



Passing (Possession)

Appropriate for players ages 7-11

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

Warm Up: Speed, Agility & Quickness (SAQ)

Players sprint around defined area and touch as many different markers as possible in 30 seconds.

Progression (s):

1. Players only touch markers of a specified color.
2. Players turnover opposition markers (and correct their own).
3. Introduce use of a soccer ball.

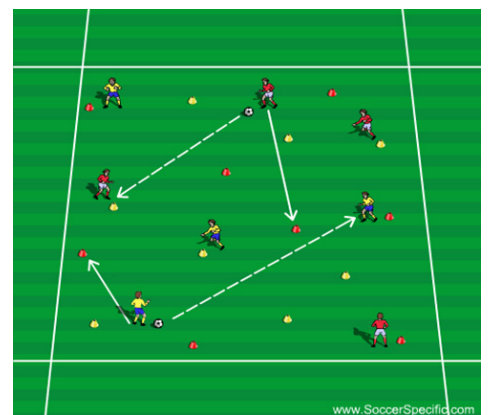
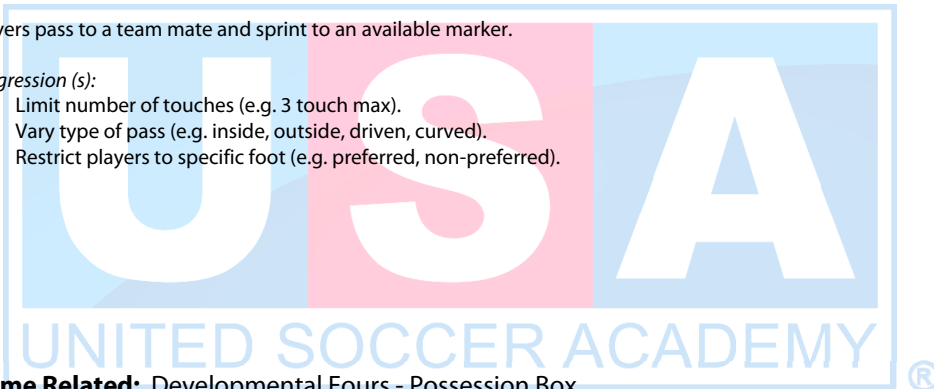


Fundamental/Individual: Passing (Possession)

Players pass to a team mate and sprint to an available marker.

Progression (s):

1. Limit number of touches (e.g. 3 touch max).
2. Vary type of pass (e.g. inside, outside, driven, curved).
3. Restrict players to specific foot (e.g. preferred, non-preferred).

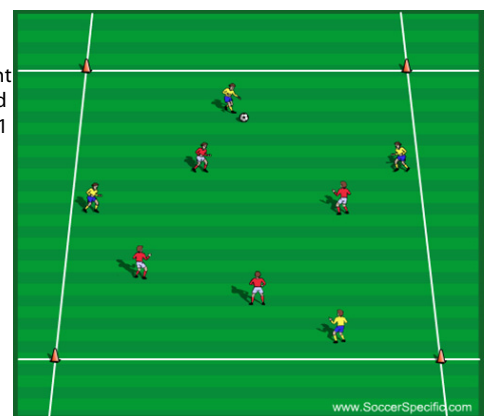


Game Related: Developmental Fours - Possession Box

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 select number of successful passes have been completed (e.g. 5 consecutive passes). Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Ball retention, creating length and depth, and providing support.



Game Condition (Small-sided/Conditioned)

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