

THEME OF PRACTICE: Passing and Cutting

Activity	Description	Diagram	Coaching Points
WARM-UP free space/cones/gates	Dynamic Stretching in area. Pass across the lane to the other person come towards you on the other side. After passing run straight to other cone and then go back other way on the other side. Receive and pass with right foot. Then move to other side and use left foot.		Head up Foot position around ball. Heel down/toe Up bring hip through the ball.
SSG	2v2 Players will be in middle will having teammate outside of area for wall passes. Pass to teammate while making cuts to get in open space. Outside box players are wall passers <b>Field is 20x15</b>		Head up. Heel down Toe Up. Swing hip through ball. Keeping ball under control. Good Pace on pass.
Expanded SSG	5v5 All players must possess ball before shooting on goal. All players must move to get open. Must start over if other team possess ball, not if they defect pass. Stay with it, team will get it. <b>Field is 50x45</b>		Head up . body position on sheilding. support ball; Front/back/sides.
SCRIMMAGE	8v8: or do 5 v 5. with no restrictions, but emphasis what was just worked on.		Remembering to dribble for possession Keeping head up Supporting ball Good Passing with head up

NOTES FROM PRACTICE: