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

Skill Focus:
Passing Receiving Dribbling

Equipment:
Cones and/or Agility Poles

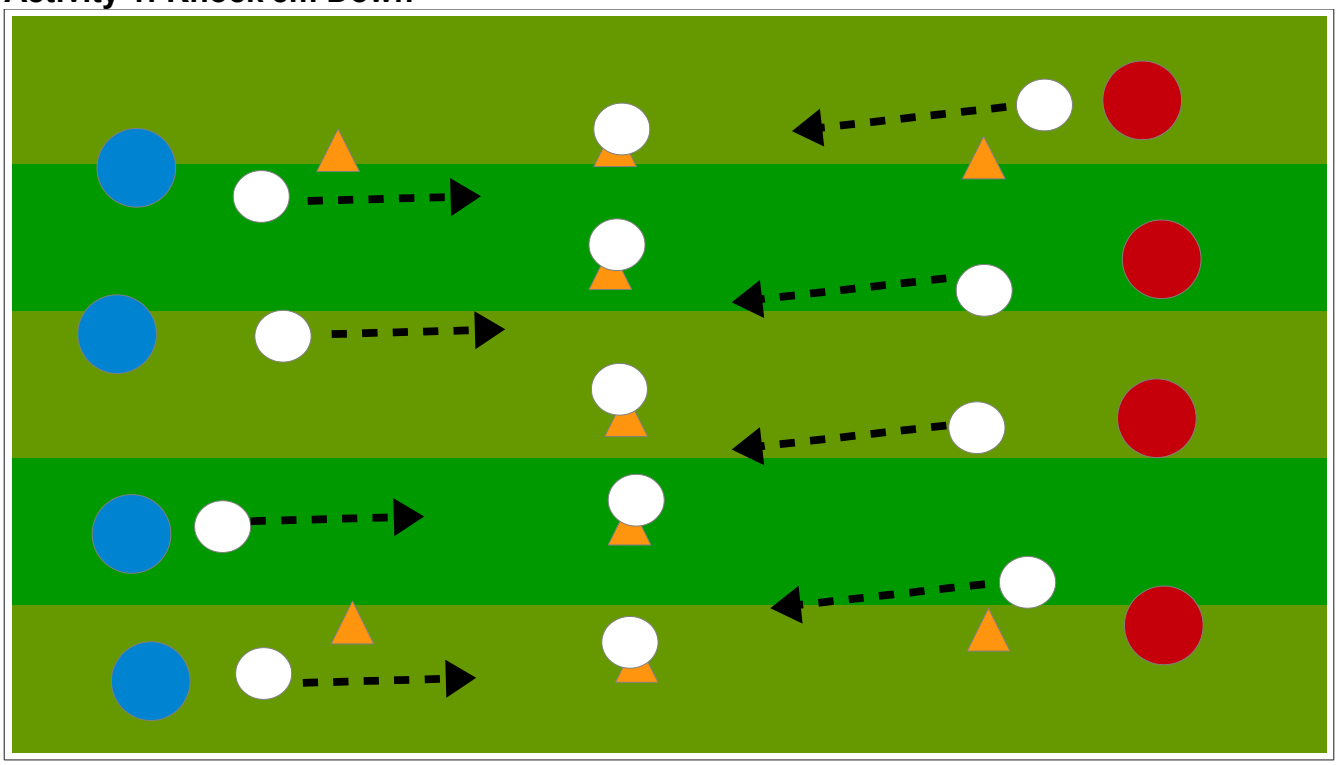
Session Description:
This session focuses on players passing a receiving the ball.

Warm up:
Light jog around the area with the ball
3 touches
juggling

Scrimmage:
Activity 3 can be the scrimmage for this session

Notes:

Activity 1: Knock'em Down



Setup: Setup balls on cones, set up zone that players can not cross

Time: 10-15 minutes

Equipment: Cones and balls

Description: Players attempt to pass the ball and knock one of the balls off of the cone. Once all the balls have been knocked off their cone, set them back up for another round.

