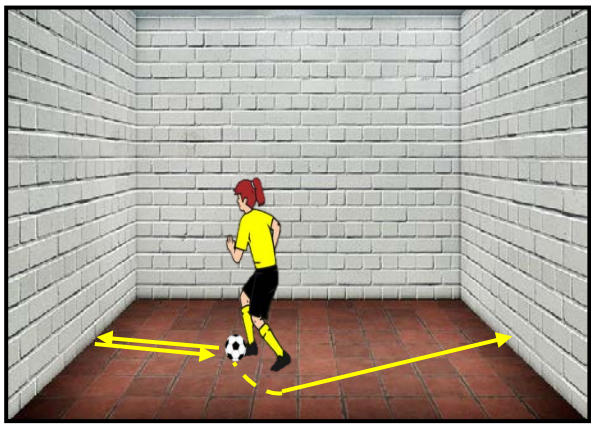




SKILL ACQUISITION: **Passing** - Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through. **Receiving** - Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface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

ACTIVITY 1: 60 PASSES, RECEIVE and TURN

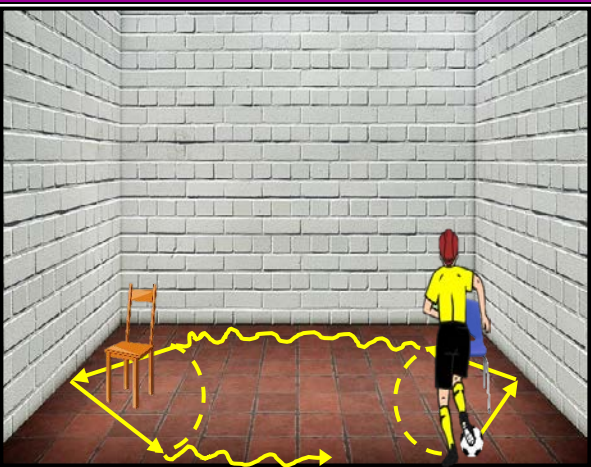
Objective: To improve the ability to pass and receive the ball.

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

Organization: Set up 3 gates with the 4 markers as shown in the diagram. Pass through one gate, Look over the shoulder quickly, receive with the inside of the other foot and make a 1/2 turn to pass through next gate. Perform the tasks below:

Tasks:

1. Pass 40 times with the inside of one foot and receive with the inside of the other foot with a half turn.
2. Pass 40 times with the inside of one foot and receive with the outside of the other foot with a half turn.

ACTIVITY 2: 30 WALL PASSES

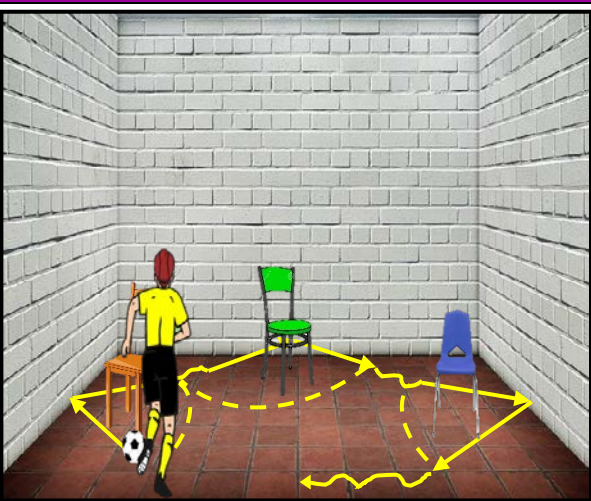
Objective: To improve the ability to pass and receive the ball.

Equipment: 2 chairs and a Soccer ball.

Organization: Set the two chairs as shown in the diagram. Get the ball and stand in front of the chair on the right side. Pass the ball (Wall Pass) with the inside of the foot and run around the chair to receive the ball. Dribble to the other side and execute another wall pass. Perform the following tasks below:

Tasks:

1. Initiate the wall pass with the inside of the foot:
 - a. Right foot
 - b. Left Foot
2. Initiate the wall pass with the outside of the foot:
 - a. Right foot
 - b. Left Foot

ACTIVITY 3: 60 WALL PASSES

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

Equipment: 2 chairs and a Soccer ball.

Organization: Set the two chairs as shown in the diagram. Get the ball and stand in front of the chair on the right side. Pass the ball (Wall Pass) with the inside of the foot and run around the chair to receive the ball. Dribble to the other side and execute another wall pass. Perform the following tasks below:

Tasks:

1. Initiate the wall pass with the inside of the foot:
 - a. Right foot
 - b. Left Foot
2. Initiate the wall pass with the outside of the foot:
 - a. Right foot
 - b. Left Foot