	Skill Level	Date	Age Groups
	Beginner	**Title:** Passing and Receiving Basics II	U10 U12 U13+

Skill Focus:

Ball Control	Dribbling
Passing	Receiving

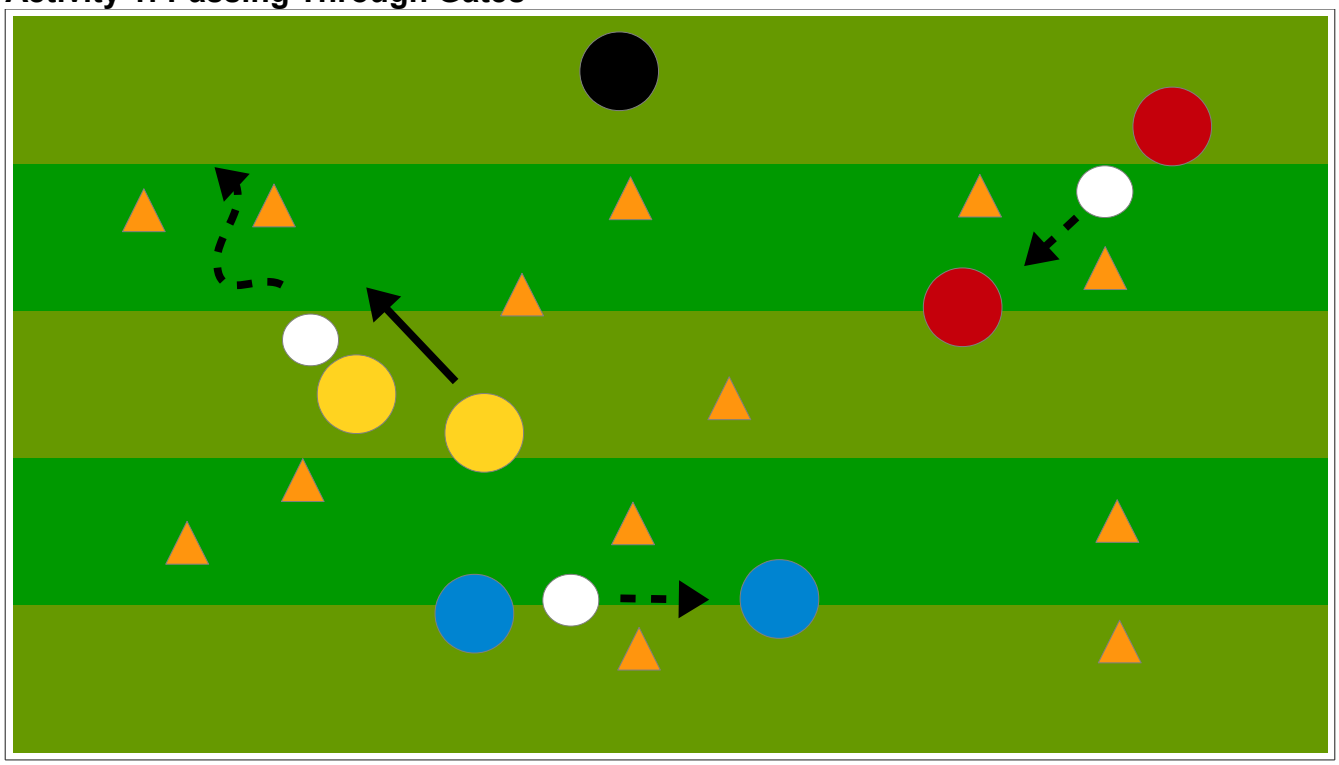
Session Description:
This session is focused on dribbling, passing and receiving.

Warm up:
Jog with the ball.

Scrimmage:
Scrimmage at the end of the this session, but add a 4 touch limit to encourage passing.

Notes:

Activity 1: Passing Through Gates



Setup: Use cones to create 10 or more passing gates, with the cones in each gate about 1 yd apart.

Time: 10-15 minutes

Equipment: Cones and balls

Description:
Have the players pair up. Each group of players start next to the coach and once the coach gives the signal each group of players dribbles to an open gate.

The players complete 3 passes then dribble to a different open gate.
Player 1 dribbles to the gate
Player 1 passes to player 2
Player 2 passes to player 1
Player 2 passes to player 2
Player 2 dribbles to the next gate.

