	Skill Level	Date	Age Groups
	Intermediate	**Title:** Passing and Receiving III	U10 U12 U13+

Skill Focus:
Passing Receiving

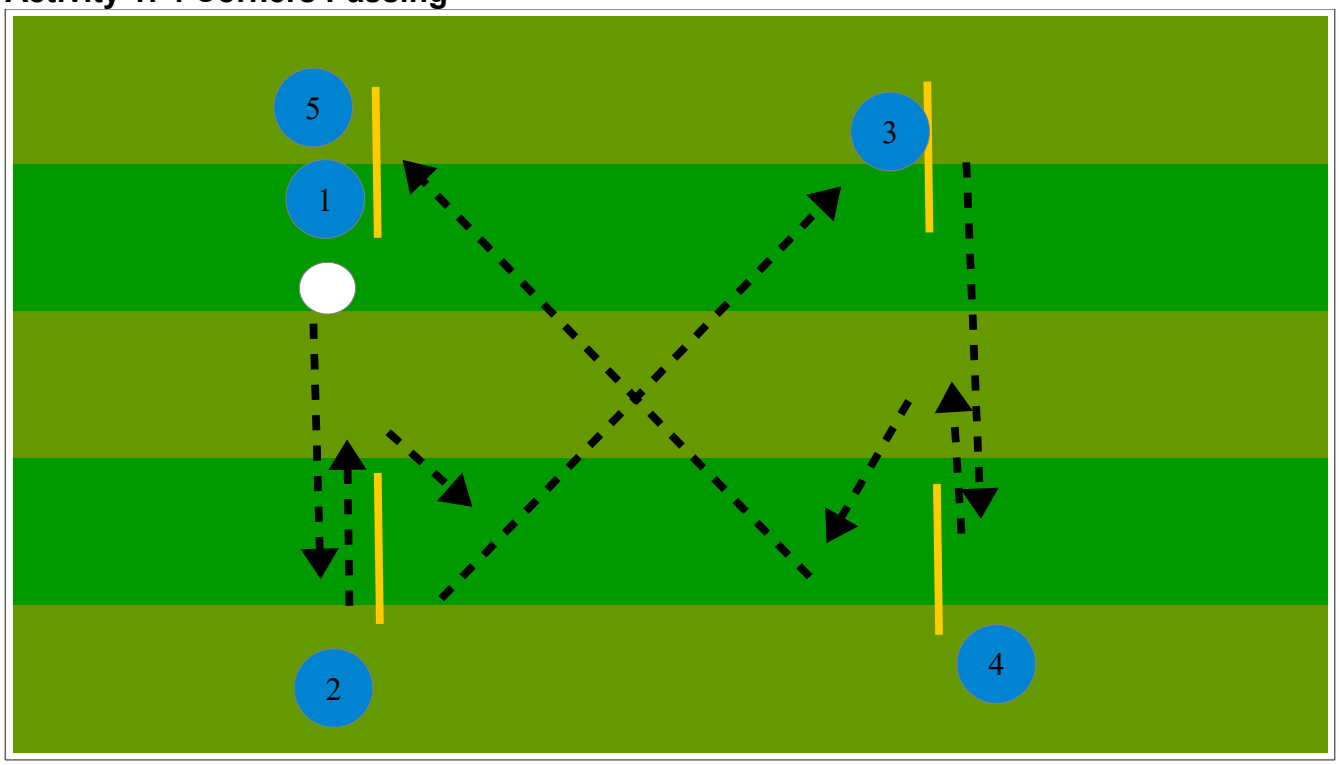
Session Description:
This session will focus on passing and receiving.

Warm up:
jogging with the ball.

Scrimmage:
Activity 3 can act as a scrimmage

Notes:

Activity 1: 4 Corners Passing



Setup: 15yd x 15yd area with agility poles or cones at each corner
Time: 10-15 minutes
Equipment: agility poles/cones and balls.

