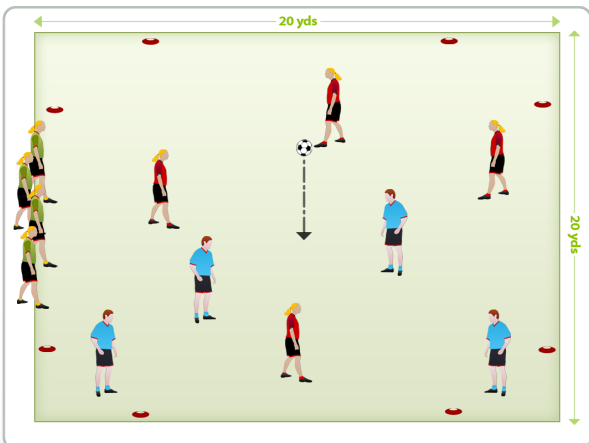


**NAME:** 4 vs. 2 **TYPE:** Warm-up **THEME:** Passing & Receiving



**SET UP**

Set out 3-yard angled corner goals inside a 20x20 yard area. Group players in teams of four. One ball is required.

**LEARNING OUTCOME**

Moving into space to receive the ball and passing to teammates.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - · - · - · Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**HOW TO PLAY**

The coach calls two teams of four to the field. The red team starts in possession and tries to dribble or pass the ball to advance toward one of the two corner goals on their attacking end line. The blue team must drop back two players to defend each corner goal on their defensive end line, thus creating a 4 vs. 2 situation. If the red team loses possession of the ball, the two blue goalkeepers come out of goal and the red team must drop back two players to defend each corner goal on their defensive end line, thus creating a 4 vs. 2 situation in the opposite direction. Teams rotate when a ball goes out of bounds or a goal is scored.

**PROGRESSIONS**

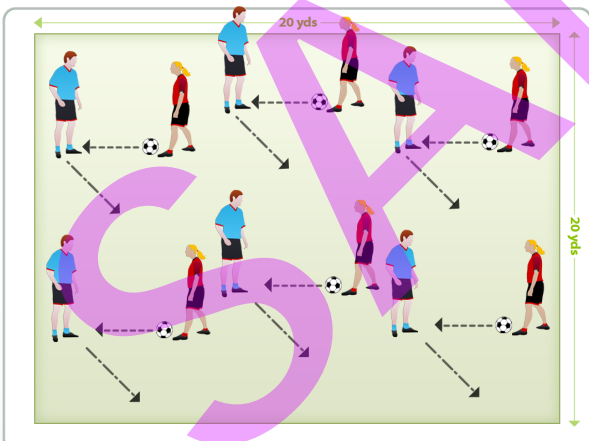
1. Require only one player to drop back when defending, thus creating a 4 vs. 3.

**COACHING POINTS**

1. Make eye contact with the player in possession and call for the ball.
2. Move into line with the ball and open up the inside of your foot to receive the ball on the ground.
3. Relax and give slightly on impact to cushion the momentum of the ball.
4. Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**NAME:** Pass and Move **TYPE:** Technique **THEME:** Passing & Receiving



**SET UP**

Set out a 20x20 yard area. Group players in pairs. Position each pair approximately 10 yards apart with a ball.

**LEARNING OUTCOME**

Moving into space to receive the ball and passing to teammates.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - · - · - · Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**HOW TO PLAY**

The red player passes the ball to the blue player. The blue player dribbles into space, turns, and passes the ball back to the red player, who has moved to an open area. Repeat in the opposite direction.

**PROGRESSIONS**

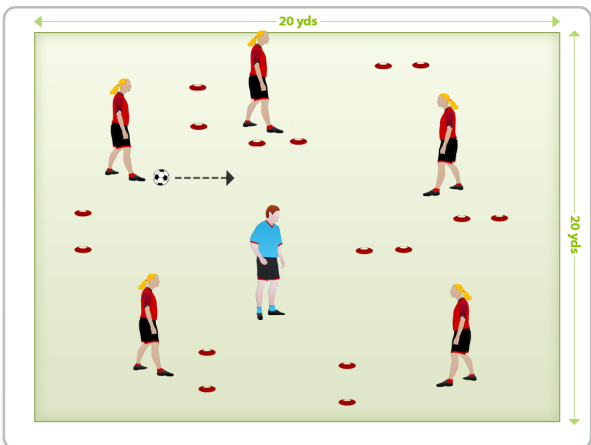
1. Allow players to kick the ball only with their "weaker" foot.
2. Increase the passing distance.

**COACHING POINTS**

1. Make eye contact with the player in possession and call for the ball.
2. Move into line with the ball and open up the inside of your foot to receive the ball on the ground.
3. Relax and give slightly on impact to cushion the momentum of the ball
4. Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**NAME:** Ball Robbery **TYPE:** Skill **THEME:** Running with the Ball



**SET UP**

Set out several 2-yard gates inside a 20x20 yard area. Group players in sixes. Position five red players randomly inside the area with a ball. Position a blue player in the middle of the area.

