
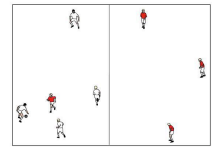


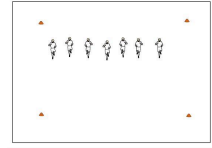


Author: Mark Ruest

Topic: Passing

# Lesson Plan

Age: \_\_\_\_\_

Activity Name	Description	Diagram	Purpose / Coaching Points
<p>1</p> <p><b>Passing in Space - Phase 1</b></p>	<p>Use an appropriate sized space for your group. Half the players with a ball. Players pass and move in the space. Players get the ball from one player and pass it to a different player.</p> <p>-&gt; Conditions: Play in two touches or less, Long passes only, Play balls in air, Play bending balls, Combination play short then pass long, etc.</p>		<p>Weight of pass (To space vs. To feet), Make it easy for next person to play, Body mechanics, Vision, Visual Communication, Deception.</p>
<p>2</p> <p><b>Transition Boxes - Phase 2</b></p>	<p>Create a grid ~30 x 15 yard grid. Create a center line. Two teams of four. One in each half. Team 1 begins with the ball and tries to get 7 passes in a row in their own half of the grid. Team 2 sends 1 player to defend. If defender wins ball, he passes to his team and joins them. Teams immediately change roles.</p>		<p>*Adjust defenders / Grid Size for group Weight and accuracy of pass, Deception, Use of various surfaces, Various passing techniques, Technical speed, Body mechanics, Vision, Know options early</p>
<p>3</p> <p><b>Four Goal Game - Phase 3</b></p>	<p>Create ~30 x 40 yard grid. Place two cone goals on each end line near corners of the field. Two even teams of 3. Each team defends two goals and attacks two goals. Ball must go in the cone goals knee high or lower to count.</p>		<p>* Can play with a neutral player if needed. Weight and accuracy of pass, Deception, Use of various surfaces, Various passing techniques, Technical speed, Body mechanics, Vision, Know options early</p>
<p>4</p> <p><b>Four vs. Four (with GK) -</b></p>	<p>Even sided match</p>		<p>Any coaching points mentioned previously. Use conditions to reinforce topic of the day.</p>
<p>5</p> <p><b>Warm Down - Phase 5</b></p>	<p>Different movements (Jogging, Sliding, Skipping, etc.) Static stretching</p>		<p>Recovery</p>