



# Training Centers Interactive Lesson Plan



Season: Winter 2017 Program: TDC Week: 7

Topic: Passing and Receiving

Stage	Activity Description	Diagram	Coaching Points
<b>Technical Warm-up</b>	<p>Pattern Dribble Relay (17 Touches): - Start by introducing Drag- Touch-Take</p> <ul style="list-style-type: none"> <li>• Drag the ball with the bottom of the right foot, touch it behind the left foot with the inside of the right and then (forward with the left foot) stop it with the left. Now repeat with left foot.</li> <li>• Players start on opposite ends and to the left of the goal.</li> <li>• All patterns will be completed with both feet on the way to each cone except for drag-touch-take; only 1 to change direction.</li> <li>• Once the player has turned at the last cone, he/she will shoot on the mini goal.</li> <li>• Pattern: outside-inside, outside-inside, touch-touch-roll, touch-touch-roll, laces-laces-circle, laces-laces-circle-drag-touch take (finish with shot)</li> <li>• Coaches choice - teammate can either start once the player in front has shot or has made it to the second cone.</li> <li>• after the shot, collect your ball and return to either starting point (coach's choice)</li> </ul>		<ul style="list-style-type: none"> <li>• Head Up and Eyes on the ball, Surface of the Foot to use, Surface of the ball to strike, Distance of touch, Change of Direction, Balance and Acceleration (Change of Pace)</li> </ul>
<b>Activity 1</b>	<p>2v1 to 4 Goals:</p> <ul style="list-style-type: none"> <li>• 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.)</li> <li>• The game starts with the coach serving a ball to 1 team or the other.</li> <li>• The team who gets the serve can have 2 players and the other team only gets 1.</li> <li>• All restarts will be from the coach serving in a new ball (restarts do not have to go to the Red)</li> <li>• Same players remain on the field until 2 goals are scored by one team or 1 minutes.</li> </ul>		<ul style="list-style-type: none"> <li>• Technique of Dribbling</li> <li>• Technique of Passing: Accuracy, Pace, Weight, Position of the non kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through.</li> <li>• Technique of Receiving: Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction and away from pressure</li> <li>• Principles of play <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Improvisation</li> </ul> </li> </ul>
<b>Activity 2</b>	<p>2v2 to 4 Goals:</p> <ul style="list-style-type: none"> <li>• 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.)</li> <li>• The game starts with the red team passing to the yellow team.</li> <li>• All restarts will be determined prior to the game by the coach.</li> <li>• Play a game to 4 goals or 2 minutes.</li> </ul>		<ul style="list-style-type: none"> <li>• Technique of Dribbling, Passing &amp; Receiving</li> <li>• Principles of play <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Improvisation</li> </ul> </li> </ul>
<b>Conditioned Game</b>	<p>3v3, 4v4 or 5v5 to Goal:</p> <ul style="list-style-type: none"> <li>• In a 20WX25L yard field (coach may need to adjust field sizes based on gym size and number of participants), play the game</li> <li>• Coach will determine if goal keepers will be used.</li> </ul>		<ul style="list-style-type: none"> <li>• Technique of Dribbling, Passing &amp; Receiving</li> <li>• Principles of play <ul style="list-style-type: none"> <li>o Penetration</li> <li>o Support</li> <li>o Mobility</li> <li>o Width</li> <li>o Improvisation</li> </ul> </li> </ul>

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