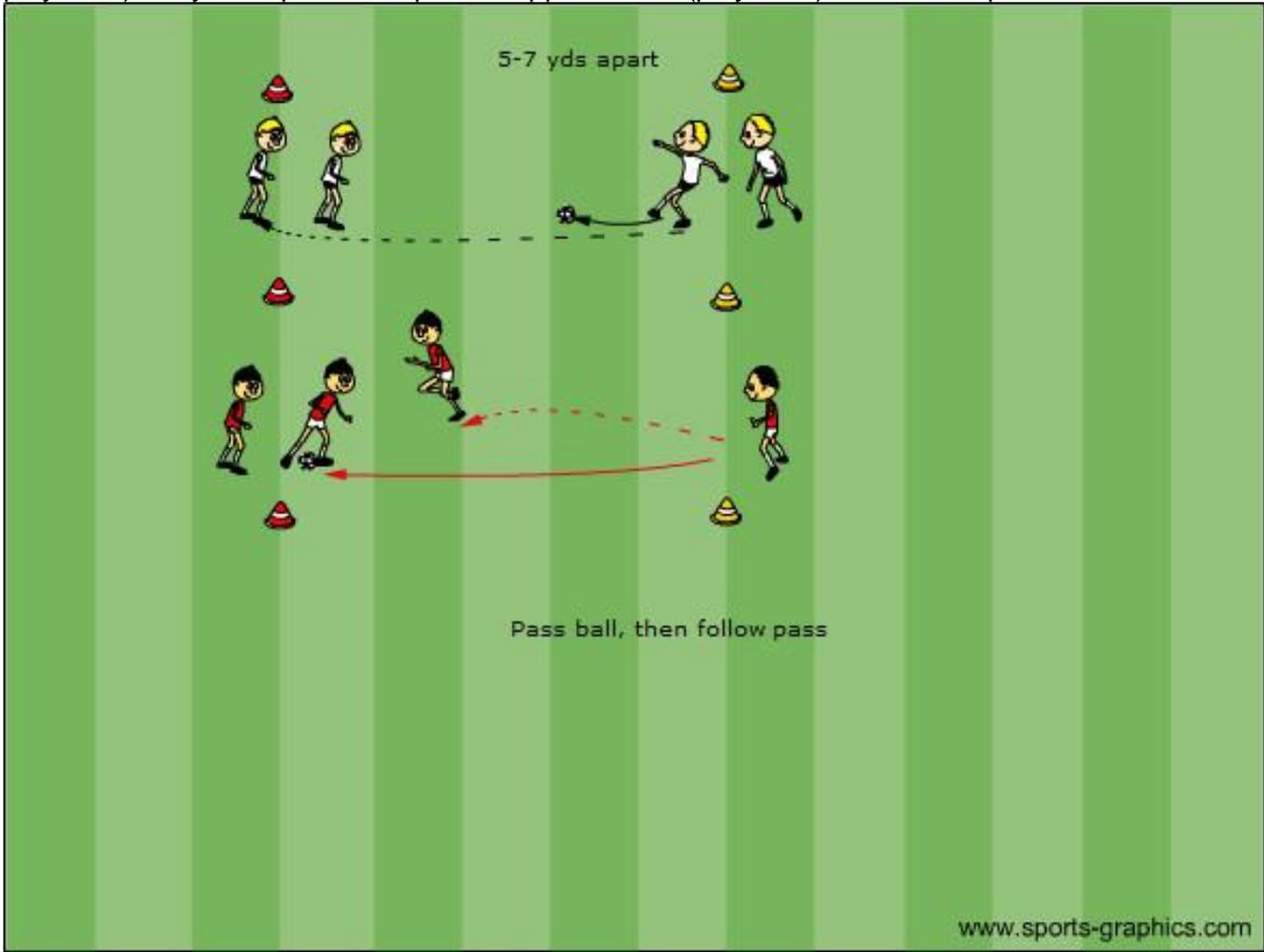


## Warm Up:

**Passing Weave** Set up-Create groups of four (use pinnies) with one ball per group. Groups separate into pairs and stand 5-7yds apart (see diagram). Player #1 passes the ball to the first person in line across from them (player #2), then follows pass and gets in line on the opposite side (behind player #2). Player #2 passes to person opposite him (player #3) and follows pass, etc.



**Play:** Start with “Two-Touch” passing, using the inside of the foot to pass. Move to “One-Touch” and , eventually, a “contest” of some sort (“who can make the most perfect passes in 30 seconds? Keep count.”

