

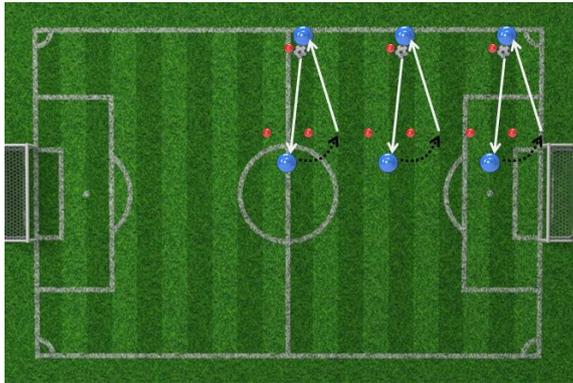


Warm up 10 minutes: Various exercises/dynamic stretches

Session Plan 1 U14 Passing

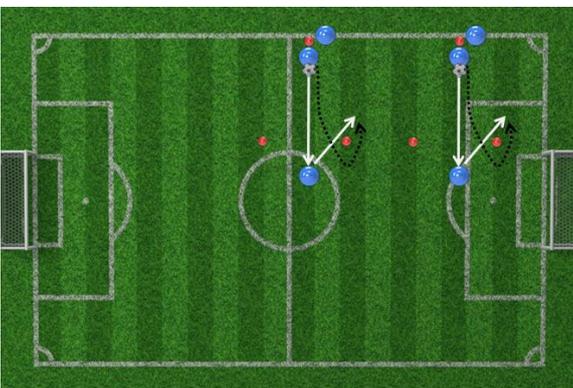
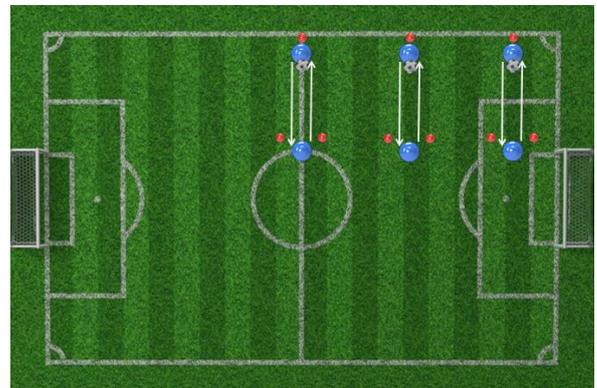
Time: 90 minutes

The learning objectives of the session plan is to replicate in game passing situations. The players learn technical aspects like directional control and passing with different feet/parts of the foot. There is also a physical element with an overall objective to practice combinations that will lead to a shot on goal.



Exercise (5 minutes): Players pair up and each pair has the ball. The player with a ball stands by the cone and the player without the ball stands in between the two cone gate with a starting position slightly behind the cones. The player with a ball passes to the other player, the receiving player takes a first touch toward the cone to their right and passes the ball back to feet. Variation: The player takes a touch towards the left cone, the player can only take a touch with the outside of their foot choosing either cone to move to.

Exercise: The players pair up with one ball between two. The player with the ball stands by the cone and the player without the ball stands behind the coned gate. The players pass the ball back and forth taking 2 touches, one to control and one to pass back. Variation: If a player passes with their right foot, the receiving player must pass with their left foot. Ball in the air, player must control a chipped pass and pass it back the same way.



Exercise(5 minutes): Players are split into groups of three with two players at the starting cone and onne player behind the coned gate at the other end. The starting player passes into the player behind the coned gate and runs around a cone on the right or the left. The receiving player delays a pass and plays a through ball into the path of the running player who passes off to the start line.

