

Week 4/ Passing & Receiving

[15 MIN]

PASS & RECEIVE WARM UP

- Players partner up with one ball
- Both players clasp hands in a “handshake” and try to pass ball back and forth in a rhythm
- Right foot to right foot (right hands), left foot to left foot (left hands)
- Progress to receive with inside of one foot and play back with opposite foot



[5 MIN]

WATER BREAK / JUGGLING (ROLL UP)

[5 MIN]

PASS & MOVE

- Two grids as big as possible
- Half the players in each grid have a ball
- Players that don't have ball are calling to players with ball for a pass
- Commands such as “**BALL!**”, “**HERE!**”, or the player's name should be used



[5 MIN]

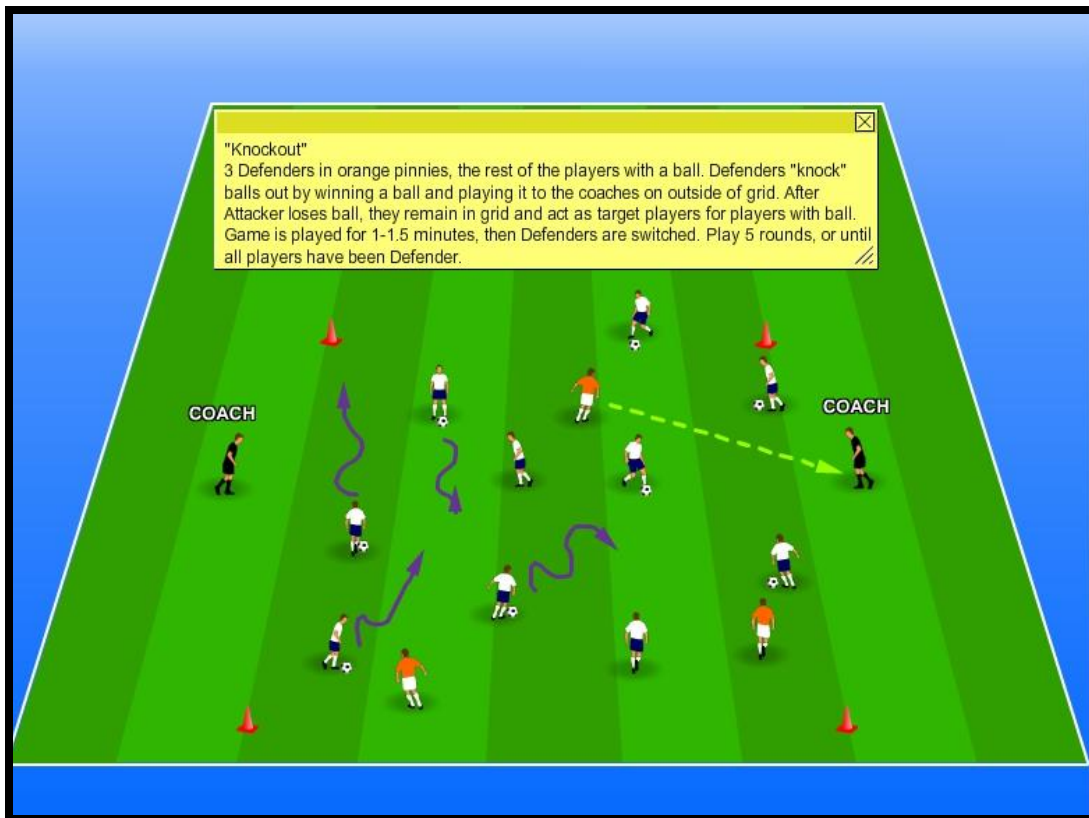
WATER BREAK / JUGGLING (FEET TO THIGH)

- Continue roll ups
- Have players attempt foot to thigh back to foot from hands if roll up is too difficult

[8 MIN]

“KNOCKOUT”

- Variation on traditional game
- 2 grids, half the players in each
- 6-7 players with ball (Attackers), 2-3 players w/out ball (Defenders)
- When Defender wins ball, they try to make a pass to a Coach on the outside of the grid
- As soon as Attacker loses ball, they can help other players keep ball away from Defenders
- Rotate Defenders every 1 minute



[2 MIN]

WATER BREAK

[15 MIN]

SMALL-SIDED GAMES

- Emphasis on making quick, accurate passes