

### Passing gates

Passing Gates -

1) In pairs players pass back and forth to each other (at the same gate) -

-Using inside foot, locked ankle for a stronger assured pass, do not hit it too hard or too soft, weight of pass is key. Planted/non kicking foot beside ball, pointing to where pass is intended.

-receiving player needs to be on toes ready to move to the ball be it side to side, forward or backwards.

- control using inside of foot, heel down, toe up to create a barrier that the ball can not go over or under.

Bring in competition- what pair can get the most passes.

2) Pass to player who then dribbles to another gate and passes back to the player who passed to them. Pass and move as pairs.

Receiving player needs to move with speed, player with ball should not have to wait to pass the ball to someone.

Bring in competition- what pair can get the most passes.

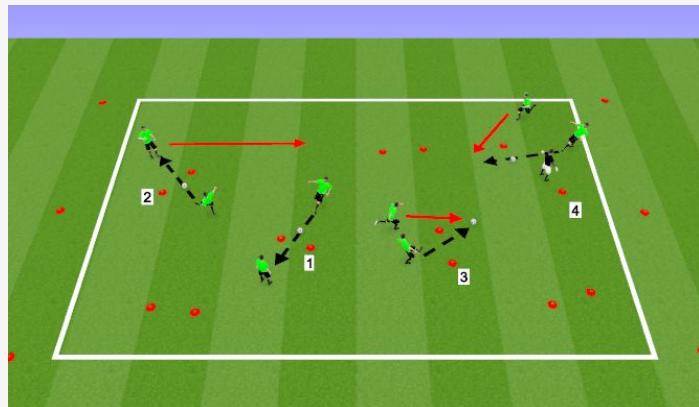
3) Similar to #2 but rather than receiving player waiting at the other side of the gate to pass to, both players will be on the same side as the cones. When the player passes the ball the receiver runs around the outside of the cones to collect the ball from the other side.

- Offside - use the 2 cones you are passing through as defenders - playing the ball between the defenders before the receiving player gets there, resembles an offside situation. Weight of pass is key as if it is too far ahead then opposition may get it (in a game).

4-Skill phase - add in defenders-

Open a couple of the gates wider and add a defender to try and play through.

- If you pass through the defenders gate with out the defender getting it, to an awaiting receiver, you win a point, if you can make a pass/run with out being offside then 5 points - timing of run deserves more points.



### Gauntlet (20 mins)

Area split in 3 sections (more depending on numbers)

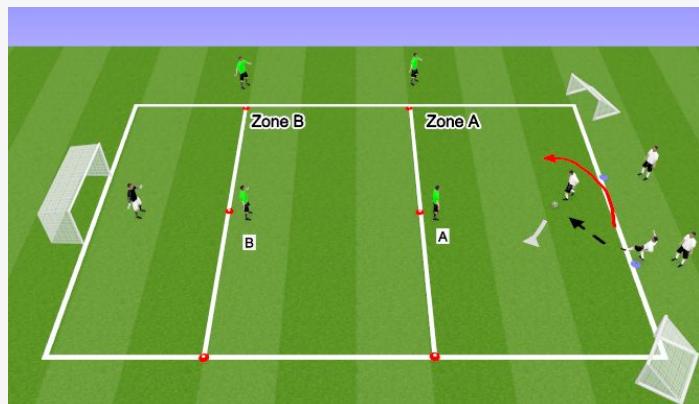
-Play starts with 2 attacking combining with a pass which is the cue for defender A. Defender A can only defend in Zone A. If attackers make it through to Zone B, that is the cue for defender B. If attackers get through Zone B they attempt to score past the GK. If the defenders win the ball - defender A can dribble/pass it into either mini net, defender B can pass it forward into defender A to try and score. Rotate defenders each time, rotate attacking/defender after set period.

**Progressions/Variations**

-attackers must score on first touch  
 -allow defender A to track into Zone B

**Coaching Points**

-good decision-making  
 -read the defenders movement and positioning  
 -should I dribble into the space or pass to open team mate  
 -can I draw defender in and pass to pass the defender  
 -attack with good speed



### Numbers (15 mins)

Players are divided into 2 teams. Each team has a name - members in each team gets a number. Coach calls out a number and those corresponding team (eg red 1 green 1 and 2 GO!) players sprint to the end cone and enters the field. Coach serves a ball into the middle to initiate 2v1.

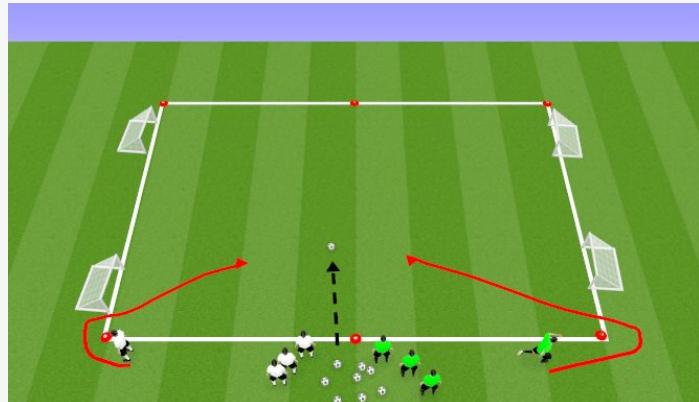
You can then call numerous numbers from each team to enter the field, mainly overloaded (changing the team with the overload each time). If using cones/gates, to score encourage them to dribble the ball over the line.

**Coaching points**

Off the ball be an option for your team mate

On the ball attack space/goal if possible

Communication - work as a team



## Scrimmage (30 mins)

Unconditioned Scrimmage

Let them play small sided games.

Try not to coach too much but if you do, reiterate the coaching points covered through the session

