



Passing and Movement

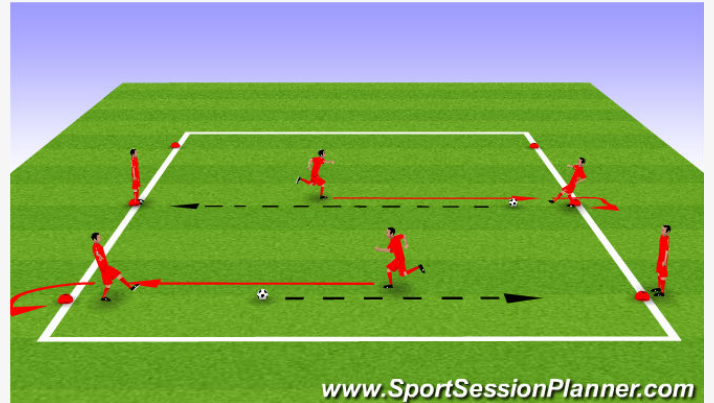
Category: Functional: Striker

Difficulty: Beginner

Pass and Follow (15 mins)

Pass and Follow. Groups of 3 - 4 players.

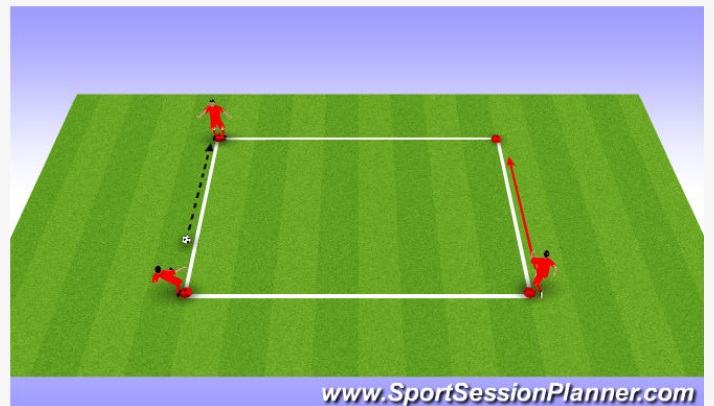
- Player passes across to opposite cone and follows to the end of the line he passed to.
- Coaching Points: Work on trapping the ball with whatever foot the ball comes to; Take your touch away from the player running toward you
- Start with three touch passing (trap, touch, pass), then graduate to two touch passing (trap, pass)



Movement and Square Pass (20 mins)

Groups of three in each square.

- Player needs to find the open cone to create two options for the location of the ball.
- Coaching Points:
 - Emphasize speed of player getting open (anticipation)
 - Don't always pass in circle
 - Add defender after a few minutes



Small Sided Scrimmage (20 mins)

Small sided games

- No more than four players per team
- Stop play and coach frequently
- Must complete one pass before scoring

