



Date: 6/04/20 **Duration:** 1:00 hour

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

# Passing and Receiving (2)

#### **Practice Title**



**Description:** 4v1 passing activity. Keep away.

Coaching Points: Players should use the inside of their foot to receive the ball, and to pass to their teammates.

#### **Space Invader**



**Description:** One player runs down the channel looking to avoid getting hit in the legs by the passes from the people on the outside. Players on the outside, look to pass the ball and hit the player running across the channel. If they get to the other side, they get a point. Roates players so they each go a few times.

### **2v1 Pass as Pressure Approaches**



Description: 2v1. Two players enter onto the field and try to score on the other goal. As the defender approaches, the player with the ball should pass to their teammate.

**Coaching Points:** Knowing when to pass and when to dribble.

## Scrimmage



**Description:** Four versus four scrimmage.