



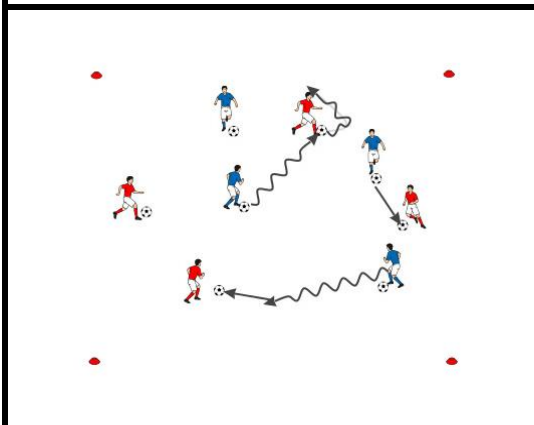
Purpose of this session is to *develop passing technique*.

A very important component of the pass are the three stages of a kick:

-Approach: Start behind ball. "Baby" or "Machine gun" steps, planting foot next to ball, facing target

-Kick: Kick with *inside of ANKLE*, Toe up, knees bent

-Follow Through: Lift knee after pass, watch for players crossing legs or dragging foot on ground



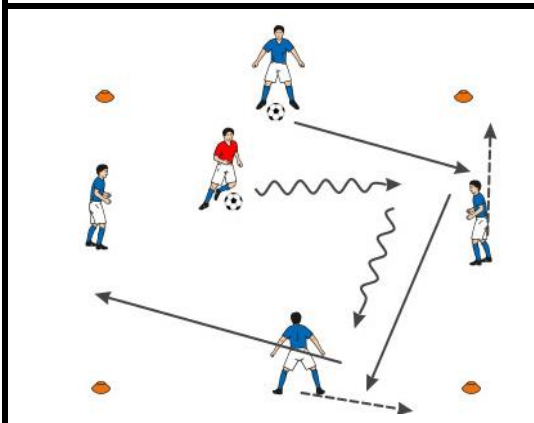
I. WARM-UP Move: V-Turns Game: Ball Tag 25 minutes

EYSA Technical Warm-Up: Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches and 1v1 core moves. Finish with "Ball Tag"

What: Small Square, ~10x10 yds. 2 Equal teams. 1 ball per player

How: Attacking team tries to dribble ball and pass to hit defending players' balls. Defending team dribble and turn away from attacking players. 1 point per strike for attacking team. Switch roles, play again

Why: Dribble to set up pass. Approach, Kick, Follow through. Can use outside of foot for quicker pass



II. SMALL-SIDED ACTIVITY Game: Rondo - Dribble defender 15 minutes

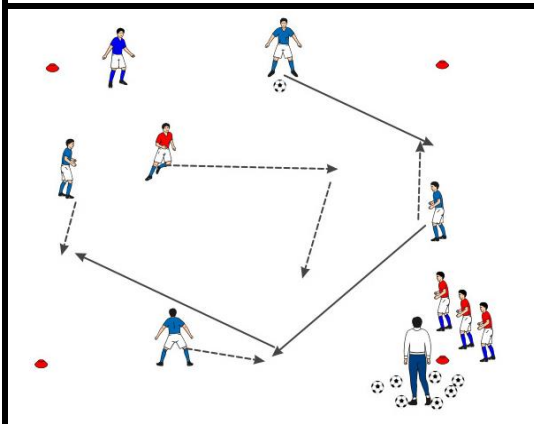
What: 10x10 yd square. 1 defender. 4+ attackers.

How: Keepaway from defender. ~90 second rounds. Defender must dribble his own ball while trying to steal the passing ball. If ball goes out, coach sends in new ball. 1 point per block. Remove ball when passing team has success

Why: Far foot trap, passing technique (approach, kick, follow through), movement to receive

Note: Purpose of the dribble defender is to slow down the pace of pressure in order to attain success. *How else can you create low pressure?*

If passing technique is still a problem, can do 4v0, competition by races



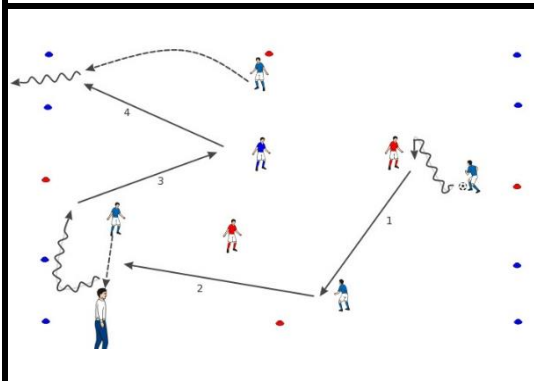
III. EXPANDED ACTIVITY Game: 5v1 line defender 15 minutes

What: ~12x12 box - adjust to create success. 5 players spread out, inside the field. The rest in a line out of bounds. Coach feeds ball in to team of 5.

How: Attacking team possesses against one defending player. When a defender steals ball, new ball and defender is fed in. 3-6 passes is a point. Teams switch roles every ~3 minutes.

Why/Coaching Points: "Who can be the most open?" Trap away from defender. Approach, Kick, Follow through.

Note: There are many variations and levels of Rondos. Run the Rondo your team can handle. Coach should also encourage movement to receive



IV. GAME Game: Possession to Goal 20 minutes

What: ~5v2. Rectangle with wide goals.

How: Team of 5 must get 3+ passes before going to goal. Team of 2 can score at any time. ~4-minute games, rotate the team of 2

Why: Resembles pressure at lower quantity, but higher speed. Requires players to recognize space/overload. "What Shapes do we create?"

Note: Play whatever final free play game that suits your team best, but make sure it creates opportunities to pass, receive and move into space to receive