



Training Centers Interactive Lesson Plan



Season: Winter 2015/16 Program: TDC 6, 7 & 8 Week: 8

Topic: Passing and Receiving III

Stage	Activity Description	Diagram	Coaching Points
Technical Warm-up	Receive, Turn and Play Forward: <ul style="list-style-type: none"> In a 20Wx25L grid divided into lanes, place one player on each end-line and one player in the middle of each lane (add more lanes as needed.) Play rounds of 1-1 1/2 minutes. All players in the middle start with the ball At coach's command, the players with the ball will pass to a receiver on an end-line. Prior to receiving the ball, the receivers will check away then to the ball. Now, pass back to the middle player who will receive it and play to the other end-line Following each pass, the player will switch positions with a teammate. Coach will determine the pattern the players will use to switch. 		<ul style="list-style-type: none"> Technique: receiving and passing Principles of play <ul style="list-style-type: none"> Mobility Support
Activity 1	Passing and Moving: <ul style="list-style-type: none"> Two players passing and moving, playing with 2-3 touches in a 20Wx 25L grid Tasks: <ol style="list-style-type: none"> Inside of the foot pass and receive Inside of the foot pass, sole & roll to receive Poke passing, sole & roll receive Variations: <ul style="list-style-type: none"> Groups of 3 with one ball Groups of 4 with two balls 		<ul style="list-style-type: none"> Technique: passing and receiving Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Improvisation
Activity 2	2v2 to 4 Goals: <ul style="list-style-type: none"> The playing area is 20Wx 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: dribbling, passing, receiving, shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation
Conditioned Game	4v4 or 5v5: <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, shooting Principles of play <ul style="list-style-type: none"> Penetration Support Mobility Width Improvisation

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