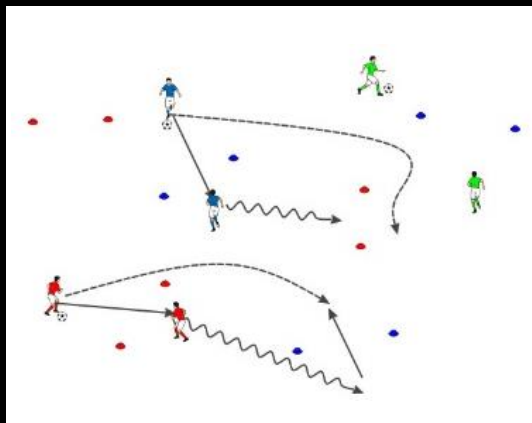




Purpose of this session is to *develop passing technique*.

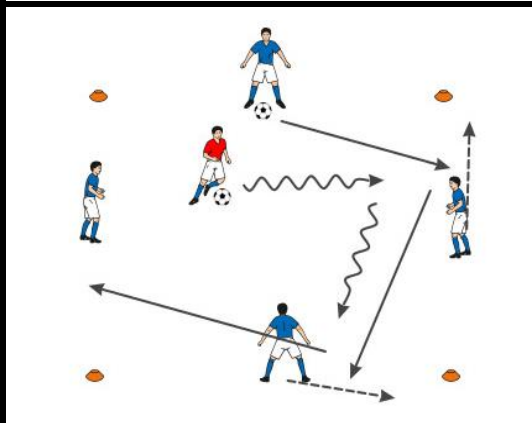
The movement to receive is also very important in developing the team's ability to be successful.

Three points can be made to address movement: **1:** Create space by getting as wide as possible("Who can be the most open?"). **2:** Check back down the line in order to create a passing angle. **3:** Body open to the field, not facing the passer.



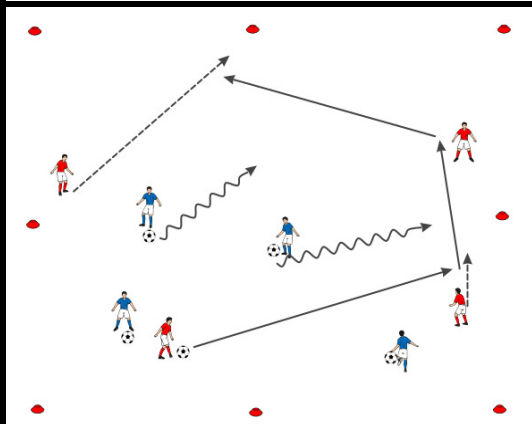
I. WARM-UP Move: V-Turn Game: Passing Gates 25 minutes
EYSA Technical Warm-Up: Start every practice with ~8 minutes juggling, then ~8 minutes ball mastery touches and 1v1 core moves.
 Finish with "Passing Gates"

What: Square. 4-6 gates of 2 different colors. Players partner up with 1 ball
How: Players pass 3 times back and forth through gate, then move to a new gate. Use 2 colors for pass with Left and Right foot. 90-second rounds: Inside foot pass x 3 rounds: progressively teach approach, kick, follow through.
Why: Develop **Approach** (start behind the ball, take baby steps), **Kick** (inside of ankle, toe up, knees bent), **Follow Through**(keep foot off ground, strike through to partner). Receive: Take a new direction.



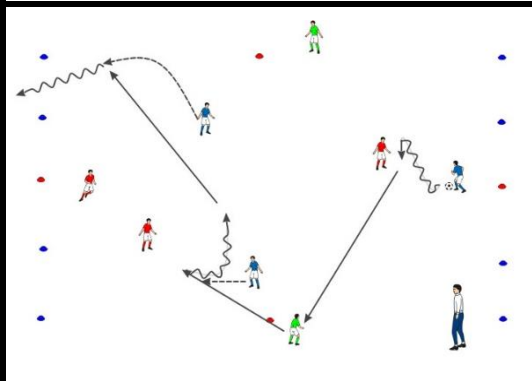
II. SMALL-SIDED ACTIVITY Game: Rondo - Dribble Defender 15 minutes
What: 10x10 yd square. 1 defender. 4+ attackers.
How: Keepaway from defender. ~90 second rounds. Defender must dribble his own ball while trying to steal the passing ball. If ball goes out, coach sends in new ball. 1 point per block. Remove ball when passing team has success
Why/Coaching Points: Far foot trap, passing technique(approach, kick, follow through), movement to receive

Note: Play whatever Rondo fits best for your team. 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?*



III. EXPANDED ACTIVITY Game: Possession w/ Pressure 15 minutes
What: Square. ~Even numbers. Attacking team with 1 ball per team. Defending team 1 ball per player. No goals
How: Defending team must dribble their own balls and block/kick away possessing team's ball. Possessing team tries to get x# passes for point.
Why: Trap/turn/dribble into space. Movement to receive. "Take the ball with you" on trap. "What shapes do we make?"

Note: Again, Dribble Defenders slow the pressure, but this time at even numbers. How else can you create low pressure?
 **Have a supply of balls ready to feed when ball goes out



IV. GAME Game: Possession to goal w/Bumpers 20 minutes
What: 2 "Bumpers" - wide players outside the field play on both teams, can't be defended. Can play to end-zone, 2 wide goals or 1 central goal.
How: Using bumpers allows for a ~5v3 instead of 4v4. Players should have more time to find the open pass by shielding the ball and dribbling into space
Why/Coaching Points: Incorporate topic and points of training session into final game.

Note: Play whatever final free play game that suits your team best, but make sure it creates opportunities to turn away from pressure and shield the ball