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| U9 U11 passing BASA**Category:** Technical: Passing & Receiving **Difficulty:** Moderate |  |



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| **partner passing (10 mins)** |
| 2 touch passingmake players be on the balls of their feet, ready to receive the ball Player must be ready to receive the ball with one foot pass with the otherBall must be a half a step in front of passer must follow through the ball. |
| **group of 3 passing (10 mins)** |
| Group of 3 passingPlayers must complete a pass in a 4yd goalThis gives the players a target to be comfortable completing a pass inPlayers must follow their pass and be ready to receive the ball on the other side**Coaching points:**Inside of footFollow through the ballKeep hips facing target. |
| **4v1 possession (15 mins)** |
| 4v1 PossessionPlayers play keep away from defenderPossessing players can move in a 20x20 grid to receive the ball Defender plays for 2 minutes strait. |

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| **cone attack (25 mins)** |
| Teams start with 4 cones and a ball on each cone (4v4 5v5)The teams are trying to attack the cones with the ball and knock the ball off the coneTeam who knocks all the balls off the cone wins. |