Date: 22/03/20  
Time: N/A  
Duration: 1:00 hour  
Age/Level: 

**Session**

**Objective:**

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### Passing and Receiving

**Practice Title**

**Description:** Target passing activity.

**Coaching Points:** Have players on the outside work on three items when passing:
1. plant foot by the ball
2. middle of the foot strikes the middle of the ball
3. passing foot follows through towards the target

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### 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.

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### 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.

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### Practice Title

**Description:** Four versus four scrimmage.