Description:
Have at least 1 player per pole. You need 2 players at the starting pole

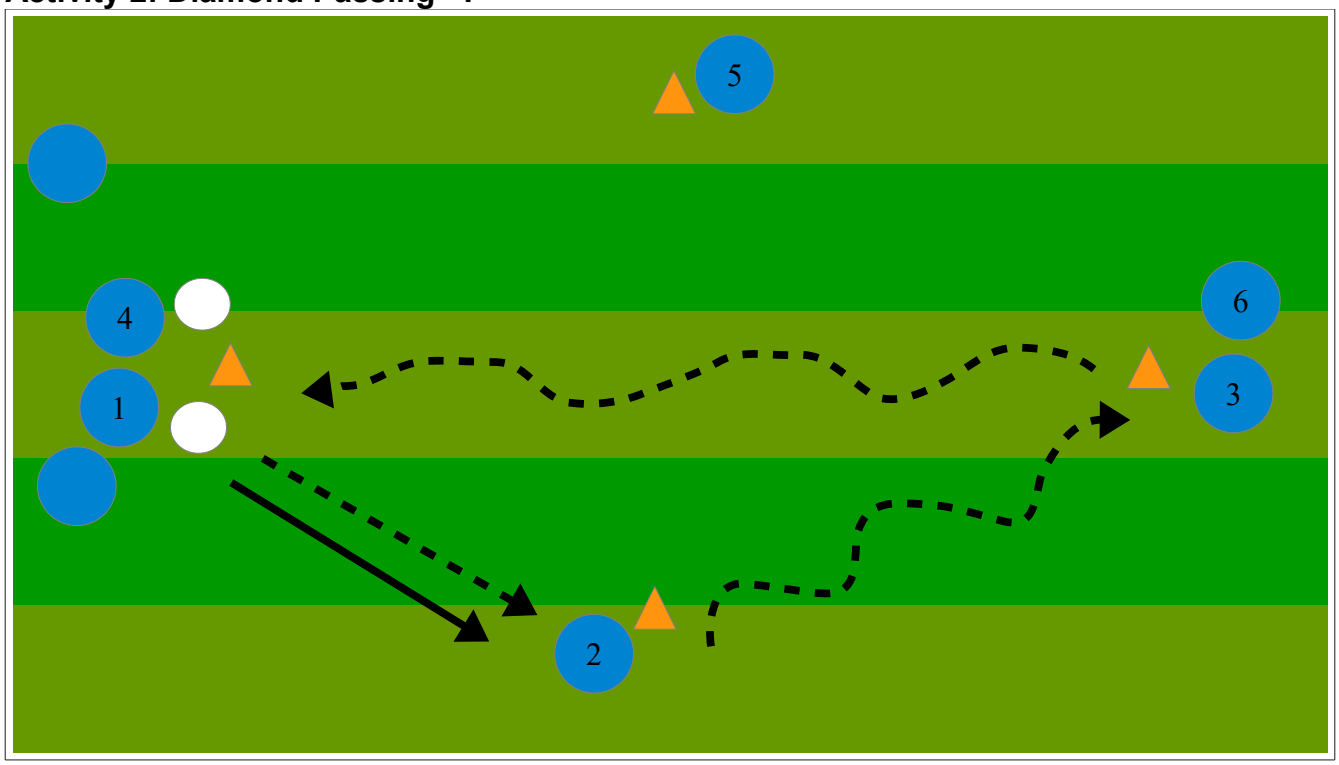
First iteration the players will pass and follow their pass.
Player 1 passes to player 2
Player 2 passes to player 3
Player 3 passes to player 4
Player 4 passes to player 5

Second iteration, players 1,2 and 3,4 will perform a give and go.
Player 1 passes to player 2, player 2 passes back to player 1
Player 1 passes one touch to player 2 on the move
Player 2 passes one touch to player 3
Player 3 passes to player 4, player 4 passes back to player 3
Player 3 passes one touch to player 4 on the move
Player 4 passes to player 5

Coaching Points:
- Good strong passes
- Check off of the defender to make a good passing angle

Progressions:
1. Everything done 1 touch

Activity 2: Diamond Passing - I



Setup: Setup cones in a diamond shape 15 yd apart
Time: 10-15 minutes
Equipment: cones and balls

Description:
Place a player at each cone. Put 2 players at the far cone. The rest at the starting cone. The first 2 players at the start have balls. The sequence is dribble, dribble, dribble and the motion is continuous.

Player 1 dribbles to player 2, player 2 takes the ball and dribbles to player 3, player 3 takes the ball and dribble down the middle back to the start and gives the ball to any waiting player.

