

THEME OF PRACTICE: 2 Touch/1 Touch Passing

Activity	Description	Diagram	Coaching Points
<p>WARM-UP free space/cones/gates</p>	<p>Dynamic Stretching in area. 2 Touch pass drill: start with the cone with only 1 extra person and when that person touches ball again at that spot then stop. Pass ball forward and run to next line. Run it 2 times to work out the techniques. Time it on the second one to see what would be a time to beat for the 3rd and 4th attempt. Progression is to 1 touch.</p>		<p>Head up Foot position around ball. Heel down/toe Up bring hip through the ball. Let ball cross body to receive then other foot to pass.</p>
<p>SSG Sided Game</p>	<p>4 V 2 Basic Possession with restrictions. 2 touches , Off. Cannot play the ball to the same player Consecutively. Then progress to 1 touch to anyone. Field Size 20x15</p>		<ol style="list-style-type: none"> 1. Head up 2. Speed of Play 3. Change Direction 4. Movement 5. Ball Control
<p>Expanded SSG</p>	<p>5v5 + 2 Neutral CONTINUE POSSESSION OFFENSE HAS 2 TOUCH then progress to 1 touch passing. Field is 30x25</p>		<ol style="list-style-type: none"> 1. MOVEMENT 2. SUPPORT 3. QUALITY OF THE FIRST TOUCH 4. GOOD PACE
<p>SCRIMMAGE</p>	<p>5 V 5 Play Possession Game. 2 touch with ball. 5 consecutive passes then can shoot on GOAL .</p>		<ol style="list-style-type: none"> 1. CONCENTRATION - FOCUS 2. VISION 3. PLAYING OUT OF PRESSURE 4. TALKING

NOTES FROM PRACTICE: