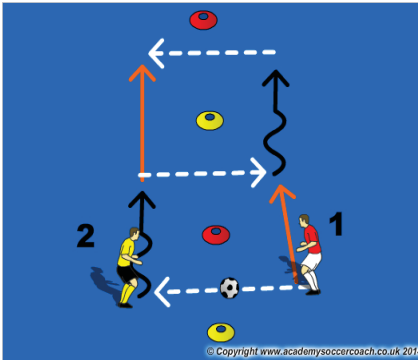
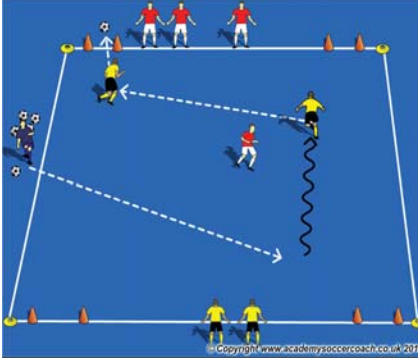



Season: Winter 2015/16 Program: TDC 3, 4 & 5 Week: 8

Topic: Passing and Receiving

| Stage | Activity Description | Diagram | Coaching Points |
|--------------------------|--|--|---|
| Technical Warm-up | <p>Figure 8 Passing:</p> <ul style="list-style-type: none"> Place 3 or 4 cones, 1 yard apart in a straight line to make 2 or 3 gates Have one player on each side of the gate facing each other, one with a soccer ball <p>Procedure:</p> <ul style="list-style-type: none"> 1 passes to 2 2 receives and takes the ball to the next gate – 1 runs to receive the next pass 2 passes to 1 1 receives and takes the ball to the next gate <p>Tasks:</p> <ol style="list-style-type: none"> Inside of both feet – 2 minutes Right foot only – 2 minutes Left foot only – 2 minutes Outside of both feet – 2 minutes |  | <ul style="list-style-type: none"> Technique: passing and receiving Principles of play <ul style="list-style-type: none"> Mobility Improvisation |
| Activity 1 | <p>2v1 to 4 Goals:</p> <ul style="list-style-type: none"> The playing area is 15Wx 25L yard grid and 2 goals on each end-line (coach may need to adjust field sizes based on gym size and number of participants.) The game starts with the coach serving a ball to 1 team or the other. The team who gets the serve can have 2 players and the other team only gets 1. All restarts will be from the coach serving in a new ball (restarts do not have to go to the yellow.) Same players remain on the field until 2 goals are scored by one team or 1 minutes. |  | |
| Activity 2 | <p>2v2 to 4 Goals:</p> <ul style="list-style-type: none"> The playing area is 15Wx 25L yard grid and 2 goals on each end-line (coach may need to adjust field sizes based on gym size and number of participants.) The game starts with the red team passing to the yellow team. All restarts will be determined prior to the game by the coach. Play a game to 4 goals or 2 minutes. |  | <ul style="list-style-type: none"> Technique: passing, receiving, dribbling and shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation |
| Conditioned Game | <p>4v4 or 5v5:</p> <p>In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game.</p> <ul style="list-style-type: none"> Coach will determine if goal keepers will be used. | | <ul style="list-style-type: none"> Technique: dribbling, passing, receiving and shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation |

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