



Passing (Switch of Play)

Appropriate for players ages 7-11

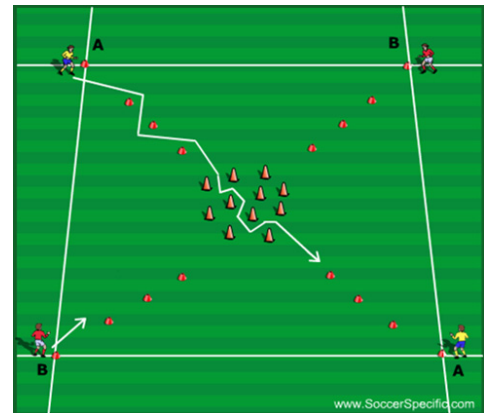
Session Aims: To introduce correct techniques to be able to successfully pass the ball, keeping on their toes demonstrating communication skills & awareness of others.

Warm Up: Speed, Agility & Quickness (SAQ)

Players slalom through markers and exchange positions with the team mate diagonally across from them.

Progression (s):

1. Touch set number of cones before sprinting to partner (e.g. 5).
2. Introduce use of a soccer ball.
3. All four players start at the same time.

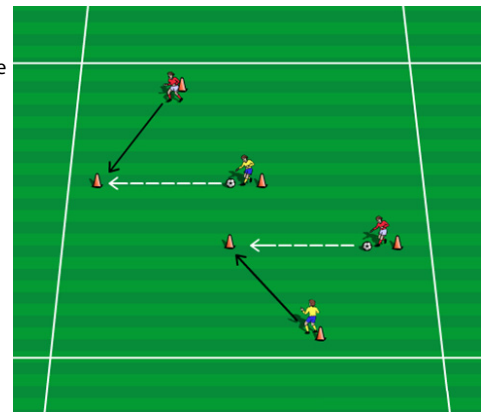


Fundamental/Individual: Passing (Switch of Play)

Two players occupy any two corners of a triangle identified by markers. The player without possession sprints to the unoccupied corner of the triangle and demands the ball. On this command, the player in possession passes the ball to their partner. The player that passed the ball now moves to the unoccupied corner.

Progression (s):

1. Increase distance between passes.
2. Limit number of touches (e.g. 2 touch max).
3. Restrict players to specific foot (e.g. preferred, non-preferred).

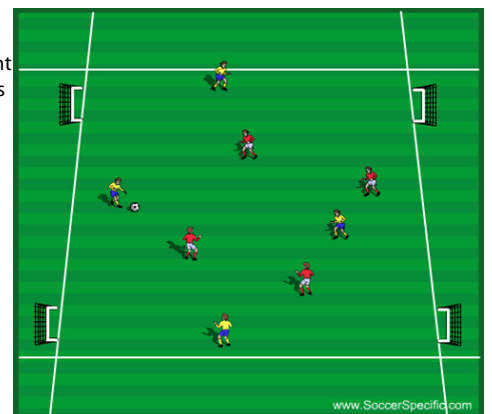


Game Related: Developmental Fours - Four Goal (Wide)

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:

Switch of play and creating width.



Game Condition (Small-sided/Conditioned)

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