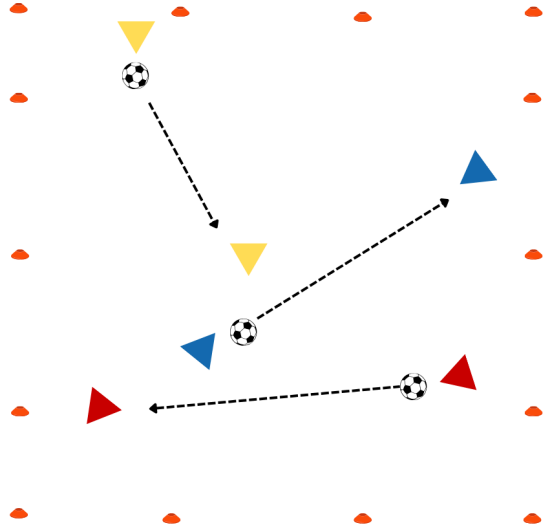


Week 3 - Passing & Receiving

WARM-UP ACTIVITY: Partner Passing



Activity Objective

Develop accurate passing, first-touch control, and communication with a teammate.

of players/Opponent

-

Size/Shape of Field

20 x 20

Ways of Scoring

Partners score by completing a set number of successful passes.

Add challenge: extra points for one-touch passes or using weaker foot.

Active/Recovery Duration

30 - 60 seconds / 30 - 45 seconds

Repetition/Sets

4-5 repetitions / 1-2 sets

Total Activity Duration

10 - 15 min

Rules

-Ball should stay on the ground and under control.
-If the ball goes out, restart quickly.

Constraints/Restrictions

After each round, switch partners or increase distance between passes.

Rotations (Substitutions)

Rotate partners every 1-2 minutes

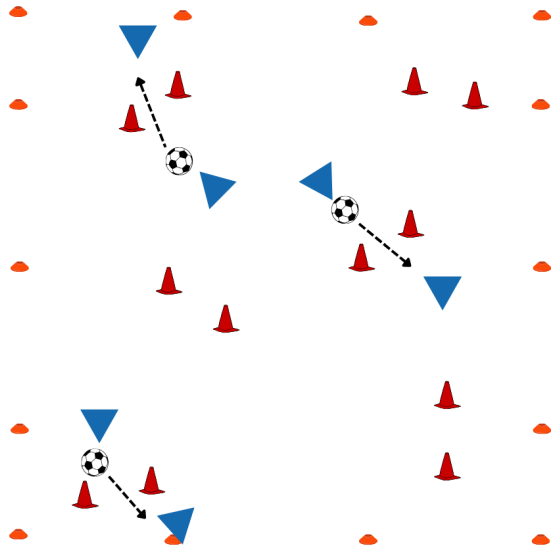
Coaching Interactions

WHAT (Coaching Points)
"What part of the foot should you strike the ball with?"

WHEN (You will enter the activity)

HOW (You will deliver the information)

ACTIVITY 1: Gates Passing



GATES PASSING

Activity Objective

This activity encourages accuracy, good first touch, movement, and communication.

of players/Opponent

Size/Shape of Field

20 x 20

Ways of Scoring

Award a point for each successful pass that goes through one of the gates

Active/Recovery Duration

45 seconds / 1-1:30minutes

Repetition/Sets

2-3 reps / 1-2 sets

Total Activity Duration

10-15 mins

Rules

Players pass the ball to their partner, trying to send it through one of the gates. Players should immediately move to a new gate to make a pass

Constraints/Restrictions

Left/Right foot pass only.

Rotations (Substitutions)

Switch partners after a few repetitions

Coaching Interactions

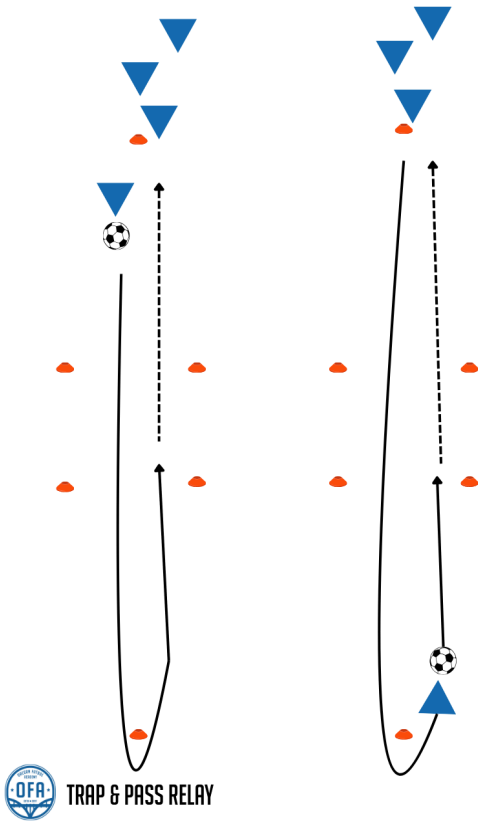
WHAT (Coaching Points)

