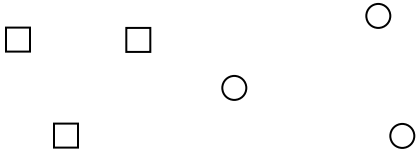
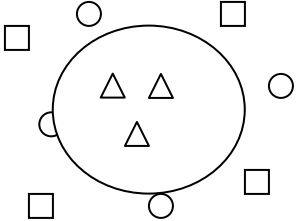
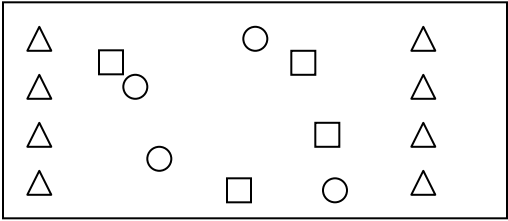





Name:

Topic: Short Passing

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Team breaks into groups of three Groups should pass between group in area Groups should constantly be moving <p>Progressions: Specify what surface must be used to pass the ball</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Plant foot pointed at target Kick with inside of foot Wide surface=accuracy Follow through in direction of target Push pass=less than 25 yards
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Have team partner up and face each other across a circle Cones are placed inside the circle Players score points by knocking over the cones When all the cones have been knocked over the team that scored the most points wins <p>Progressions: Specify what surface must be used to pass the ball</p>	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Play 4v4 in a 40-x-30 yard area Teams attempt to knock over cones that their opponent is defending When a team knocks over a cone, they pick it up and put it in the line of cones they are defending After 5 minutes, the team with the most cones wins <p>Progressions: Have different colored cones worth different point values.</p>	<ul style="list-style-type: none"> Good technique Proper accuracy Proper pace
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Scrimmage 4v4 No restrictions on players Teams score by shooting ball into goal 	<ul style="list-style-type: none"> Observe to see if session has helped with passing ability