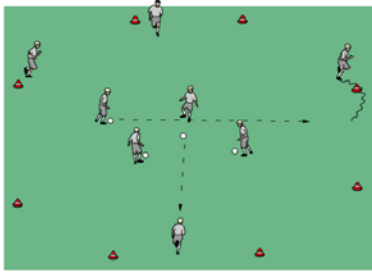
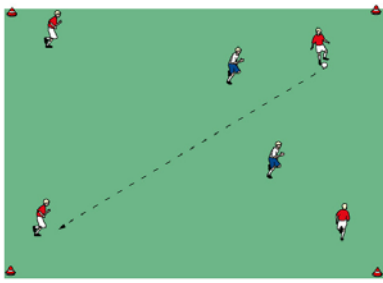
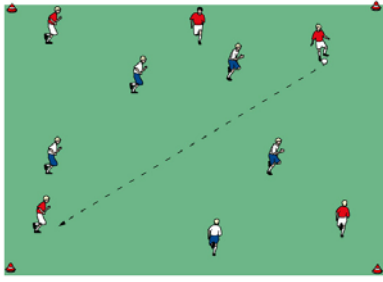
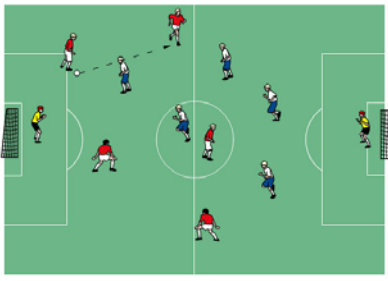


## Topic: Passing to keep possession

Activity Name	Description	Diagram	Purpose/Coaching Points
<p style="text-align: center;">1</p> <p><b>Warm-Up (10 minutes)</b></p> <p><b>“Checkout” passing</b></p>	<p>Divide players into pairs; each pair has a ball.</p> <p>Mark out a 15 x 15-yard field. Put 10 cones on the sidelines around the field.</p> <p>Partners pass, dribble and move.</p> <p>After each pass, the passer runs (or “checks out”) around a cone and receives a pass from their teammate inside. Players have to run around a cone on a different side every time.</p>		<p>After they pass, move to cone.</p> <p>When they pass to their teammate who is coming onto the field, make accurate passes.</p>
<p style="text-align: center;">2</p> <p><b>First Activity (10 min)</b></p> <p><b>4v2 Keepaway</b></p>	<p>4 play against 2 keep away. When the 2 defenders win the ball, they try to get out of the square by either dribbling or passing. A point is scored whenever the 4 players pass successfully without the 2 defenders winning the ball. Switch defenders after 2 minutes so every one gets a turn. Bonus point is scored when they pass the ball between (split) the 2 defenders.</p>		<p>Keep the ball moving.</p> <p>Pass with correct part of foot.</p> <p>What other parts can they use? (outside, heel)</p> <p>See which group of three has the most passes.</p>
<p style="text-align: center;">3</p> <p><b>Second Activity (10 minutes)</b></p> <p><b>“21” Keepaway Game</b></p>	<p>Two teams of 5-6 players. One ball is used. Teams play keep away against each other and count the total number of passes. The objective is to get “21” total passes first. They do not have to 21 passes in a row and probably will not be.</p>		<p>Keep ball on ground</p> <p>Eye contact when passing to teammate.</p> <p>Sometimes pass short, Sometimes long.</p> <p>Make the easiest pass.</p>
<p style="text-align: center;">4</p> <p><b>Game (20-25 minutes)</b></p> <p><b>Play 6v6 to goals.</b></p>			
<p><b>Cool Down</b></p>	<p><b>Juggling challenge</b></p> <p>Who can keep the ball up in the air with only using their feet, thighs, head, the most?</p>		<p>The goal will be to improve their juggling score each week.</p> <p>Wk 5 goal is 15 juggles.</p>