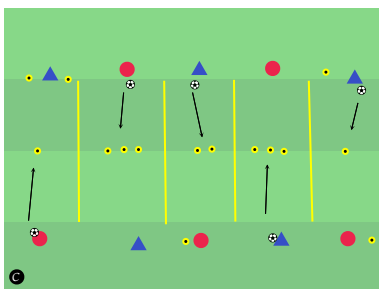


Technical

Duration: 0 Min

Passing Game - Hit the cone



Coaching Points

- Look at target
- Eye on ball
- Angle of approach
- Non-kicking foot alongside ball in a comfortable position
- Strike Centre of ball with inside of foot
- Firm ankle
- Follow through towards target

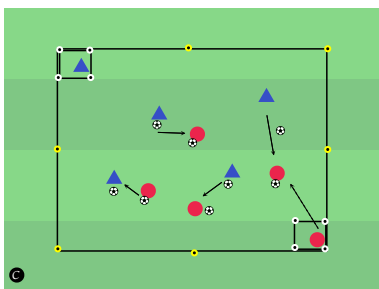
Objectives

Fun games that work on the technique of passing

Technical

Duration: 0 Min

Passing Game - Doctor Doctor



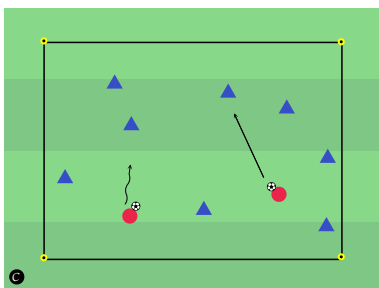
Coaching Points

- Look at target
- Eye on ball
- Angle of approach
- Non-kicking foot alongside ball in a comfortable position
- Strike Centre of ball with inside / outside of foot
- Firm ankle
- Follow through towards target

Technical

Duration: 0 Min

Passing Game - Ghostbusters

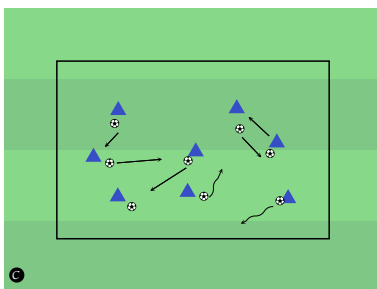


Coaching Points

Technical

Duration: 0 Min

Passing Game - Bumper cars

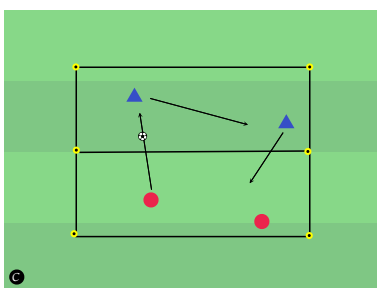


Coaching Points

Technical

Duration: 0 Min

Passing Game - Soccer tennis (on the ground)



Coaching Points

Passing Game - Hit the cone



PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Set up 3 tall cones (or any equipment that could be a target) 10-20 yards between two players
- Players compete against each other and take turns in attempting to knock a cone or target by passing the ball
- If you hit a cone, you take it back to your side
- Winner is the player that knocks the most cones

Focus

- Correct passing mechanics
- Accuracy and weight of pass

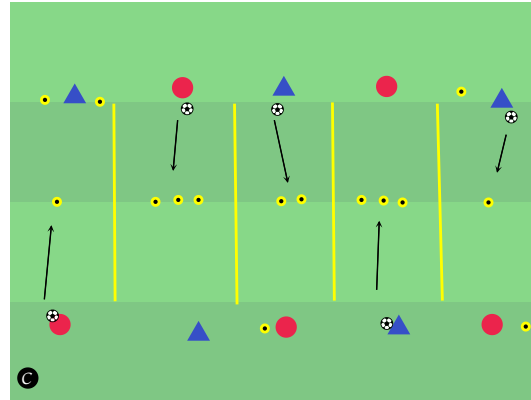
Possible Progressions/Regressions

- Weak foot passing only
- Players now work together and if they hit a cone they add it to another teams target. The team to get rid of all of their cones first wins

COACHING POINTS

- Look at target
- Eye on ball
- Angle of approach
- Non-kicking foot alongside ball in a comfortable position
- Strike Centre of ball with inside of foot
- Firm ankle
- Follow through towards target

