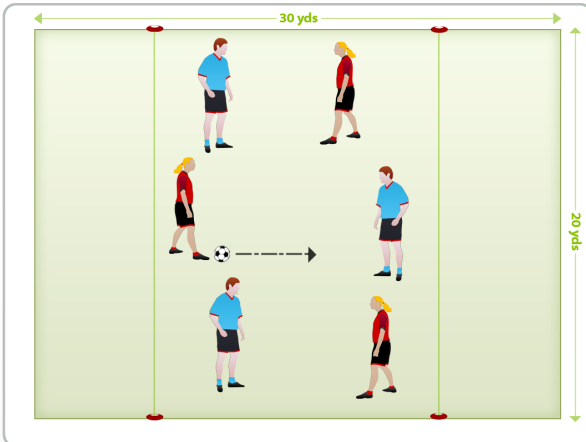


NAME: End Zone Pass **TYPE:** Warm-up **THEME:** Passing & Receiving



SET UP

Set out 5-yard end zones inside a 20x30 yard area. Group players in threes. Position three red and blue players randomly inside the area. One ball is required.

LEARNING OUTCOME

Moving into space and passing with accuracy.

DIAGRAM KEY

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

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HOW TO PLAY

The team in possession combines to create a scoring opportunity. Opposing players try to tackle the player with the ball or intercept a pass to gain possession. A goal is scored when a player passes the ball to a teammate who controls the ball in their attacking end zone. The receiving player cannot enter the end zone before the player with the ball makes the pass. If the receiving player does enter the end zone before the player with the ball makes the pass, offside is called and the game restarts with a free kick from the point where the player entered the end zone. Players are not allowed to enter their defensive end zone.

PROGRESSIONS

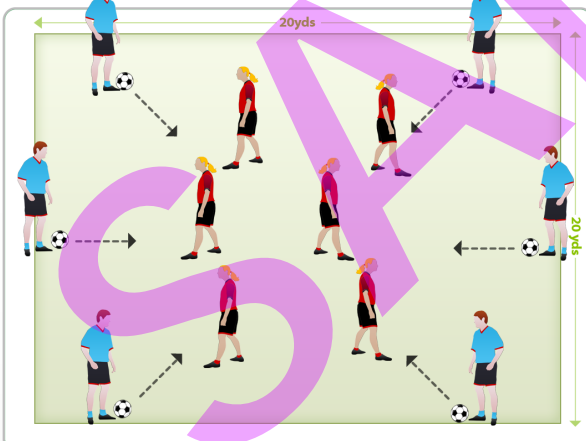
1. Combine side-by-side 3 vs. 3 games to create a 6 vs. 6

COACHING POINTS

1. Place your non-kicking foot alongside the ball, toes pointing at the target.
2. Turn your kicking foot out, keeping your ankle firm and toes up.
3. Keep your eyes on the ball at the moment of contact.
4. Strike the middle of the ball with the inside of your foot to keep the ball on the ground.
5. Follow through in the direction of the intended target.

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NAME: Give and Go **TYPE:** Technique **THEME:** Passing & Receiving



SET UP

Set out a 20x20 yard area. Group players in two equal teams. Position blue players around the outside of the area, each player with a ball. Position red players randomly inside the area.

LEARNING OUTCOME

Controlling the ball and passing with the second-touch.

DIAGRAM KEY

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

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HOW TO PLAY

Each red player moves toward a blue player and calls for the ball. The blue player passes the ball to the red player's feet. The red player receives the ball and makes a second-touch pass back to the blue player. The red player turns and moves toward a different blue player to repeat the practice. Rotate positions and repeat.

PROGRESSIONS

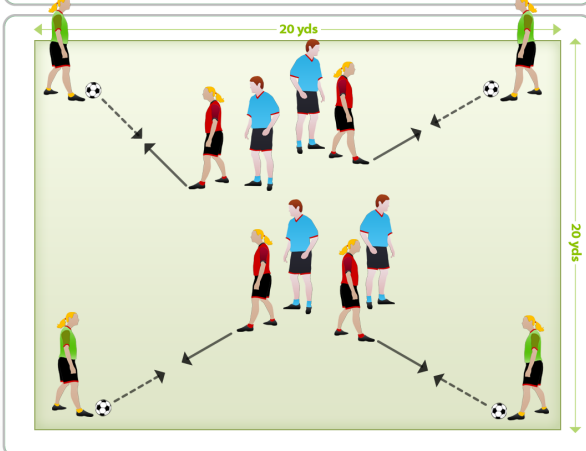
1. Have the red players start with the ball inside the area. Each red player dribbles toward a blue player and makes a "one-two" return pass before turning and moving toward a different blue player.

COACHING POINTS

1. Make eye contact with the blue player 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.
5. Strike the middle of the ball with the inside of your foot to keep the ball on the ground and follow through in the direction of the intended target.

