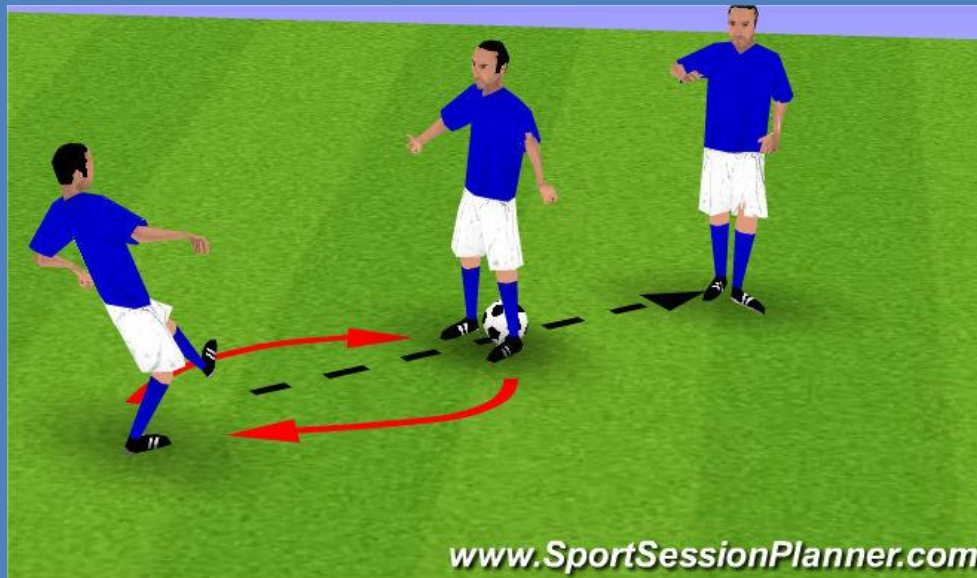


# Passing warm up



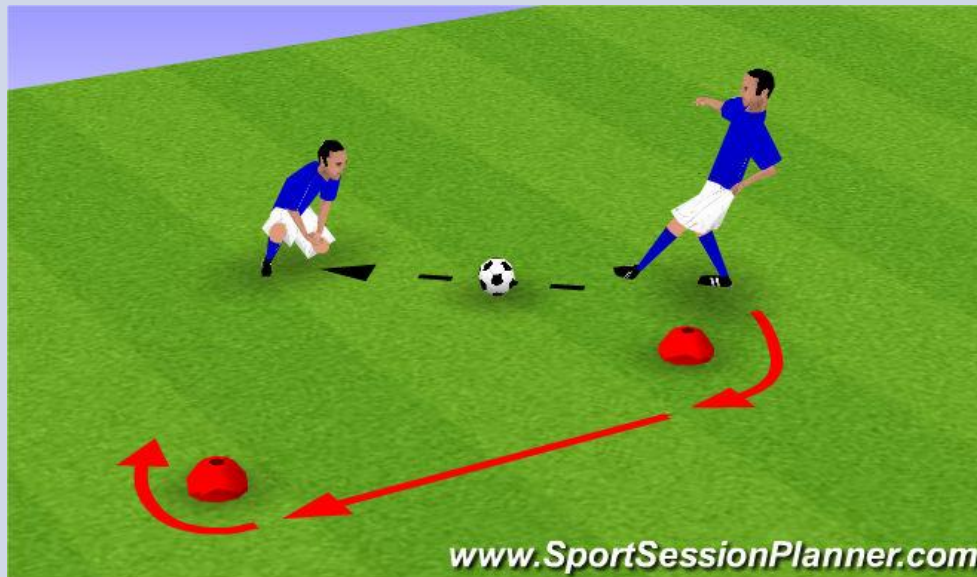
## RULES

- Groups of 3 with 1 ball
- Player on end starts with the ball. Both players facing him/her
- He passes through the first player's legs to the second player
- The passer and the middle player change position
- Continue the cycle, pass and change with middle person

## POINTS

- 2 touch
- Good straight pass
- Head down when passing the ball
- Remember to move