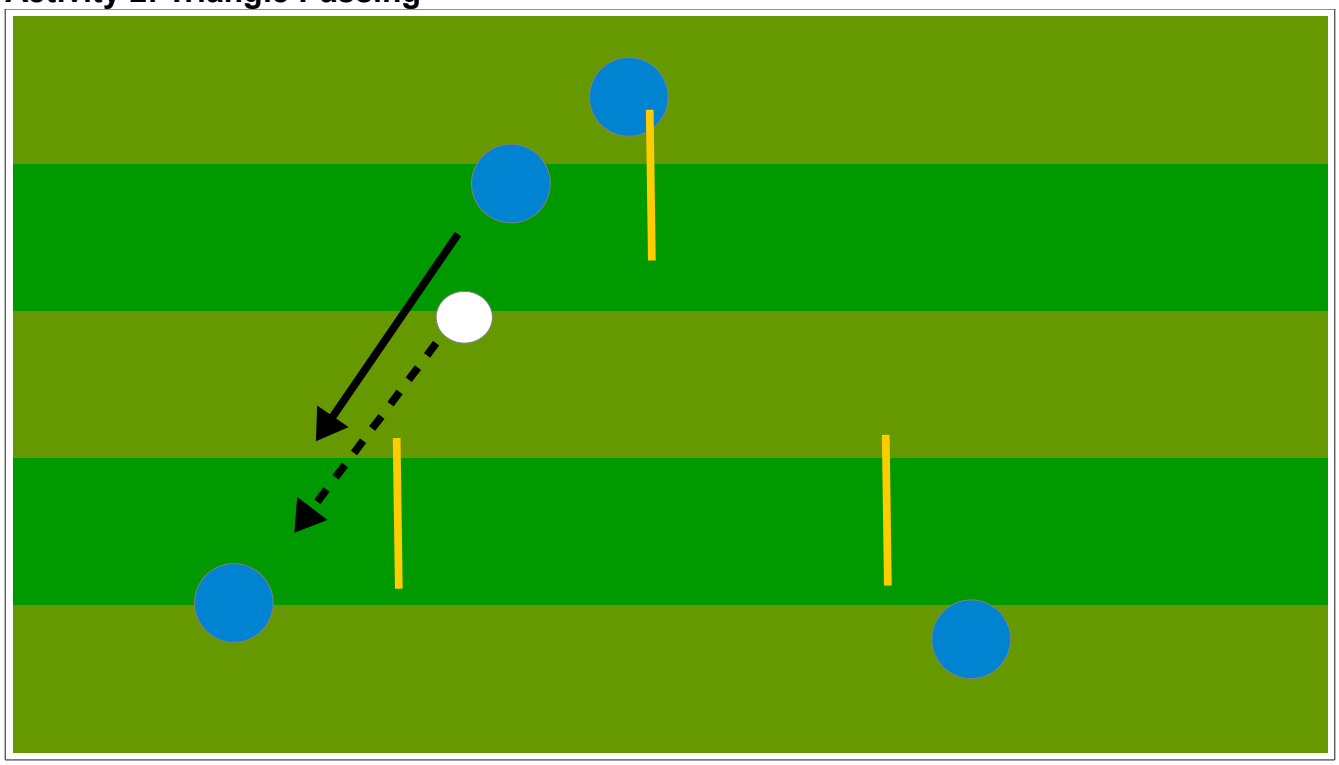
Once the pair of players has gone to all of the gates, they dribble back to the coach
Coaching Points:

- Good solid passes
- Talk to each other so you know which gate to go to next.

Progressions:

1. Make it a race.
2. One touch passes between the gates.

Activity 2: Triangle Passing



Setup: Create a triangle of cones or agility poles 10 yd apart
Time: 10-15 minutes
Equipment: cones or agility poles, balls

Description:
Use 4 players minimum, put a player at each cone/pole one player starts with the ball. The cone where the ball starts should have 2 players.

