

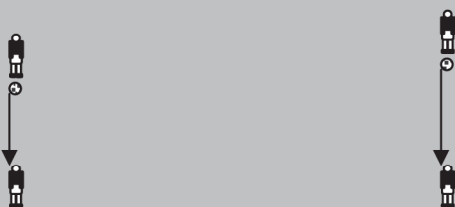


PROGRESSION

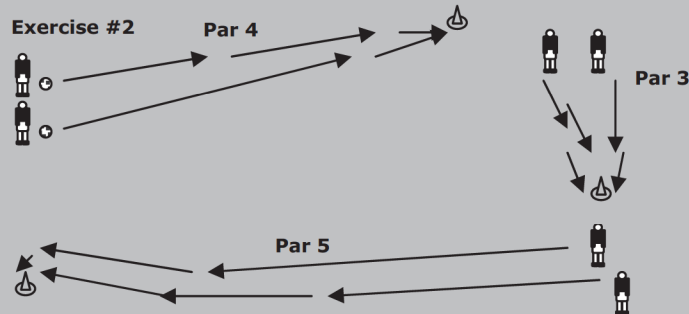
U7 PASSING SESSION (TECHNIQUE)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Passing	Technique	U7	Micro	U7D
Exercise #1	Organization	Coaching Points		
In 2's: Players should be 5-10 yards apart. Increase or decrease distance based on success. Have players use right foot only, left foot only, both feet. After they have had success, restrict touches, 3 touches in between passes, 2 touches in between passes. Time: 10 min.		Pass with the inside of the foot, toe above heel. Plant foot even with ball pointed at target. Make contact on center of ball. Follow through. Introduce instep and heel pass. Instep, toe straight down ankle locked, keep ankle locked through contact. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
Golf: Coach sets up cones like a golf course or you can have players use objects on the field (trees, benches, trash cans, etc.), coach determines if holes are par 5s, 4s, or 3s, (5 for longer holes, 4 for medium holes, 3 for shorter holes). The player with the least number of passes wins the game or hole, pending how you are scoring the game. Coach needs to assist players in scoring the game. Time: 10 min.		Same coaching points as above. Talk to players about the weight of their passes and what part of the foot to use in certain situations (farther distances, drive the ball with the instep, closer distances, use the inside of the foot and finesse the ball). Have fun with this exercise. The players will really enjoy this session. Be positive and have fun.		
Exercise #3	Organization	Coaching Points		
Marbles: 1 st player passes his/her ball out. 2 nd player passes his/her ball in an attempt to hit the 1 st player's ball. Both alternate attempting to hit the other player's ball. For a hit the player receives a point. The first player to ten points wins. Perform exercise in an open space Time: 10 min.		Same coaching points as above. Weight, timing, and accuracy of passes. Laugh and have fun with the players.		
Exercise #4	Organization	Coaching Points		
4v4 + 2: Play 4v4. Plus the 2 players are neutral and are on the team that has the ball. Field size is 30 x 40 yards. Time: 30 min.		Encourage players to pass, find the extra players, and play the game. Same coaching points as above. Become a fan (good job, well done).		

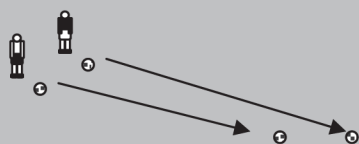
Exercise #1



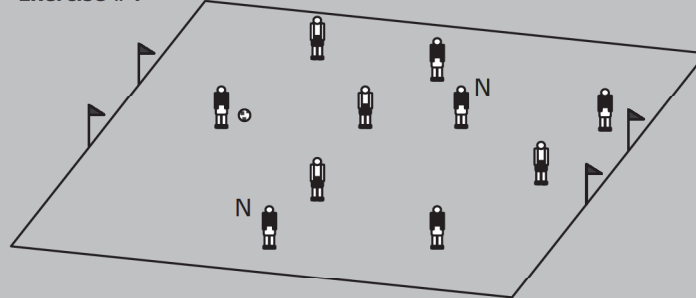
Exercise #2



Exercise #3



Exercise #4



Light



Dark



Player making decision



Goalkeeper



Grid



Dribbling



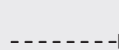
Dribbling with feint



Ball movement



Run



Cross



Priority number



Nike ball



Cone



Flag