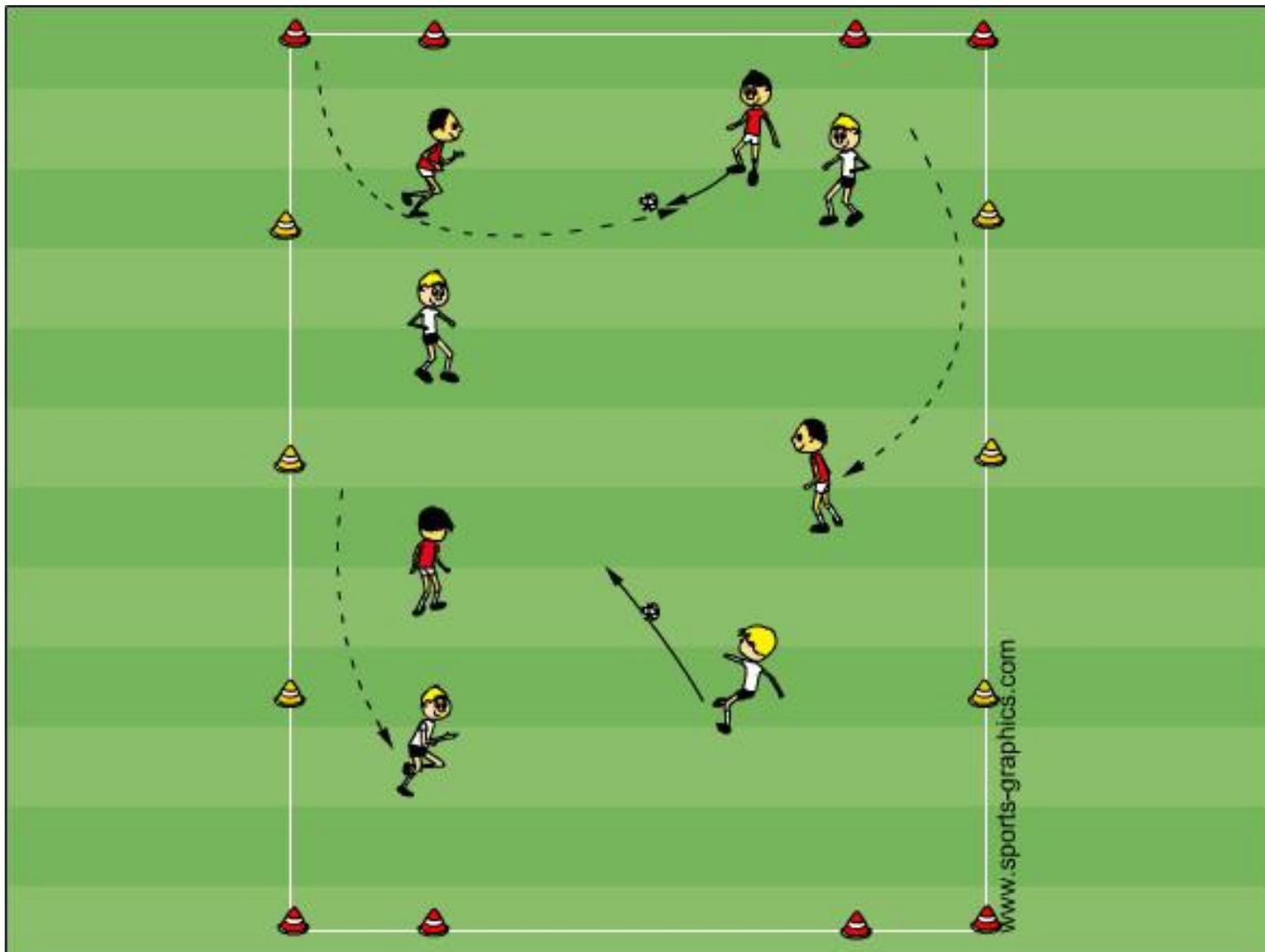
**Encourage:** Proper passing technique: Heel down, toes up, ankle locked. Plant foot next to ball and pointed at target. Knees bent and relaxed. Follow through toward target and accelerate to other line. When receiving, use first touch to “bump” ball (using inside of foot) in order to prepare the pass. Don’t step on the ball!!!!

## **Small Sided activity:**

**4v4 Paint the Field** Set up: On a 14x25 field, create two teams of 4 (use pinnies). Each team has a ball.

**Play:** Teams free-pass to each other and try to “paint” the entire field with their “paint ball” by passing to a teammate, moving to another location on the field and asking for a pass. Each team on the field is working independently but having to avoid each other in the limited space. Try to visit the whole field!

**Coaching points:** Good passing technique (see above). Players should make “eye contact” with teammates before passing to them. Everyone should be moving at all times. “Don’t stop the ball!” “Keep it moving (don’t step on it) and communicate with each other”.



## Expanded Small Sided Activity:

**4v4 to Four Goals:** Set up- On a field 14x25yds, place two “cone goals” on each end line. Teams defend one pair of goals and attack the other two goals. Teams of four play 4v4 and score by passing the ball through either of the goals.

Coaching points: Reinforce all of the above points and talk about spacing and “team shape” (Diamond-shape).

