



<b>Theme of Session:</b>	<b>PASSING</b>
<b>Week:</b>	<b>WEEK TWO</b>

Section	Time	Games / Skills	Coaching Points
(1) Warm -Up	0-15	<ul style="list-style-type: none"> <li>•Fast Walk the field with the ball</li> <li>•Juggle for five minutes</li> <li>•One Touch with partner</li> <li>•Stretching Exercise in a group</li> </ul>	
(2) Skill Building	15-45	<p>A.      <b>FOUR CONE GRID</b></p> <ul style="list-style-type: none"> <li>•      Approx 10 yds by 10 yds</li> <li>•      Four (or five per grid)</li> <li>-      Progression</li> <li>•      Pass within one yard arc</li> <li>•      Pass to right foot</li> <li>•      One -two and return</li> <li>•      Five players - pass and move</li> </ul> <p>B.      <b>FOUR PLAYERS -TWO/ ONE TOUCH</b></p> <ul style="list-style-type: none"> <li>-      Three yards apart</li> <li>-      Two players each side</li> <li>-      Rotate, quick, wait, soft touch</li> </ul> <p>C.      <b>Pass/Receive in Threes</b></p> <ul style="list-style-type: none"> <li>-      Groups of three (rotating)</li> <li>-      Grid circa 20 yds by 10 yds</li> <li>-      Two Stationary/One move</li> <li>-      Two balls</li> <li>-      Pass to the runner going side to side</li> <li>-      Progression:</li> <li>•      One touch</li> <li>•      Receive in / pass back</li> </ul> <p>D.      <b>8 v 2</b></p> <ul style="list-style-type: none"> <li>-      10 yds by 10 yds grid</li> <li>-      Switch on misplay or coach</li> </ul> <p>E.      <b>16 player PASSING</b></p> <ul style="list-style-type: none"> <li>•      40 yds by 50 yds</li> <li>•      5 -6 balls</li> <li>•      PASS/SUPPORT/MOVE</li> </ul>	<p><b>Technique</b></p> <ul style="list-style-type: none"> <li>• Approach - Slightly off straight</li> <li>• Eyes on the ball</li> <li>• Plant foot next to ball - Don't reach</li> <li>• Planted foot to the target</li> <li>• Ankle rigid / locked up</li> <li>• Knee with the ball</li> <li>• Side of foot</li> <li>• Strike ball above the equator</li> </ul> <p>Appropriate touch / weight of pass - soft or strong</p> <p>Disciplined/methodical</p> <p>Accurate passing !!</p> <p><b>MOVING WITHOUT THE BALL</b></p>



<b>Theme of Session:</b>	<b>PASSING (page 2)</b>
<b>Week:</b>	<b>WEEK ONE</b>

<b>Section</b>	<b>Time</b>	<b>Games / Skills</b>	<b>Coaching Points</b>
<b>(3) Small Game</b>	45-60	<p><u>Three v. Three with 2 and 2 (8)</u></p> <ul style="list-style-type: none"> <li>• 30 yds by 40 yds grid</li> <li>• Use pinnies (red, yellow, )</li> <li>• Per team : Three players in the grid, 2 outside</li> <li>• 2 simultaneous games</li> <li>• “Goal” is scored when ‘pass’ to teammate outside of the grid</li> <li>• Switch teams after 5 minutes</li> <li>• 3 ‘rounds’</li> </ul>	<p>Passing Focus &amp; SUPPORT !!! HIGH ENERGY</p>
<b>(4) Scrimmage / Play</b>	60-75	TBD on time	
<b>(5) Cool Down</b>	70-75	<ul style="list-style-type: none"> <li>• Juggle</li> <li>• Light Stretching</li> </ul>	
<b>(6) Skull Session</b>	75-90	Law #2 – Start & Restart of Play	