

Lesson Plan

Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm-up (10 minutes)			
ORGANIZATION Area 20 yards x 10 yards. Place balls around the outside of the area.	Players jog, without a ball, inside the area. One player has a ball dribbles in the area and tries to hit players below the knee by passing the ball (pacman). If a player is hit he gets a ball and joins pacman. Continue until only one player remains. He/she becomes pacman. Repeat game.		
2 BRIDGE PASSING (10 minutes)			
Area 20 yards x 20 yards. Divide team into two groups, all players have a ball.	One team finds space in the area and stands with feet apart and holds their ball on their head. The other team dribbles in the area passing their ball between the legs of the standing team using the inside of the right foot. Count number of passes in 45 seconds. Then switch roles. PROGRESSION: • Inside of foot passes. • Outside of foot passes. • Left foot only. • Right foot only. • 3 passes at each bridge.		

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3 Main Activity - GATE PASSING (15 minutes)

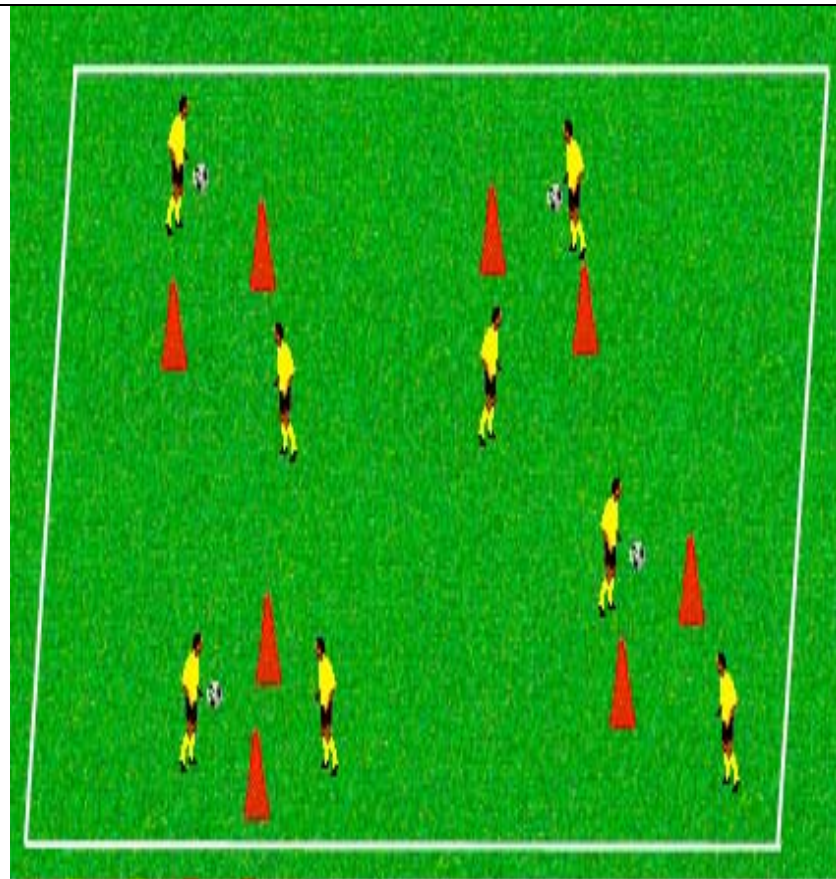
Area 40 yards x 30 yards. Players have a partner, one ball per pair. Use cones to make goals, 2 yards wide, and placed at random in the area. Make sure there are several more gates than the number of pairs.

Players stand either side of a goal. One player throws the ball through the goal to their partner. The partner catches the ball, the pair then move to another goal.

PROGRESSION:

- Passing with feet. Count the number of passes in 45 seconds.
- Who can go through the most different number of gates in 45 seconds?
- Pass with inside of foot.
- Pass with outside of foot.
- Pass with right foot.
- Pass with left foot.
- Alternate passes (change who starts with the ball).
- 3 passes at each gate
- Dribble through the first gate, pass through the second gate
- Change to groups of three, increase the size of the gates, group passing and decision making.

Show passing technique.



Lesson Plan

4 (15 minutes)

Area 40 yards x 30 yards. Use cones to make five goals, 2 yards wide, and placed at random in the area. Divide players into two teams and play 4 vs. 4. Add a second playing area if needed.

Passing the ball between the cones to a teammate scores a goal.



5 Small-Sided Game (20 minutes)

Area 50 yards x 30 yards. Use cones to make goals 7 yards wide.

Divide team into two groups and play 6 vs. 6 including goalkeepers. Encourage players to pass and support.

