

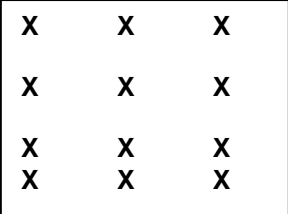
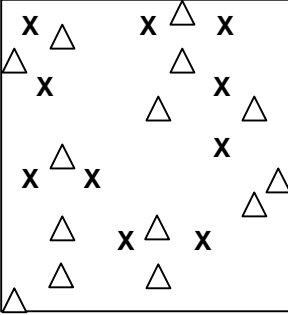
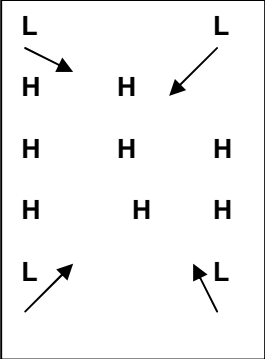


SESSION PLAN

Session Title **U5 Passing**

Objectives **To Pass Accurately to a Team-mate**

To Pass The Ball With Pace

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
<p>1. Warm Up</p> <p>Dribbling warm up. Include a range of ball skills. Include dribbling through gates, then passing through the gate and running around to collect ball.</p> <p>Elite Feet Move: Step Over</p> <p>2. Gate Game</p> <p>Players in pairs facing each other either side of a gate. Players make 3 passes (controlling the ball each time) in order to collect a magic key and then go to a new gate. Players see how many magic keys they can collect in two minutes.</p> <p><i>Progression: Now only have to make one pass through a gate to get the key. Include two dragons (defenders) who will try to touch the soccer balls. If they do, you lose one of your magic keys.</i></p> <p>3. Hyena's Revenge</p> <p>Four Lions dribble their ball around the area in pursuit of the Hyena's (also with balls) who have taken over the Pridelands. The aim of the Lions is to pass their ball against the Hyena's legs or ball in order to capture them. If captured the Hyenas must place their ball on their head and feet apart. They can be freed if a team-mate passes a ball between their legs. Lions win if all the Hyenas are captured. Or Winning Lion has captured most players. Winning Hyena has freed most players.</p> <p>4. Scrimmage</p>	  		<p>Close control Head up</p> <p>Do not over-emphasise technique</p> <p>Accuracy of pass with inside of foot Strike the ball with good pace</p> <p>Control the ball before passing back Stay on your toes</p> <p>Look up to see open gate Run quickly to another gate Communicate with partner Ensure there are spare gates</p> <p>Area needs to be small!</p> <p>Look up Get close to opponent before striking the ball Strike with pace Awareness of who is 'captured'</p>