



TEAM: 1st-3rd Graders

DATE: May 7th 2022

VENUE: Ashland

THEME: Passing

TIME:

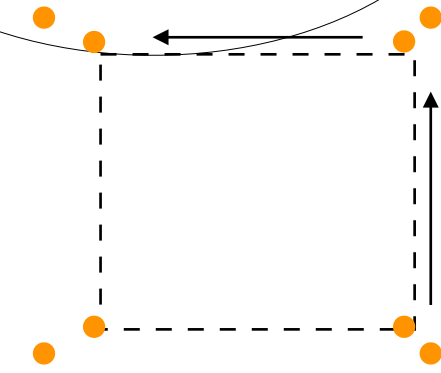
DURATION: 60MINS

**SESSION CONTENT**

- 1. WARM UP 15mins
  - 2. GAME RELATED PRACTICE 15mins
  - 3. Scrimmage 20mins
- TOTAL TIME 60mins**

**1. Warm-up (example robotic drill) - GR**

10-15mins (18.00-18.10)



**Organisation:**

- 10x10 Square
- One player behind each of the corners

**Detail:**

- Player passes to their right and follow the pass.
- Switch side after "x" minutes

**Progression:**

- 2 balls starting in opposite side
- one-two around the cones

**Coaching Points:**

- Play proper foot
- Weight of your pass

16 PLAYERS TRAINING

GK

DEF

MID

ATT

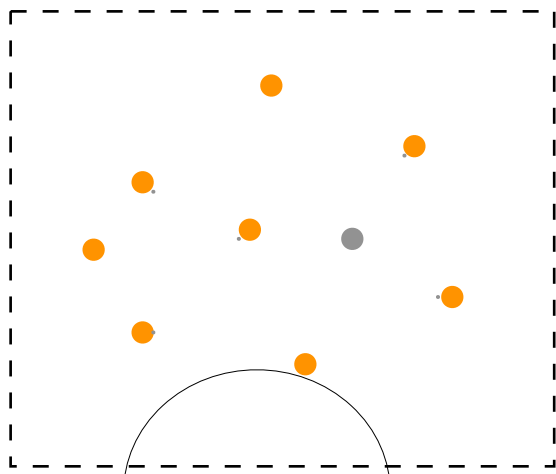
GUEST

Inj

Off

**1. Warm-up (example game-like drill) - GR**

10-15mins (18.00-18.10)



**Organisation:**

- 20x20 Square
- 5 players with a ball
- One tagger

**Detail:**

Player in grey tries to tag players that does not have a ball, yellow player that does have a ball tries to pass to yellow players without a ball in order for them not to get tagged.

**Progression:**

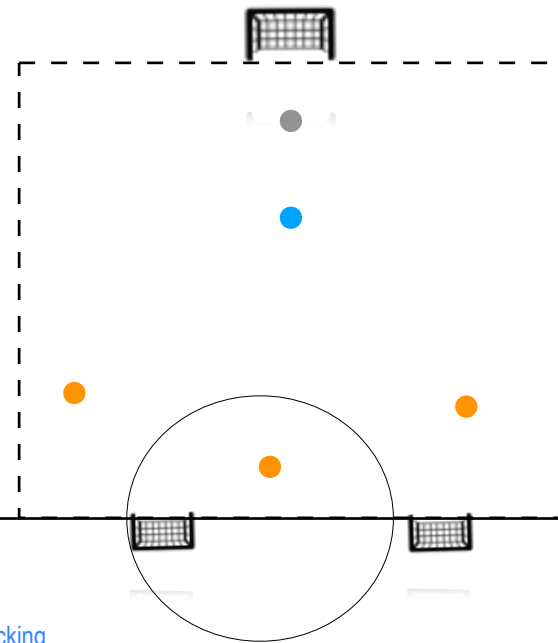
Take more balls away

**Coaching Points:**

- Head up
- Work with teammates

**2. GR- GR**

10-15mins (18.00-18.10)



**Organisation:**

- 25x15 Square
- 3 Players attacking
- 1 Player defending
- 1 GK

**Detail:**

3(yellow)vs1(blue), if blue wins the ball player tries to score in one of the counter goal

**Progression:**

At another defender

**Coaching Points:**

**NOTES:**