	Skill Level	Date	Age Groups
	Intermediate	**Title:** Moving Off the Ball	U10 U12 U13+

Skill Focus:

Ball Control	Fitness
Dribbling	Team Play
Passing	Decision Making

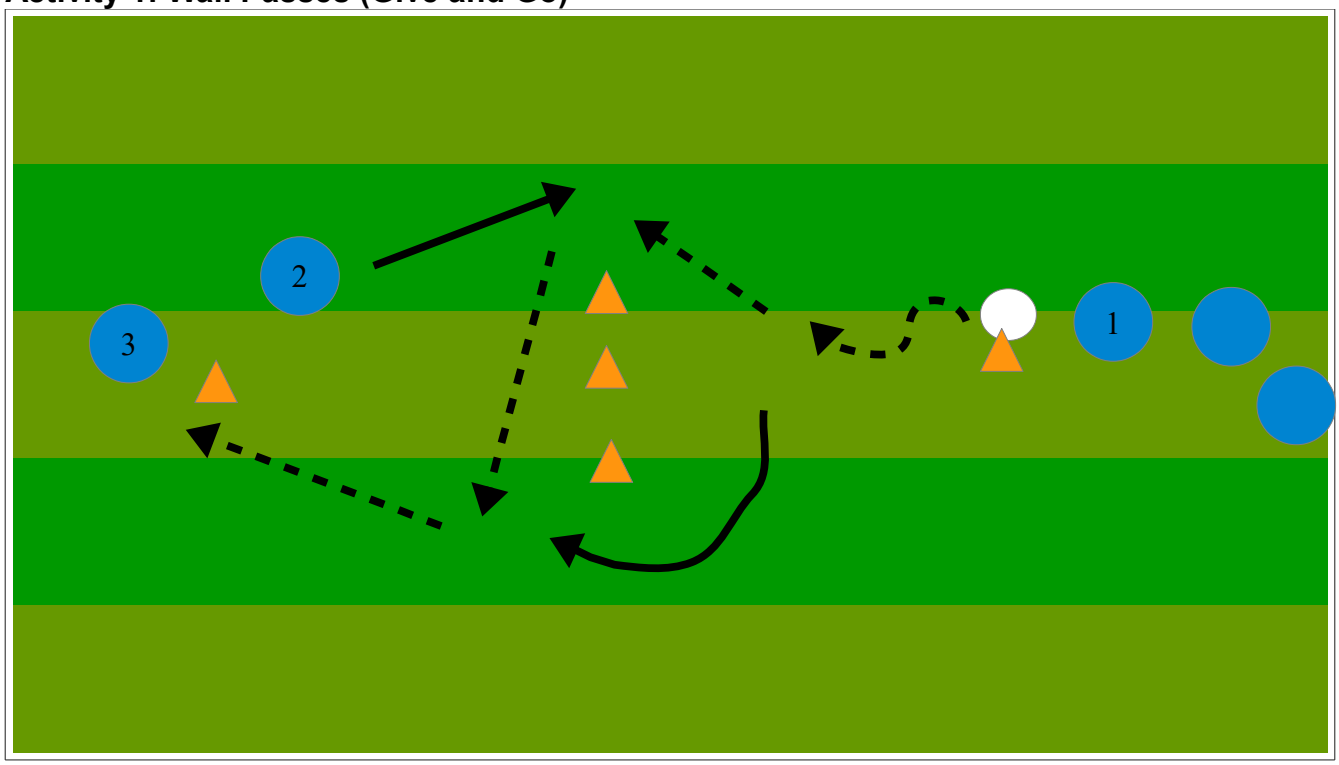
Session Description:
This session focuses on what the player can do without the ball. We focus on not standing still and trying to help our team mates by getting into open space so that they can pass it to use if they need to.

Warm up:
Monkey in the middle

Scrimmage:
Activity 3 can work as a scrimmage.

Notes:

Activity 1: Wall Passes (Give and Go)



Setup: Set up multiple stations. Place a “defender” using 2-3 codes. Place a starting cone 15 yd away from the defender on either side
Time: 10-15 minutes

Equipment: Cones/agility poles, balls

Description:
Set 2 players on one starting cone and 3 on another.

