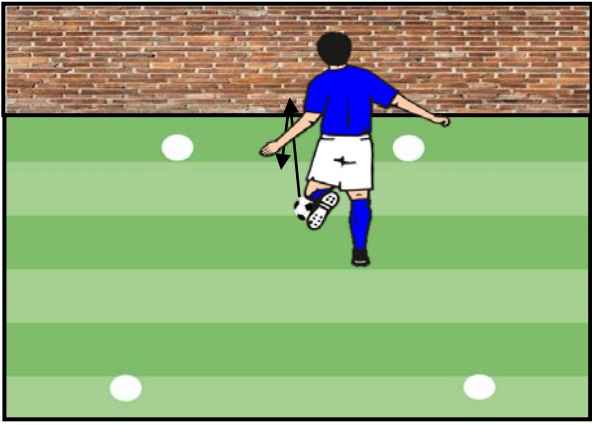




SKILL ACQUISITION: **Passing** - Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through. **Receiving** - Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface selection of the body, Surface selection of the ball to impact, Relax body on impact, first touch in the intended direction.

ACTIVITY 1: 20 PASSESS

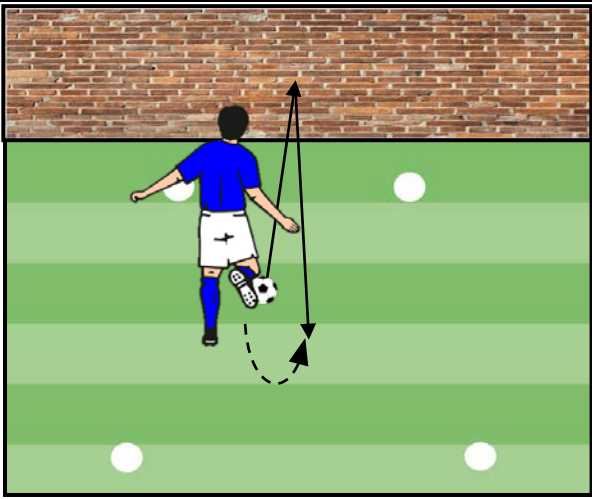
Objective: To improve the ability to pass and receive the ball.

Equipment: 4 markers (Cones, Paper Plates, Cans or Plastic bottles) and a Soccer ball.

Organization: Set up the markers as shown in the diagram. Get about two yards away from the ball and start the tasks below.

Task:

1. Pass 20 times with the right foot and receive with the right foot.
2. Pass 20 times with the left foot and receive with the left foot.
3. Pass 20 times with the right foot and receive with the left foot – Pass with the left receive with the right.

ACTIVITY 2:

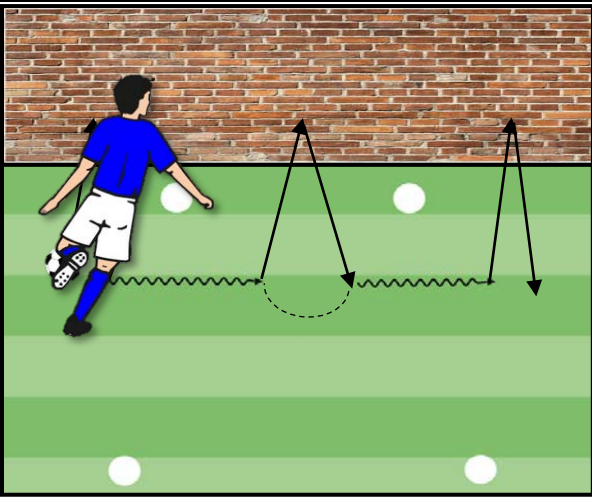
Objective: To improve the ability to pass and receive the ball.

Equipment: 4 markers (Cones, Paper Plates, Cans or Plastic bottles) and a Soccer ball.

Organization: Set up the markers as shown in the diagram. Every 10 passes the player will take two steps back. Get about two yards away from the ball and start the tasks below.

Task:

1. Pass 20 times with the right foot and receive with the right foot. Take two steps back. Pass 20 times with the left foot, pass and receive with the left foot. Take two steps back.
2. Pass 20 times with the right foot and receive with the left foot – Pass with the left receive with the right. Take two steps backward and repeat the task.
3. When you get to the markers go forward two steps every 20 passes.

ACTIVITY 3: DOUBLE TURNS

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

Equipment: 4 markers (Cones, Paper Plates, Cans or Plastic bottles) and a Soccer ball.

Organization: Set up the markers as shown in the diagram. The player will make 21 total passes going from left to right and right to left. After 21 passes the player must take 2-3 steps back. Start the activity on the left side and perform the tasks below:

Task:

1. Pass with the left and receive with the inside of the left foot – Pass with the right and receive with the inside of the right foot. After 21 passes take 2-3 steps back.
2. Pass with the left and receive with the outside of the right foot – Pass with the right and receive with the outside of the left foot. After 21 passes take 2-3 steps back.