Passing Game - Hit the cone



Passing Game - Doctor Doctor



PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Set up a 5x5 square in opposite corners
- Players are split in to two teams and start at their respective square (hospital)
- Players chose one player to be the doctor. This player has no ball and stays in the small square (hospital) which acts as a safe zone
- On go all players, except the doctor, dribble their ball out of the hospital and attempt to pass their ball and hit the other team below the knee. Player attempt to dodge and kick the other players out
- If hit by a ball, that player must kneel down and wait for their doctor to run out of the hospital and revive them with a high 5
- If the doctor is hit with a ball, they are out, and no one on that team can be revived.
- The team to eliminate all players and doctor wins

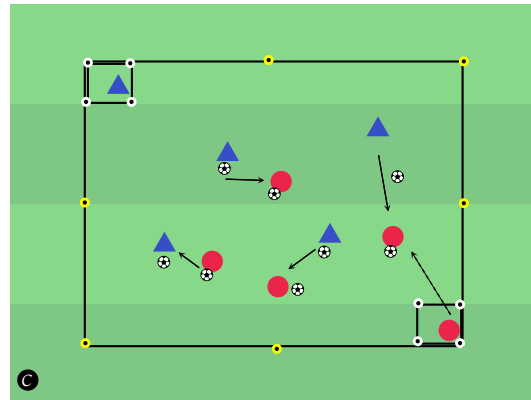
Focus

- Close ball control to get closer to opposition or to get away without getting hit
- Correct passing mechanics
- Agility

Possible Progressions/Regressions

- Weak foot passing only
- Adjust size of area

Passing Game - Doctor Doctor



COACHING POINTS

- Look at target
- Eye on ball
- Angle of approach
- Non-kicking foot alongside ball in a comfortable position
- Strike Centre of ball with inside / outside of foot
- Firm ankle
- Follow through towards target

Passing Game - Ghostbusters



PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- One player is selected to be a ghostbuster and have a ball. Everyone else is a ghost and does not have a ball
- On go, ghosts must run around the area, trying to stay away from the ghostbuster. The ghostbuster dribbles their ball around and attempts to stay as close to a ghost as possible.
- When the coach shouts, 'FREEZE', everyone stands still. The ghostbuster then attempts to pass their ball and hit a ghost below the knee (they cannot dodge)
- If a ghost is hit, they grab a ball and become a ghostbuster and the next round continues
- Last ghost standing wins

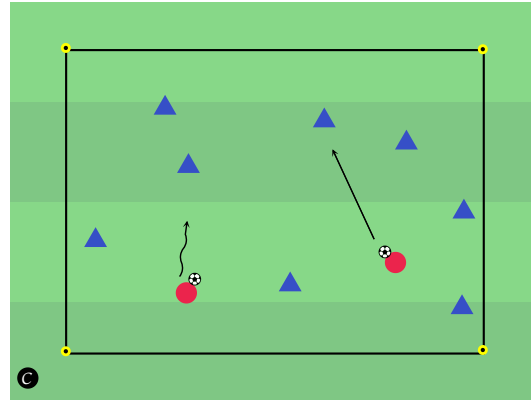
Focus

- Close ball control to get closer to opposition
- Correct passing mechanics
- Agility

Possible Progressions/Regressions

- Weak foot passing only
- Adjust size of area

Passing Game - Ghostbusters



Passing Game - Bumper cars



PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Each player has a ball
- Players dribble around the area and attempt to pass their ball and hit the ball of another player for a point
- The player with the most points win

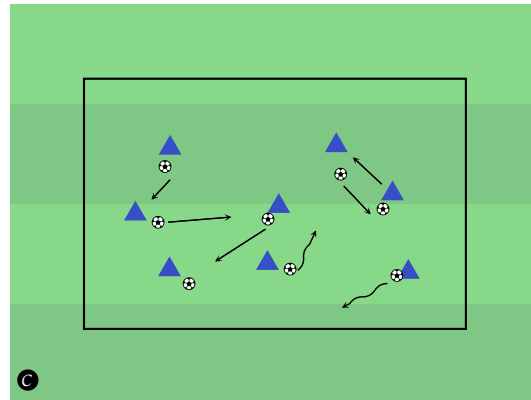
Focus

- Close ball control to get closer to opposition or to get away without getting hit
- Correct passing mechanics
- Agility

Possible Progressions/Regressions

- Weak foot passing only
- Adjust size of area
- Create two teams

Passing Game - Bumper cars



Passing Game - Soccer tennis (on the ground)



PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Players get in pairs
- Players pass the ball to the other team and win a point if they cannot return the ball or take too many touches
- Each player has one touch
- Each player must touch the ball before returning
- Passes must be on the ground
- Ball cannot stop moving

Focus

- Correct passing mechanics
- Accuracy and weight of pass

Possible Progressions/Regressions

- Weak foot passing only
- Allow for two touches per player

Passing Game - Soccer tennis (on the ground)