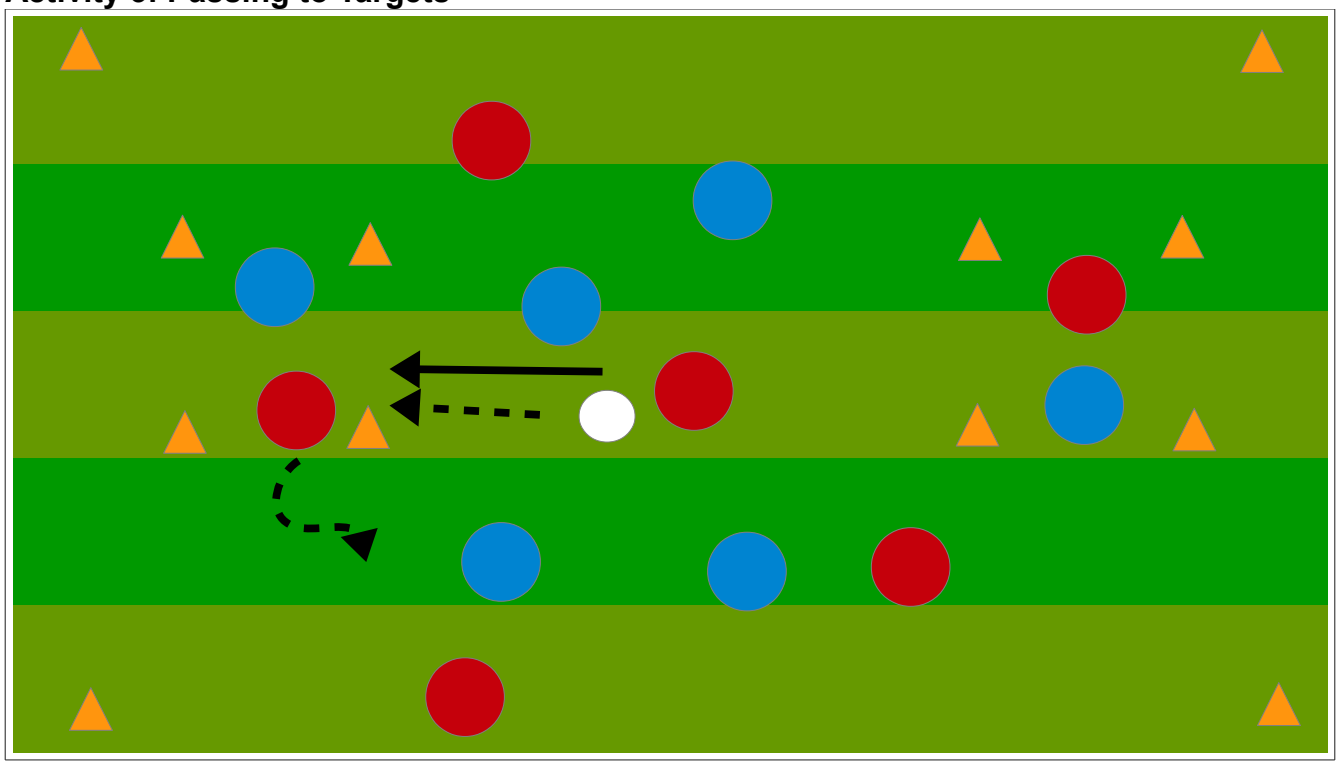
When player 2 starts dribbling, player 4 dribbles to player 5, player 5 takes the ball and dribbles to player 6, player 6 takes the ball and dribbles down the middle back to the start and gives the ball to any waiting player

The second sequence is, pass, dribble, dribble.
Player 1 passes to player 2 and follows the pass, player 2 dribbles to player 3, player 3 takes the ball and dribble down the middle.
Player 4 goes when player 2 starts dribbling.

Coaching Points:
- Open up to receive the ball
- Check away from the “defender”

Progressions:
- Third sequence, pass, pass dribble

Activity 3: Passing to Targets



Setup: 30yd x 40yd area with 2 target zones at both ends.

Time: 10-15 minutes

Equipment: cones and balls

Description:
Split the teams up evenly.

One player from each team are positioned in each end zone and play unopposed.
The rest of the players play out in the field.

To score, a player must pass to a team mate in either end zone, they run into the end zone and the receiving player dribbles into the central area.

Coaching Points:

- The ‘killer’ pass is to a teammate, not into space
- To improve pass accuracy, look up before passing
- Communication is the key to success

Progressions:

1. Players in the target zone must play a give and go to get out of the zone.