

## Passing and Movement (with & without the ball)

### Warm Up

- 20 x 20 yard area, girls in pairs.
- Players move around the area, passing back & forth.
- Encourage use of inside/outside of both feet.
- Keep all players moving by stepping into the area and forcing them to move.

NB\* Make them change partners with you allocating them their new partner.

### Numbers Passing

- 20 x 20 yard area with one ball to start (area can be bigger or smaller depending on number of players).
- Every player has a number from 1-12.
- Ball starts at 1 and must make its way through the players in numerical order to end up back with one.

Look For:

- Correct passing technique
- Players calling for the ball, make them shout their number to start, encourage passers not to pass the ball until the next player calls their number.
- Player movement

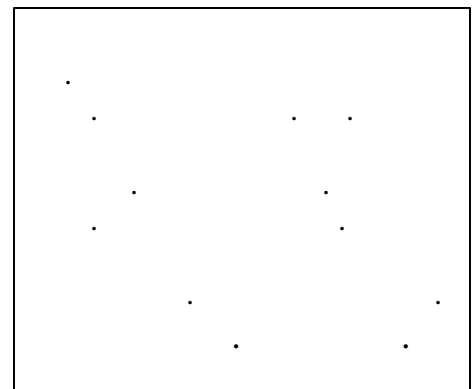
### Progressions

- Add another ball
- Short or long passes only; to encourage more player movement make all players pass the ball long (10-15 yards) or short (5 yards).
- Alternate long & short passes, first pass is long, second is short, third is long ect...
- Start introducing the players to curved runs.
- Add in a defender to try and get the ball.

### Gate Passing

Set up area as shown

- Each player has a ball and must dribble around the area passing their ball through as many of the gates as possible.
- They must not dribble through the gates.
- Once they pass through the gate they must run around the outside of the gate to collect the ball (this encourages them to make a controlled pass to stop it from going outside the area).



- Give the players a 90 second time trial to see how many gates they can go through (make sure you watch them closely for the correct technique).

### Progressions

1.

- Put players into pairs with one ball between the two.
- Now they must pass through the gates to their partner, partner then dribbles to the next gate and passes the ball back (repeat for 90 seconds).
- Give them a 90 second time trial to see which pair can pass through the most gates.

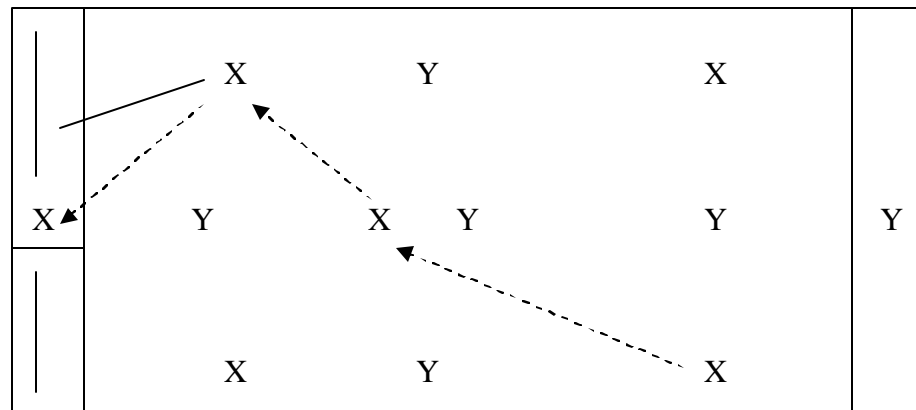
2.

- In same area give 7 players (passers) balls and give the remaining 5 players jerseys (receivers).
- Do same as above but this time there are less receivers so players must dribble around until a receiver becomes available. This encourages good dribbling and players to look up for 'free' players/teammates.
- Add in a defender to try and intercept bad passes.

### End Zone Soccer

This game is a scrimmage that has been modified to incorporate and encourage dribbling and passing skills.

Set out field as show...



- Each team has a player in the end zone (receiver).
- Teams try to get the ball to their receiver by dribbling or passing.
- Whatever player makes the final pass to the receiver then becomes another receiver in the end zone.
- First team to get all players into the end zone wins.

Small-sided scrimmage to finish