



Passing (Penetration)

Appropriate for players ages 7-11

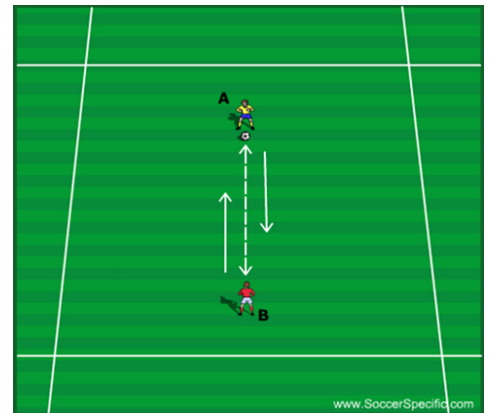
Session Aims: To develop techniques used to successfully pass the ball across a longer distance, demonstrating control, communication skills & awareness of others.

Warm Up: Quickness & Reaction

Players A and B play one touch wall passes with each other. When player A stops the ball with the sole of their foot, both players quickly exchange positions.

Progression (s):

1. Any player can stop the ball (other player reacts).
2. Players let the ball run past for partner to sprint and receive.
3. Shorten passing distance between players.

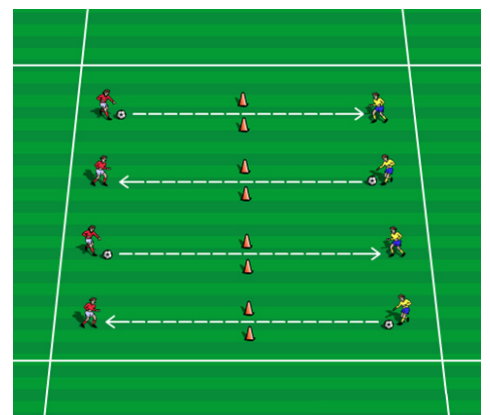
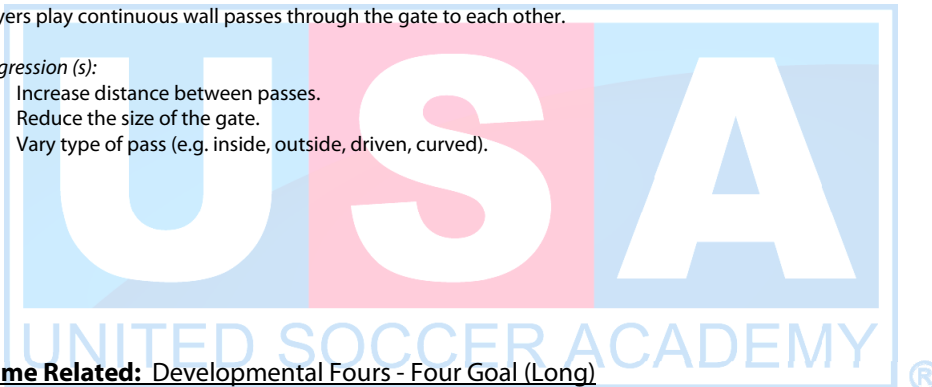


Fundamental/Individual: Passing (Penetration)

Players play continuous wall passes through the gate to each other.

Progression (s):

1. Increase distance between passes.
2. Reduce the size of the gate.
3. Vary type of pass (e.g. inside, outside, driven, curved).

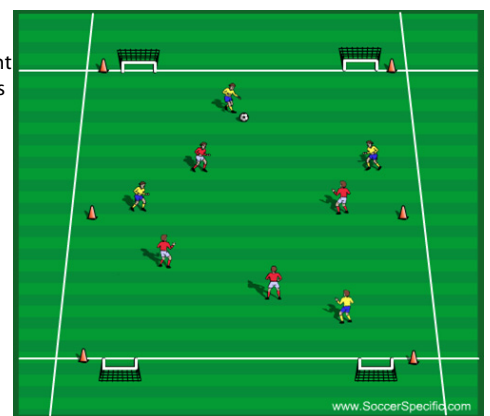


Game Related: Developmental Fours - Four Goal (Long)

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. A point is scored when a player successfully scores into either of the two opposing corner goals. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Penetrating passes, speed of play and providing support.



Game Condition (Small-sided/Conditioned)

Small-sided conditioned game (5v5 maximum). Practice concluded with dynamic cool down.