 match 6ft x 6ft Goals Size 3 ball | Procedure: Free Play! | Key Coaching Points: Summation of all challenges for the players. Stay out of their way and let them play. |