# Passing technique



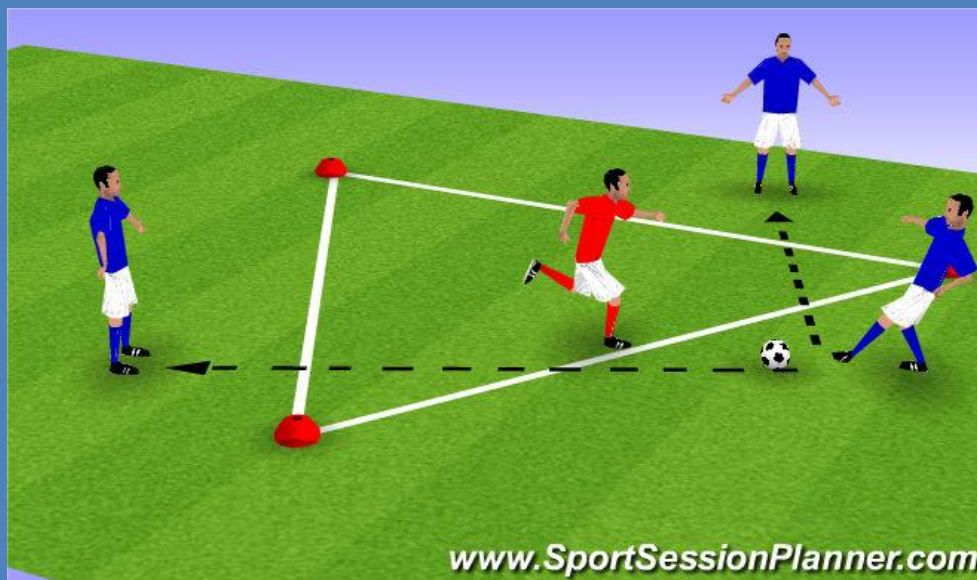
## RULES

- 2 players with 1 ball
- 1 player on his/her knees with the ball will feed the ball on the ground
- Other player moves behind the cones then moves forward onto ball to pass back.
- Once passed, moves back behind the cone to the other cone
- Rotate after 30 secs

## POINTS

- Good feed as the player is moving past the cone
- Player always moving feet

## Triangle game



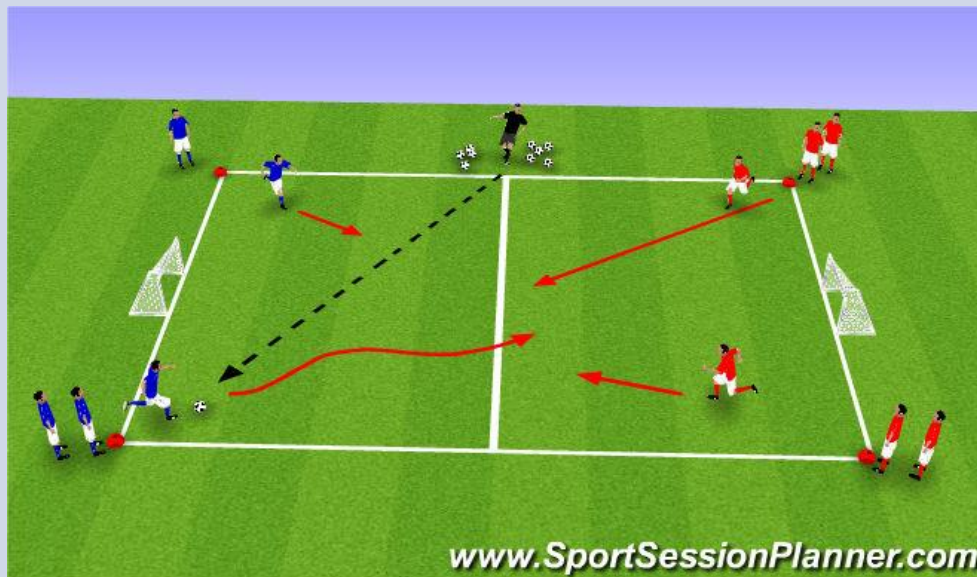
### RULES

- Make a triangle with cones
- In a group of 4, 3 player vs 1
- 3 players try pass ball through the triangle to get a point
- Defender can move though the triangle to stop passes
- Rotate after 1 min

### POINTS

- Players must keep possession of the ball
- Not every pass can go through triangle, so work ball around to find spaces
- Passing players cannot go through triangle
- Find open spaces to receive the ball

## 2v2 4 corner game



### RULES

- 2 teams spread on opposite corners of the field
- Coach plays ball to one corner
- 2 players from each team enter field

### POINTS

- Look for quick shots
- if the player with ball has no space look to make a pass
- Communicate with team mate

# GAME



## RULES

- 4v4 with no goalkeepers

## POINTS

- Keep head up
- Look for open spaces
- Dribbling into open spaces toward the opponents goal