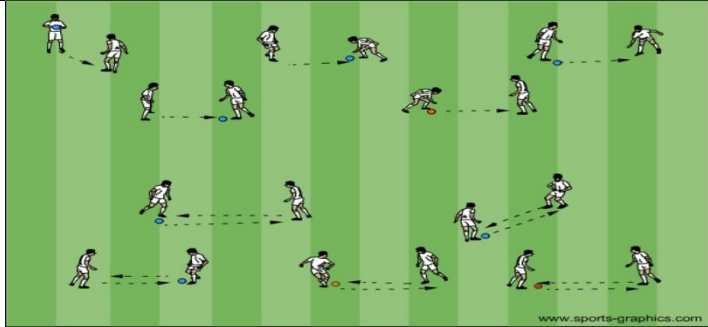
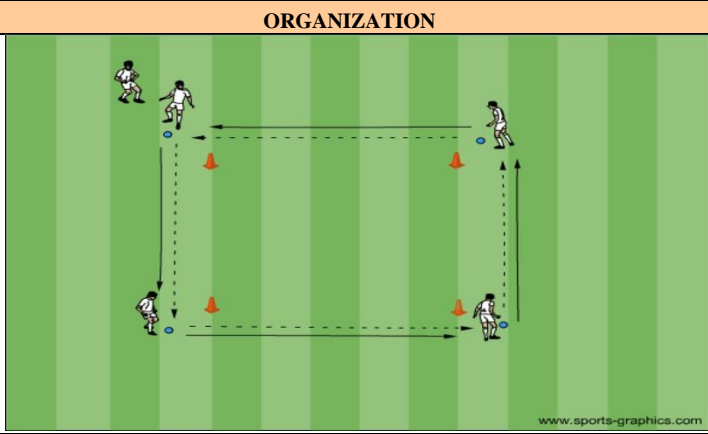
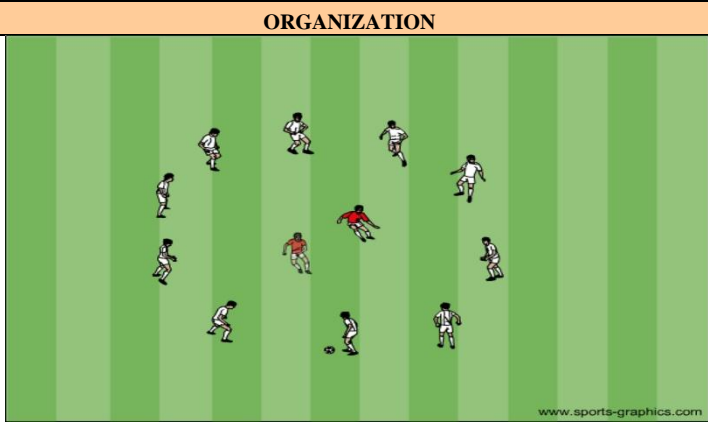


Date:

Topic: Passing 1



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> Phase 1: Using the Brazilian Bolas, player's partner up and work on basics Partners serve from the hands, rolling ball to alternate feet Passing partner uses 3 step rhythm when possible between each touch Partners alternate serving on command Phase 2: Both players pass together using two and then one touch Repeat all with size 4 or 5 ball 		<ol style="list-style-type: none"> Exaggerate technique Head low, eyes on ball Active feet, 3 step rhythm between touches Strong core, crunch on each touch Balance: arms out and steady Footwork: Address the ball under hips. Don't reach out and stretch to play ball, small movements and quick footwork Ankle locked and toe up Sweet spot on ball and foot. Clean contact.
<ul style="list-style-type: none"> "The Magic Box" 5-6 players per grid 10-15 yard grid Start with passing and receiving with the inside of the right foot only. Players must pass to the right foot of the next player in line and then follow their pass to the next cone. Receiving player must take a touch towards the next cone and do the same. Change to inside of the left foot only. Change back to right and attempt one touch when possible. 		<ol style="list-style-type: none"> Hips and shoulders frame the target. Ankle locked, head low and steady. Receiver must move feet and body to face in the direction they want to play. If the pass is not accurate, they must work to receive open to the next cone and take a positive first touch towards where they want to go. Add in small checking movement away from the ball and ask players to use body language to show where they want to receive. Players should keep ball close enough to complete their pass within 2-3 steps
<ul style="list-style-type: none"> Rondo: Players circle 2-3 defenders and play keep away. If a player turns the ball over, that player and the players next to him or her become the next defenders in the middle. If possession players connect 10 passes defenders stay in a second round and so on. Add restrictions as needed including one or two touch. 		<ol style="list-style-type: none"> Receive with front foot when possible. Keep hips open to as much of the field as possible to see all options. Check in and create a good angle to receive as the second attacker. Recognize time and space and play 1-2 touch as needed. Use small body fakes and feints to create time. Review proper passing technique as needed. Encourage new passing surfaces including toe and outside of the foot when appropriate.
<p>Game Phase</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
<p>PLAY!</p>	<p>. Open game to two goals</p>	<p>Passing</p>