

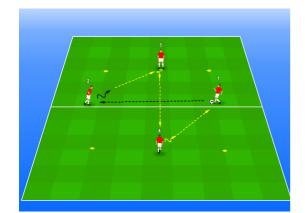


Date: 6/04/20 **Duration:** N/A

Time: N/A Age/Level: Session **Objective:**

Passing 2

Ajax Passing



Objective:

Players should work on passing technique of using the inside of their foot, and receiving with the inside of their foot opening their body to the direction they want to move the ball.

Description:

Player 1 starts by passing to player 2, and following the pass. Player 2 receives and takes two dribbles, and passes to player 3. Pattern continues back to the begining with player 5 receiving the ball. Time players and see how many rotations they can do in two minutes. Go the oppositte direction half way through.

Passing to Goal

Description:

Centerback starts with the ball. The forward to check to the ball, as they are doing that, the CB passes to their feet. When the forward receives the ball, the winger makes a run toward the top of the goal box, and the forward passes them the ball. The winger then looks to finishing the ball into the goal.

Players rotate from CB to Forward to Winger to CB.

Scrimmage

Description:

6v6 scrimmage.