



TEAM: 4th-8th Graders

DATE: May 7th 2022

VENUE: Ashland

THEME: Passing

TIME:

DURATION: 60MINS

**SESSION CONTENT**

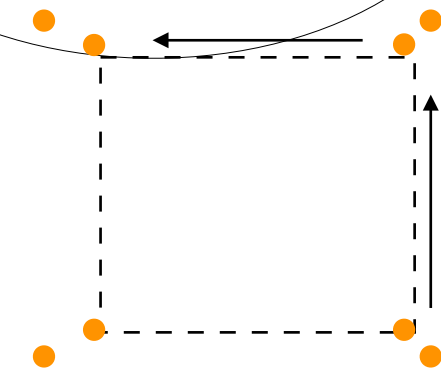
- 1. WARM UP 15mins
  - 2. GAME RELATED PRACTICE 15mins
  - 3. Scrimmage 20mins
- TOTAL TIME 60mins**

16  
PLAYERS  
TRAINING

GK  
DEF  
MID  
ATT  
GUEST  
Inj  
Off

**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:**

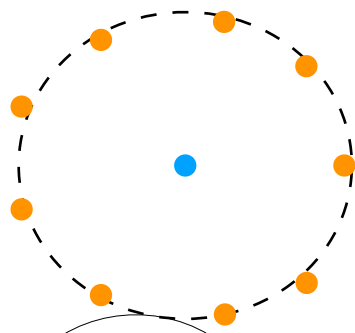
- 2 balls starting in opposite side
- one-two around the cones

**Coaching Points:**

- Play proper foot
- Weight of your pass

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

10-15mins (18.00-18.10)



**Organisation:**

- Square or circle

**Detail:**

Rondo

**Progression:**

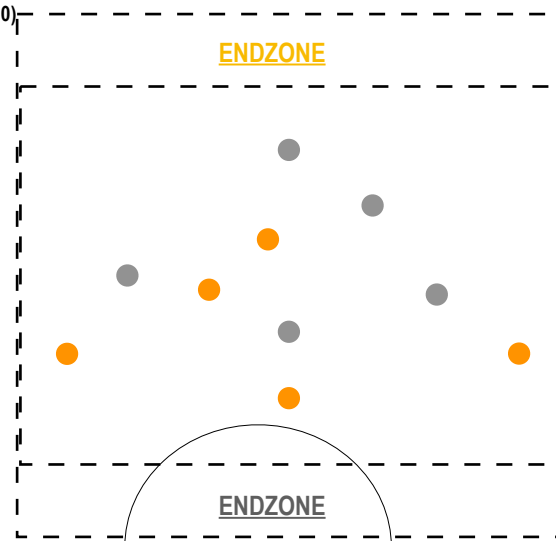
- Give touches limitation
- Add defenders

**Coaching Points:**

- Weight of the pass
- First touch

**2. GR- GR**

10-15mins (18.00-18.10)



**Organisation:**

- 30x30
- 2 endzone

**Detail:**

You score a point by playing a ball to a teammate to an end zone. Teammate can't be in threes the ball is played

**Progression:**

If you score in your end zone, the team that scores starts with the ball at that end zone and tries to score in the opposite end zone

**Coaching Points:**

- Weight of the pass
- Making runs into space

**NOTES:**