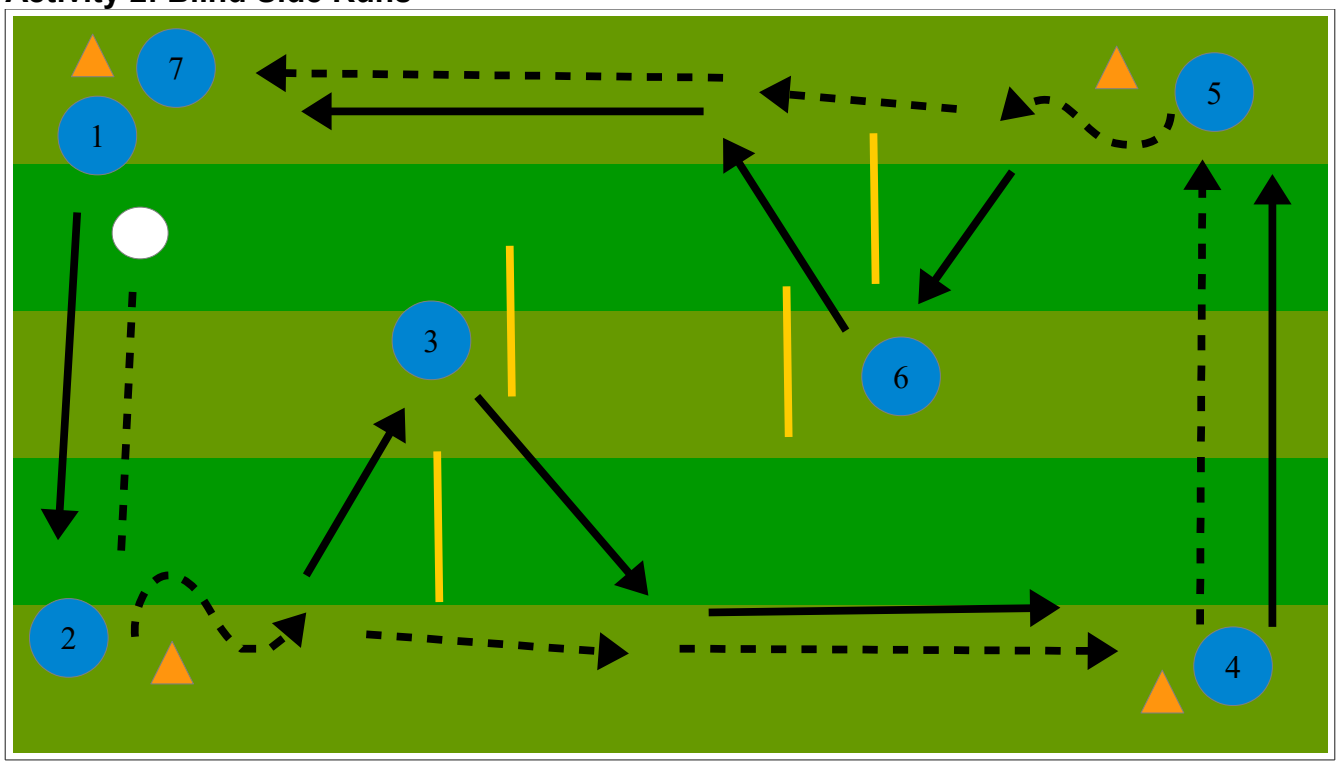
Player 1 starts with a ball and dribbles toward the defender
Player 2 runs to either side of the defender
Player 1 passes to player 2 and runs around the opposite side of the defender
Player 2 plays a 1 touch pass to player 1
Player 1 plays a 1 touch pass to player 3.

Repeat the process going to other direction

Coaching Points:
- Strong passes
- Wall player, have good positioning with your hips and shoulder square to the defender
- Don't get too close to the defender before making the pass

Progressions:
1. Add a real defender who is passive.

