



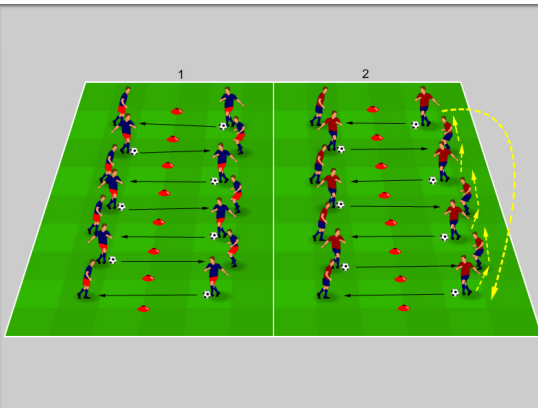
Coach: Ryan Gardner
Club: Kingston United
Role: Development Coach
Qualf: USSF 'E' (Canada)

Date: 30/May/2016
Duration: 00:30 min
Time: 18h 00m
Age/Level: U5 - U10

Session Passing
Objective:

U7/8 Week 3

Line Pass



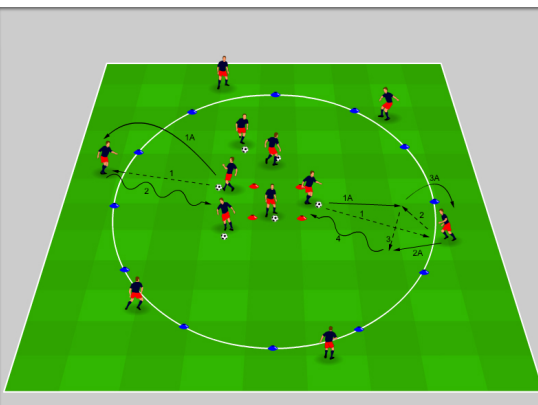
Description:

1. Players are in 2 lines facing each other as shown. Players pass the ball back and forth through the cones, checking back to attack the ball before receiving.
2. Same as 1 except one of the lines move to the next player after passing the ball. Once a player reaches the end of the line, they must sprint back to the beginning. Work for 2 minutes and then have the other side move.

Coaching Points:

Passing: 1. Eyes on the ball 2. Accuracy 3. Pace/Timing/Weight 4. Part of foot/ball 5. Follow through
 Receiving: 1. Eyes on the ball 2. Body behind the ball 3. Attack the ball 4. 1st Touch control 5. Open body position 6. Check shoulders

Windows



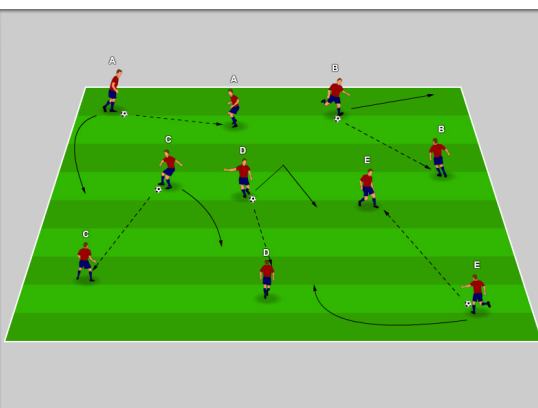
Description:

Create a circle 30 yds in diameter. Half the players outside circle. Half the players with a ball in the middle. Inside players pass a ball to a player on the outside and take their spot. Receiving players dribble to the middle square before looking for an outside player to pass to. Add a 1-2 and/or a dribbling move inside the square.

Coaching Points:

Passing: Eye on the ball, Follow through towards target, Strike pass with pace, Accuracy in pass
 Receiving: Eye on ball, Open body position, Body behind the ball, 1st touch control

Paint the field



Description:

In a 20X20 area, players work with a partner. Players pass the ball to their partner then move to new space to receive the ball back. Players are told that the ball is their paint brush and to use it to paint the whole area. Players should not just run away from their partner but move into space while keeping their eyes on the ball

Coaching Points:

Passing: 1. Eyes on the ball 2. Accuracy 3. Pace/Timing/Weight 4. Part of foot/ball 5. Follow through

Receiving: 1. Eyes on the ball 2. Body behind the ball 3. Attack the ball 4. 1st Touch control 5. Open body position 6. Check shoulders