- Communication
- Movement off the ball
- First Touch
- Accuracy

WHEN (You will enter the activity)

HOW (You will deliver the information)

ACTIVITY 2: Trap & Pass Relay



Activity Objective

Players work on controlling (trapping) the ball and making accurate passes under pressure while moving quickly in a relay format.

of players/Opponent

4/4

Size/Shape of Field

-

Ways of Scoring

Teams score by successfully completing the relay first.

Active/Recovery Duration

Each round should last 45–60 seconds, with short rest in between.

Repetition/Sets

3–5 rounds per team.

Total Activity Duration

10-15 minutes

Rules

Players must trap before passing; relay must be continuous

Constraints/Restrictions

Rotations (Substitutions)

After passing, the player follows their pass and joins the back of the opposite line.

Next player in line steps up to receive, trap, and continue the sequence.

Coaching Interactions

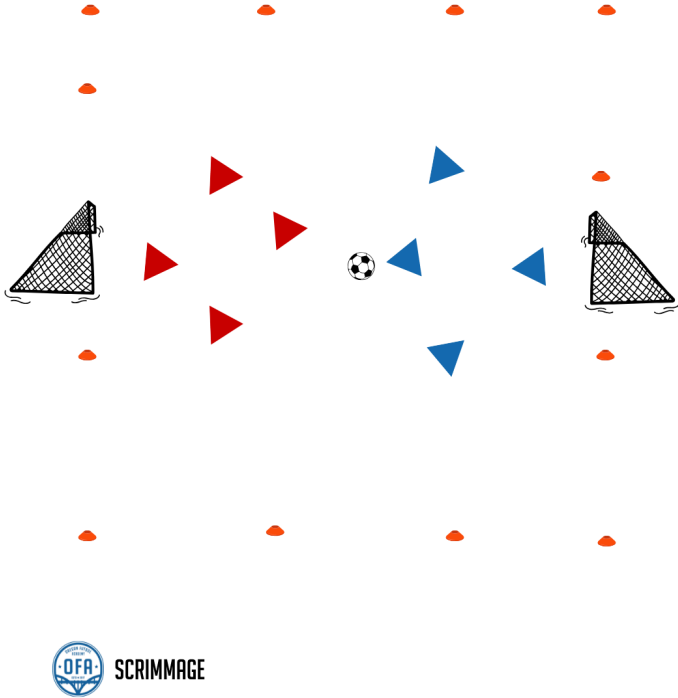
WHAT (Coaching Points)

Accurate Passes
Keep the ball close

WHEN (You will enter the activity)

HOW (You will deliver the information)

ACTIVITY 3: Scrimmage

	Activity Objective	Give players the opportunity to apply skills learned in practice in a realistic game environment, encouraging decision-making, teamwork, and fun.	
	# of players/Opponent	4 v 4	
	Size/Shape of Field	15 x25 yards	
	Ways of Scoring	Teams score by putting the ball in the opponent's goal. Bonus coaching focus: reward teams for stringing passes together, dribbling past defenders, or spreading out.	
	Active/Recovery Duration	10 minutes/5 minutes	
	Repetition/Sets		
	Total Activity Duration	20 minutes Two 10 minute halves -5 minute half time	
	Rules	-Normal small-sided game rules: dribble, pass, shoot, and score. -Kick-ins or dribble-ins instead of throw-ins to keep flow simple. -No goalkeepers at U7/8 -Have fun and emphasize fair play, effort, and teamwork.	
	Constraints/Restrains		
Rotations (Substitutions)			Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed. Support teammates (move into open space). Defend by staying between the ball and the goal.
Coaching Interactions			
WHAT (Coaching Points) Encourage spacing—don't all bunch around the ball. Remind players to look up, dribble with control, and pass when needed.	WHEN (You will enter the activity)	HOW (You will deliver the information)	