**LEARNING OUTCOME**

Moving into space to receive the ball and passing to teammates.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**HOW TO PLAY**

The five red players pass the ball and try to keep possession of it inside the area. The blue player tries to intercept the ball and gain possession, but he is not allowed to tackle a red player. Red players score 1 point for completing a pass to another red player and 3 points if they complete a pass through a gate. Play for a specified time period or until the blue player wins possession a specified number of times. Rotate positions and repeat.

**PROGRESSIONS**

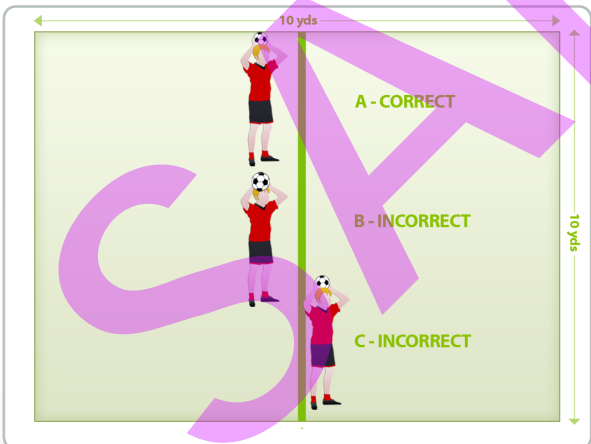
1. Play 6 vs. 2 or 7 vs. 3 in a larger area.
2. Allow the blue player to tackle red players.

**COACHING POINTS**

1. Make eye contact with the player in possession and call for the ball.
2. Move into line with the ball and open up the inside of your foot to receive the ball on the ground.
3. Relax and give slightly on impact to cushion the momentum of the ball.
4. Play the ball 2-3 feet in front of or to the side of you, according to your intended direction of play.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**NAME:** Throw-In Demonstration **TYPE:** Activity Break



**SET UP**

Set out a 10x10 yard area. Position a "demonstration" player on a sideline of the area with a ball. Station all remaining players outside of the area.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**HOW TO PLAY**

The coach uses the "demonstration" player to illustrate three different throw-in scenarios:

**A. Correct Throw-In**

Player releases the ball with both hands over his head, keeping both feet on the ground behind the line.

**B. Foul Throw**

Player releases the ball in front of his head.

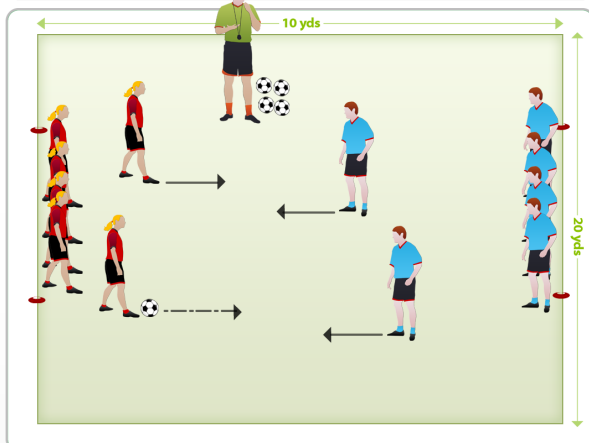
**C. Foul Throw**

Player crosses the line.

The coach asks the group what teammates can do to make it easier for the person taking the throw-in. Possible responses include:

1. Face the thrower to give them a target.
2. Run away and then check-back toward the ball to lose the closest defender.
3. Call for the ball or point to where you want the ball to give the thrower a target.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**NAME:** Table Futsal **TYPE:** Game **THEME:** Passing & Receiving
**SET UP**

Set out a 20x20 yard area. Group players in two equal teams. Position teams on opposite end lines and number players consecutively (i.e. one, two, three, etc.). Station a goal on each end line. Position the coach on a sideline with a supply of balls.

**LEARNING OUTCOME**

Covering ground quickly and stopping the ball.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - · - · - · Player/Ball Movement

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.

**HOW TO PLAY**

The coach calls out two numbers and the corresponding player from each team runs into the area. The coach rolls a ball into the middle of the area. Players compete for possession and combine to move the ball toward their attacking goal line to attempt a shot on goal. Remaining teammates stay on the goal line inside the goal and link arms or hold hands to prevent goals being scored by the opposition. Each player returns to the end line and the coach calls out a new number when the ball goes out of bounds or a goal is scored.

**PROGRESSIONS**

1. Limit the number of touches each player can have on the ball before passing to a teammate.
2. Call out different numbers for each team to create numbers up and numbers down situations.

**COACHING POINTS**

1. Make eye contact with the player in possession and call for the ball.
2. Move into line with the ball and open up the inside of your foot to receive the ball on the ground.
3. Relax and give slightly on impact to cushion the momentum of the ball.
4. Play the ball 2-3 feet in front or to the side of you, according to your intended direction of play.

EZ Coach © 2018. All rights reserved. No part of this publication may be reproduced, copied, or transmitted in any form without the prior written consent of EZ Coach.