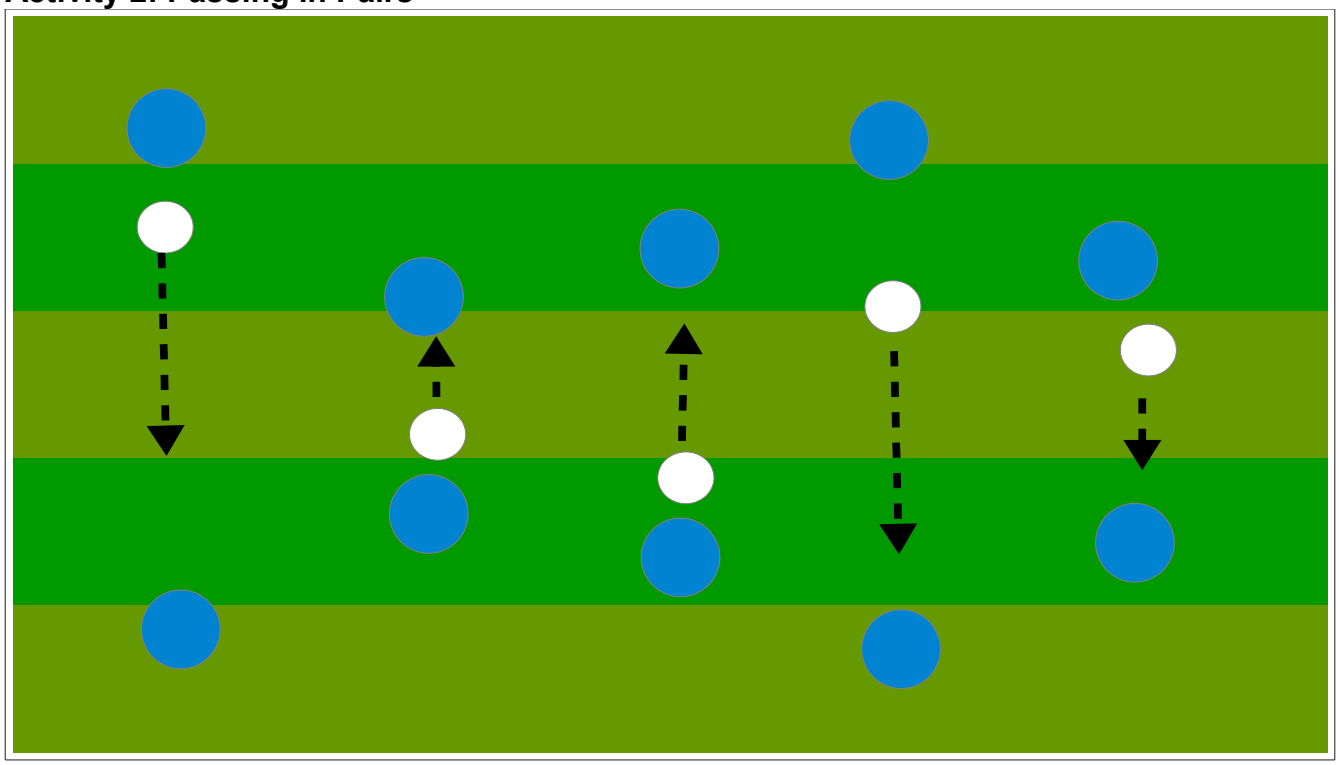
Coaching Points:

- Use the inside of the foot to make the pass
- Step into the kick and strike the middle of the ball.
- Point your plant foot at the target (Point your toe where you want it to go)

Progressions:

1. Add a point system, who ever has the most points wins.

Activity 2: Passing in Pairs



Setup: 15 yd x 15 yd bigger if needed
Time: 10-15 minutes

Equipment: 1 ball per group
Optional, you can use cones to show the players starting positions(15 - 20 yards apart)

