

THEME OF PRACTICE: Combination Passing

Activity	Description	Diagram	Coaching Points
<p>WARM-UP free space/cones/gates</p>	<p>Dynamic Stretching in area. Double wall pass warmup. Each person that starts in the gate will have their own ball. Passing by using 1 touch passes and movement to open space. Progress to lofting ball to player. U11 players can do the short-short-long passing line. Which you have the 3 players like to the right and do same passing lines.</p>		<p>Head up Foot position around ball. Heel down/toe Up bring hip through the ball. Demand for ball if you do not have it.</p>
<p>SSG</p>	<p>Players will be at each cone leaving 1 open. 2 touch pass the progress to 1 touch pass. Rotate defender in middle <b>Field is 8x10 squares</b></p>		<p>Head up. Heel down Toe Up. Swing hip through ball. Keeping ball under control. Good Pace on pass. Passing ball to correct foot.</p>
<p>Expanded SSG</p>	<p>3v3 or 4v4 when playing kept poss. Must get a player in the box while passing to them to score <b>Field is 30x25</b></p>		<p>Head up . body position on sheilding. support ball; Front/back/sides.</p>
<p>SCRIMMAGE</p>	<p>8v8: or do 5 v 5. Scrimmage with no restrictions.</p>		<p>Remembering to dribble for possession Keeping head up Supporting ball Good Passing with head up</p>

NOTES FROM PRACTICE: