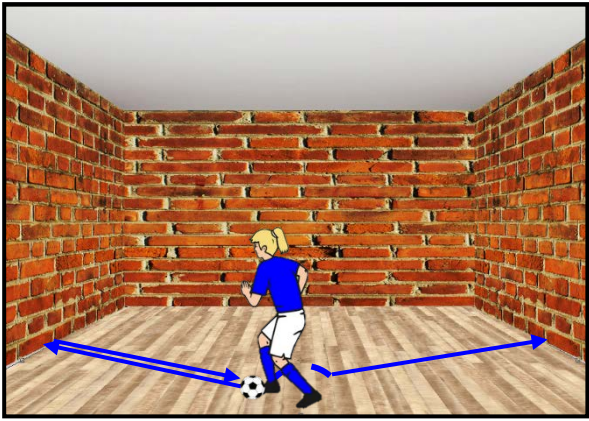




SKILL ACQUISITION: **Passing** - Accuracy, Pace, Weight, Position of the non-kicking foot, Surface of the Foot to strike with, Surface of the ball to strike, Eyes on the ball, Head Still and Follow Through. **Receiving** - Get in line with the flight of the ball, Eyes on the Ball, Head Still, Surface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

ACTIVITY 1: 40 PASSES

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

Equipment: a Soccer ball.

Organization: Get in the middle of the room with a soccer ball. Pass the ball with the inside of one foot and receive with the inside of the other foot. Perform the tasks below.

Tasks:

1. Pass 40 times. Pass with the inside of one foot and receive with the inside of the other foot, turn and pass.
2. Pass 80 times. Pass twice with the inside of one foot, receive with the inside of the other foot, turn and pass.

ACTIVITY 2: PASS, RECEIVE and ¼ TURN

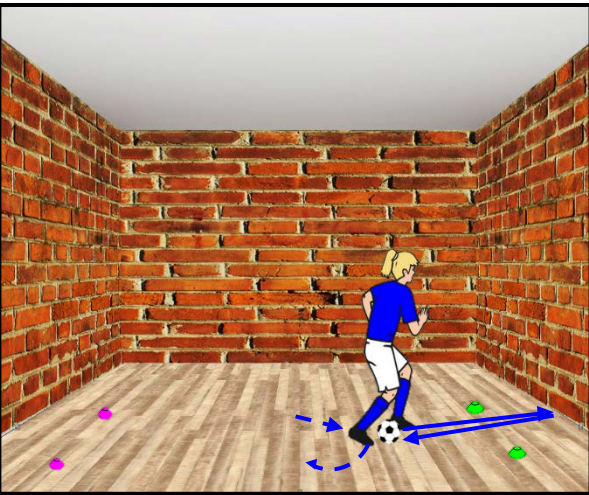
Objective: To improve the ability to pass and receive the ball.

Equipment: 6 markers (Cones, Paper Plates, Cans or Plastic bottles) and a Soccer ball.

Organization: Set up 3 gates with the 6 markers as shown in the diagram. Pass through one gate, receive with the inside of the other foot and make a ¼ turn to pass in through the gate. Perform the tasks below:

Tasks:

1. Pass 40 times with the right foot and receive with the Inside of the Left foot, make a ¼ turn and go to the next gate - Pass with the Left foot, receive with the right foot, make a ¼ turn and go to the next gate.
2. Pass 40 times with the Right foot and receive with the Outside of the Left foot, make a ¼ turn and go to the next gate - Pass with the Left foot, receive with the outside of the Right foot, make a ¼ turn and go to the next gate.

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 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 the 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.