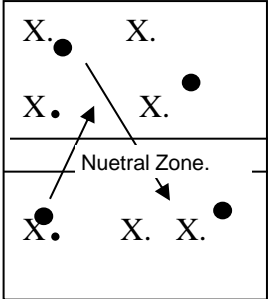
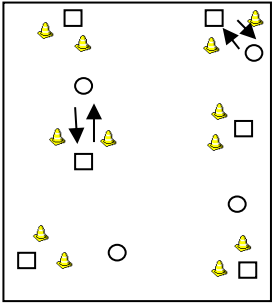
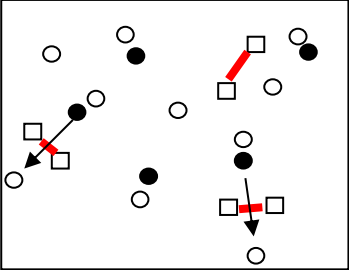
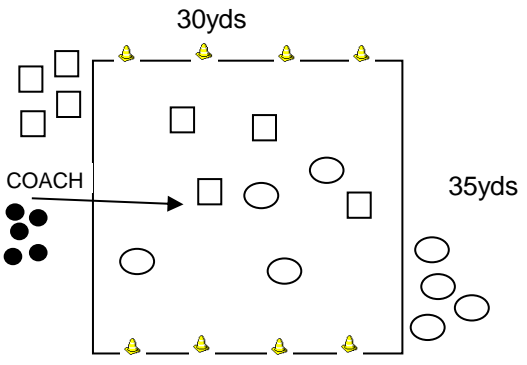


**TOPIC: Passing**  
 Age Group/Date: Little Paws Week

Area sizes planned for 12-18

Time	1st Activity (Fundamental Warm Up)	ORGANIZATION	KEY COACHING POINTS
10Min	<p><b>Keep your yard Clean!</b>            Split the group into two team and every player starts with a ball. When you say begin (or a funny word in its place) the players must try and kick all of their balls into the other team's "yard". Players must stay out of the neutral zone. If a ball is stuck there a coach can help it across. After a couple of minutes yell stop and the team with the least amount of balls wins.</p> <p>You can play this several times. Try to encourage a pull-back to change direction. Explain that it is faster than running around the ball.</p>	<p style="text-align: center;">20yds</p>  <p style="text-align: right;">15yds</p>	<p>Encourage them to use the inside of their foot and discourage the use of their toes!</p> <p>Inbetween games show them the proper technique to pass the ball.</p>
15Min	<p><b>2nd Activity (Match Related)</b></p> <p><b>Gate Passing</b>            Begin by having half of the players stand behind a gate. These players cannot move. (maybe put pinnies on them) Have the remaining players dribble around and pass to a player through a gate and the gate player will pass it back. Add a foot skill to increase difficulty. Switch and have the gate players run.</p> <p>Then, have the players partner up. Together they will carry the ball to a gate. One partner stands on one side of a gate and the other partner on the other side. They have to pass it through the gate to receive a point. Now they have to find a different gate and do the same thing. Have them try and get as many points as possible in a minute.</p>	<p style="text-align: center;">20yds</p> 	<p>As the activity begins go around and show each group how to pass and receive. Encourage them to use the proper surface of their foot.</p> <p>Help them to learn how to pass and move by show them where to run by either pointing or having them follow you to the proper place on the field.</p>
10Min	<p><b>3rd Activity (Match related)</b></p> <p><b>Moving Goal</b>            Give three groups of two players a pinny and have each of them hold on to a piece so they form what looks like a bridge. They are to WALK around the box, holding the pinny, staying as far apart as possible. Players will then try and pass through them like they did with the gates. Each time they pass the ball, on the ground, underneath the pinny being held, they get a point. After around a minute switch the players hold the pinny.</p>		<p>Encourage them to move as much as possible and teach them how to play a ball to the place where the "goal" is moving to, not where it is at the time of the pass.</p>

<b>Time</b>	<b>4th Activity (Match Related)</b>		<ul style="list-style-type: none"> <li>-Look for good passing</li> <li>-Look for turns</li> <li>-Start to organizing spaces</li> <li>-Look to start spreading players out.</li> </ul>
15Min	<p><b>Snow Cone 4v4 (emphasis on passing)</b>          If you don't have enough, try 3v3 but try not to have more than 4 teams. Start with two teams on the field. Balance 4 (or more) soccer balls on top of cones. They are trying to knock a soccer ball off of a cone using the one on the field. After the ball goes out of bounds yell "Get Outta Here" and the teams switch. After a while, switch the teams so they are playing someone different.</p> <p>To increase difficulty and emphasize passing tell them they have to pass at least (2,3 or 4) times before they can score.</p>		<ul style="list-style-type: none"> <li>-Encourage them to keep trying.</li> <li>-Remind them that they have to practice at home if they're going to get better.</li> </ul>
<b>Time</b>	<b>5th Activity (Match Conditioned)</b>		
5Min	<p><b>Cool down: Juggling and Foot skills</b>          Every player starts with a ball in his or her hands. They should drop the ball on their thigh and try and juggle 2 (or 3) times. When it falls to the ground (whether they're successful or not) have them do a footskill like a tick tock, pull back or toe touch.</p>		