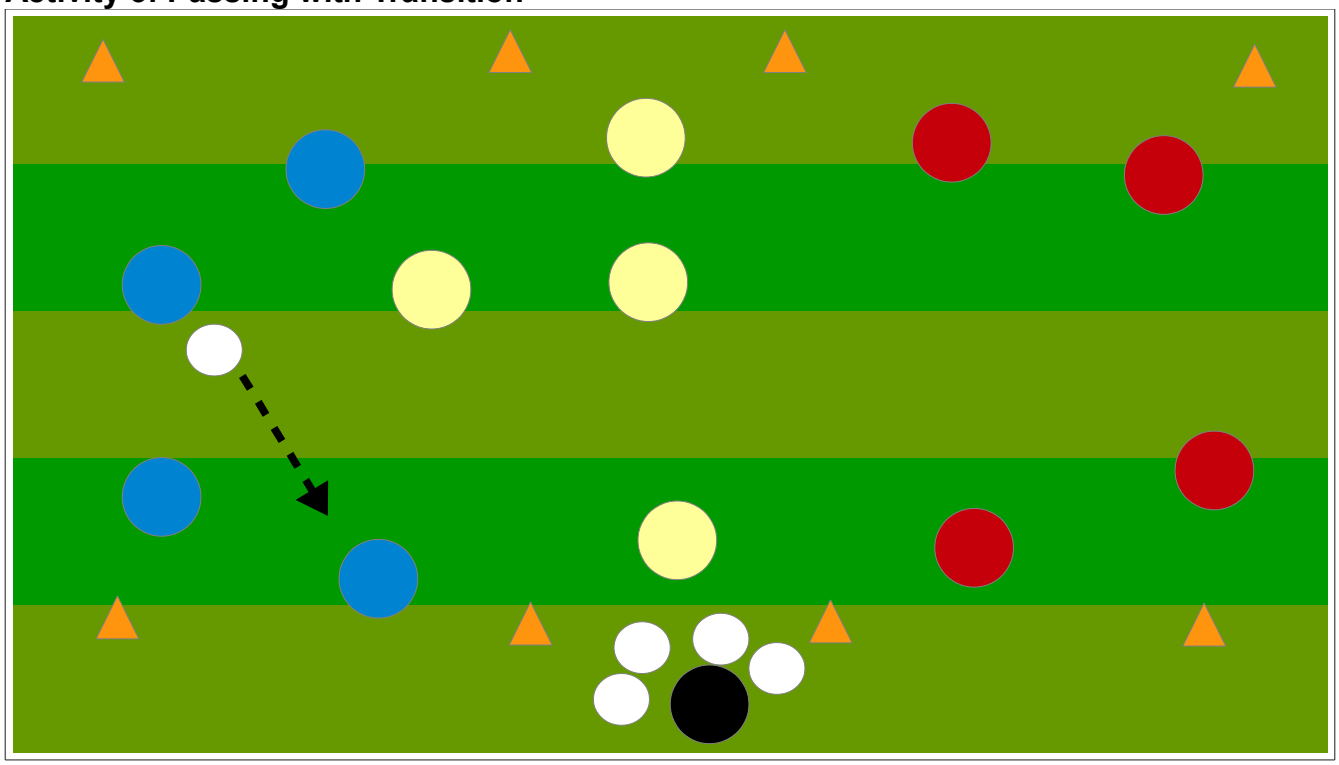
Player 1, passes to player 2. Player 1 follows their pass.
Player 2, takes a touch to receive the ball and passes to player 3. Player 2 follows their pass
Player 3, takes a touch to receive the ball and passes to player 4. Player 3 follows their pass
Player 4, takes a touch to receive the ball and passes to player 1. Player 4 follows their pass.
Repeat.

Coaching Points:

- Make a good solid pass. You should not be able to catch up to your pass.
- When receiving the ball, check away from the cone/defender to create a good angle to make your pass
- Do not stop the ball and then back up to make your pass.

Progressions:
1. 2 touches, trap and pass
2. *Intermediate*: add a give & go.
   - Player 1 make a pass to player 2
   - Player 2 makes 1 touch pass back to player 1
   - Player 1 makes pass in front of cone/defender to a running player 2
   - Player 2 makes 1 touch pass to player 3.

Activity 3: Passing with Transition



Setup: 2 - 15 yd x 15 yd areas with cones with a small space between them
Time: 10-15 minutes
Equipment: 1 ball with lots of balls in reserve
Split players up into 3 even teams (3v3v3, 4v4v4, etc)
Description:
The coach sends a ball to a group of players in one square and they begin passing the ball between, the team in the middle sends 1 player to press, when the starting team completes 3 passes they try to send it to the team in the other square. Once the transition to the other side is complete the middle team sends a different defender.

If the defending team wins a ball or it goes out of bounds, they switch with the team they won the ball from. A ball is played to the opposite square of players.

Coaching Points:

- Quick, strong passes
- Stay spread out, it's easier to pass the ball
- Move into open space if you don't have the ball
- Move the ball away from the pressure.
- Remember the ABCs of defending (Attack the ball handler, Backup up the attacker, Cover space)

Progressions:

1. Allow only two touches, one to control the pass the other to make the pass
2. One touch passes.
3. Put the third team in the center between the 2 squares.
4. Add a point system:
    - 3 points if you can complete 3 passes, 1 point for every pass over 3.
    - 1 point if the defending team can force a mistake