



**SKILL ACQUISITION:** **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. **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.

**ACTIVITY 1: 50 PASSES**

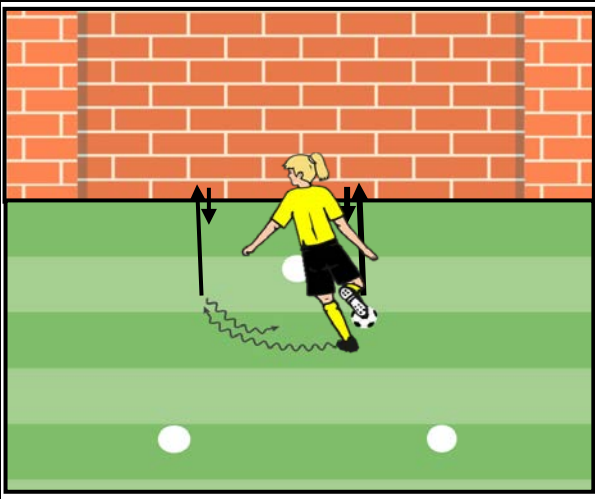
**Objective:** To improve the ability to pass and receive the ball.

**Equipment:** 3 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

**Organization:** Set three markers down to make a triangle. Get next to the cone closer to the wall with the ball to perform the following tasks below:

**Tasks:**

1. Pass with the inside of the foot, move to the other side of the marker and receive with the inside of the foot, pass with the inside of the foot.
2. Pass with the outside of the foot, move to the other side of the marker, and receive with the inside of the foot, pass with outside of the foot.

**ACTIVITY 2: 50 PASS and RECEIVE**

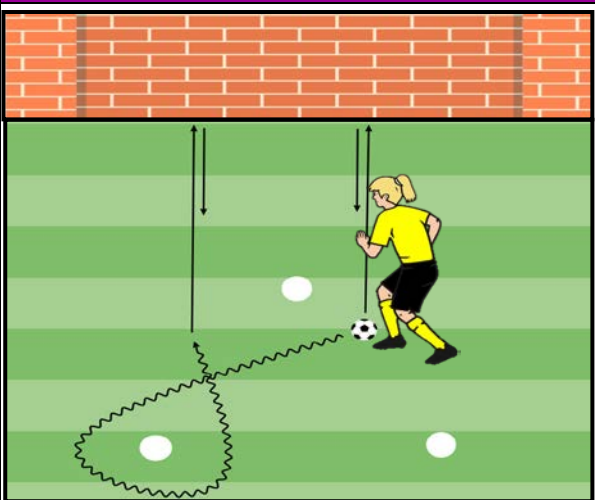
**Objective:** To improve the ability to pass and receive the ball.

**Equipment:** 3 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

**Organization:** Set three markers down to make a triangle. Get next to the cone closer to the wall to perform the following tasks below:

**Tasks:**

1. Pass with the inside right of the foot and receive with inside of the same foot, dribble to the other side of the cone. Pass with the inside of the left; receive with inside of the same foot.
2. Pass with the inside of the right foot and receive with the outside of the left foot, dribble to the other side of the cone. Pass with the inside of the left foot; receive with the outside of the right foot.

**ACTIVITY 3: 50 PASS, RECEIVE and DRIBBLE**

**Objective:** To improve the ability to pass and receive the ball.

**Equipment:** 3 markers (Cones, Paper Plates, Cups, Socks) and a Soccer ball.

**Organization:** Set three markers down to make a triangle. Get next to the cone closer to the wall with the ball to perform the following tasks below:

**Tasks:**

1. Pass with the inside of the foot, receive with the inside of the foot, dribble around the cone and pass.
2. Pass with the inside of the foot, receive with the outside of the foot, dribble around the cone and pass.