Activity 2: Blind Side Runs



Setup: 30yd x 40yd, bigger if needed.
Place a cone in all 4 corners of the area.
Add 2 agility poles or cones as defenders

Time: 10-15 minutes

Equipment: Agility poles, cones, balls

Description:
Player 1 passes to player 2 and follows their pass
Player 2
- dribbles at the first defender
- passes into space behind the defender

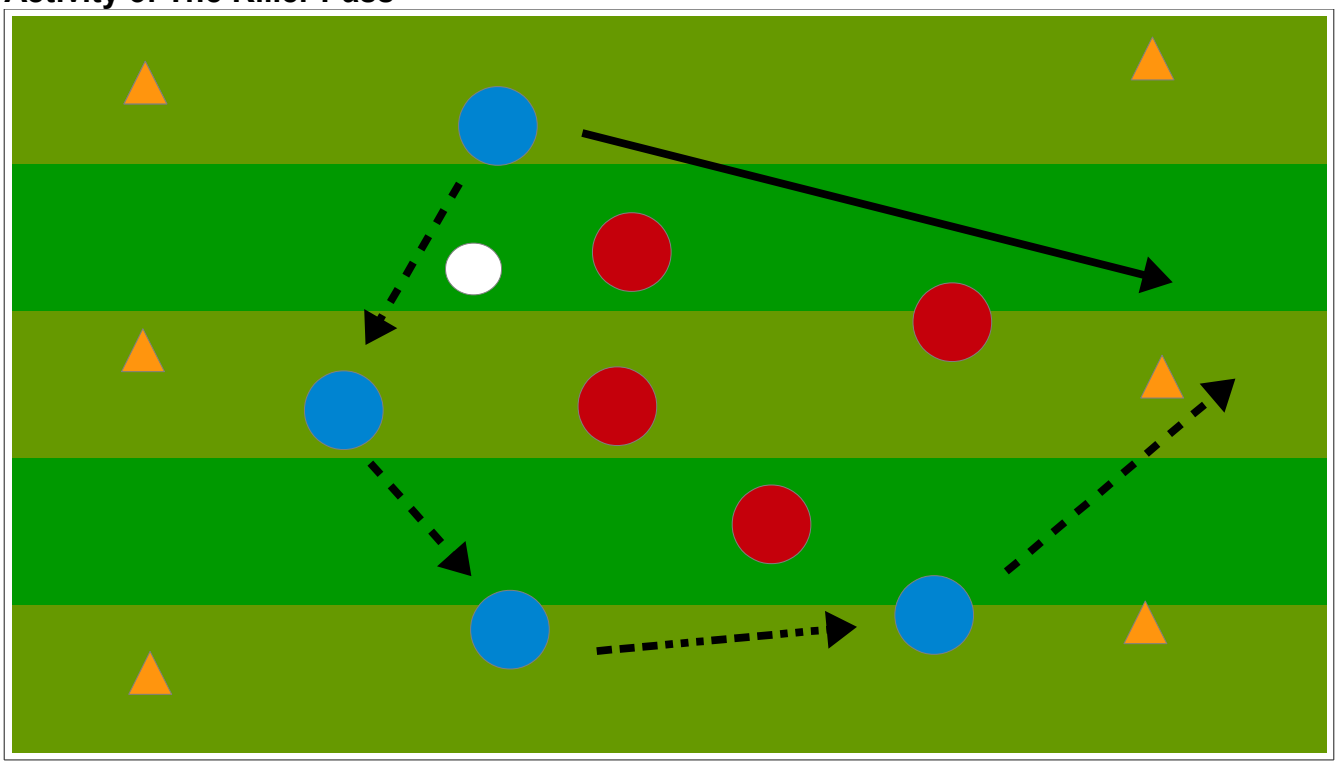
Player 3
- runs between the two defenders onto the pass
- passes to player 4

Player 4 passes to player 5

You can run this activity down both sides of the area.

Coaching Points:
- Dribble at the defender to draw their attention
- Pass into space behind the defensive line
- One touch passes from the runners

Activity 3: The Killer Pass



Setup: 20yd x 30yd, bigger if needed. Set up 2 end zones in at each end
Split the team up evenly.

Time: 15 - 20 minutes

Equipment: Cones and balls

Description:
Players begin playing possession style. In order to score, they have to play a pass to a team mate that is running into the end zone.

No player is allowed in the end zone unless a ball is being played into it.

Coaching Points:
- Get your head up
- move into open space
- Quick runs into the end zone.

Progressions:
1. Put a pass restriction. A team must complete 3 passes before attempting the scoring pass.
2. Add a touch restriction, 3 touches maximum.