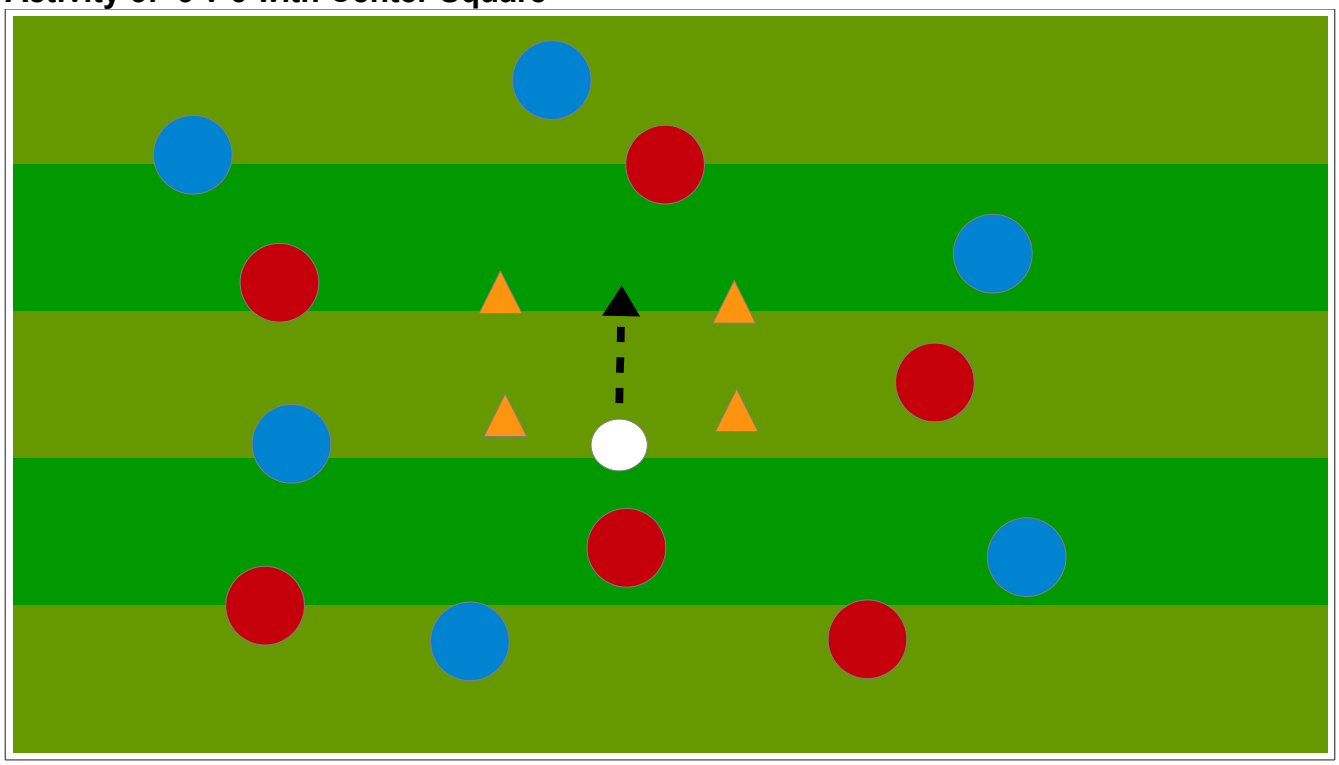
Description:
Players work in pairs, starting 15-20 yards apart and begin passing the ball back and forth. Each time a player passes to their partner they take a step toward them. Once they get close to each other, 1 yard apart, they begin taking steps backwards. When the players reach their starting position they take step toward each other again.

Leading question: What makes a good pass?
A pass that the receiving player can control.

Coaching Points:
- Use the right amount of power to get the ball to your partner
- When receiving the ball,
  - Stay light on your feet
  - Use the inside of your foot to trap the ball with a light touch
  - You shouldn't have to back up make your pass.

Progressions:
1. Allow only two touches, one to control the pass the other to make the pass
2. One touch passes when you get close to one another.

Activity 3: 6 v 6 with Center Square



Setup: 20 yd x 20 yd
Set up a square of cones in the middle of the area
Split teams up evenly: 4v4, 6v6, 5v5, 7v7.

Time: 15 - 20 minutes

Equipment: Cones and balls

Description: Two teams of six players work to maintain possession by passing the ball to each other and score by passing it through the box in the center to a teammate on the other side. Once the ball passes through the goal, and received it must go to another player on the team before attempting to score again. Only allow points if the ball is successfully received. A player can not enter the goal area.

Coaching Points:

- Make good passes.
- If you don't have the ball, move into open space to receive a pass.
- Use your voice to let your team mate know where you are.

Progressions:

1. Restrict dribbling to 3 touches
2. You can only attempt a pass through the goal after 3 players on your team have received the ball uninterrupted
3. U12+: You can only score, when a teammate runs into the box, the ball is played to them, they receive it and played back one touch.