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NAME: 1 vs. 1 to Corners **TYPE:** Skill **THEME:** Passing & Receiving



SET UP

Set out a 20x20 yard area. Group players in teams of four. Pair four attacking red players and four defensive blue players inside the area. Position four green support players in the corners of the area, each player with a ball.

LEARNING OUTCOME

Controlling the ball and passing with the second-touch.

DIAGRAM KEY

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

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HOW TO PLAY

The red player gets free from the blue player and moves toward a green player. The green player passes the ball to the feet of the red player. The red player controls the ball with his first touch and passes the ball back to the green player with his second touch. The blue player tries to tackle the red player or intercept a pass to gain possession. The red player moves on to another green player to repeat the activity. Play for a specified time period and rotate positions.

PROGRESSIONS

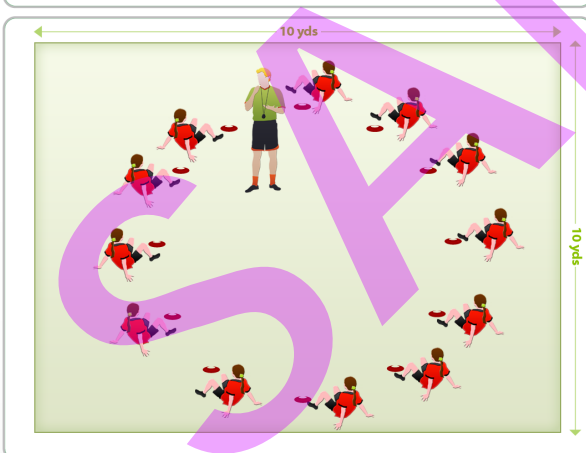
1. Have the red player attempt to pass the ball to a different green player than the one from whom he received the initial pass.

COACHING POINTS

1. Make eye contact with the green player 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.
5. Strike the middle of the ball with the inside of your foot to keep the ball on the ground and follow through in the direction of the intended target.

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NAME: Soccer Alphabet **TYPE:** Activity Break



SET UP

Set out a 10x10 yard area. Seat players in a circle.

DIAGRAM KEY

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

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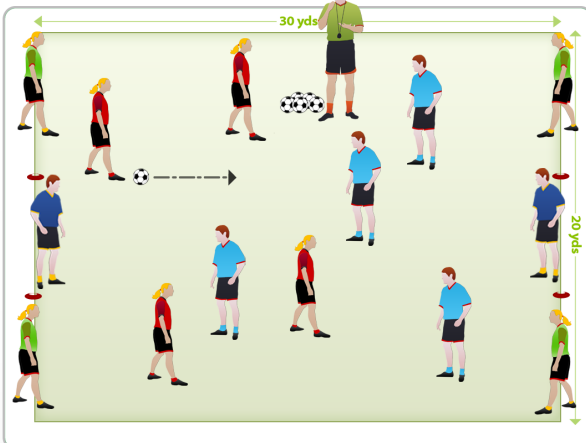
HOW TO PLAY

The first player names a soccer term, team, or player that begins with the letter "A." The next player then has 10 seconds to name a term that begins with the letter "B"—and so on, through the alphabet. For example:

Letter	Soccer Term, Team or Player
A	Assistant Referee
C	Center Circle
D	Defender
F	Free Kick
G	Goalkeeper
H	Halftime
K	Kick
M	Midfield Player
N	Nutmeg
O	Offside
P	Penalty Box
R	Referee
S	Shinguards
T	Team
U	Ungentlemanly Conduct
V	Volley
Y	Yellow Card

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NAME: End Line Support **TYPE:** Game **THEME:** Passing & Receiving



SET UP

Set out a 20x30 yard area. Group players in three equal teams. Position the red team and the blue team inside the area with a ball. Position green team players on each end line on either side of a goalkeeper inside a goal. Position the coach on the sideline with a supply of balls.

LEARNING OUTCOME

Passing for possession and penetration.

DIAGRAM KEY

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

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HOW TO PLAY

Play a regular game of soccer. The team in possession combines to create a scoring opportunity. Opposing players try to tackle the player with the ball or intercept a pass to gain possession. The object of the game is to play a "one-two" pass with a green player on the team's attacking end line before attempting a shot and scoring a goal past the goalkeeper on the attacking end line. Green players can move along the end line to create better passing opportunities. Restart the game with a throw-in, goal kick, or corner kick when the ball goes out of bounds. Rotate teams after a specified time period.

PROGRESSIONS

1. Allow supporting players to provide support from the sidelines.
2. Limit the number of touches on the ball.

COACHING POINTS

1. Place your non-kicking foot alongside the ball, toes pointing at the target.
2. Turn your kicking foot out, keeping your ankle firm and toes up.
3. Keep your eyes on the ball at the moment of contact.
4. Strike the middle of the ball with the inside of your foot to keep the ball on the ground.
5. Follow through in the direction of the intended target.

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SAMPLE