

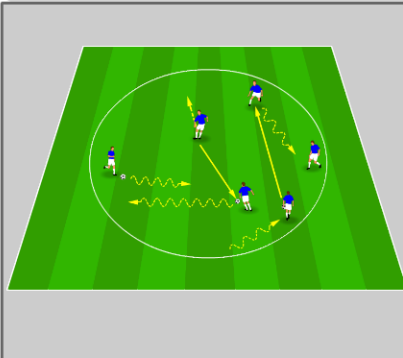
**DOC Session 3-24-14**

**Date :** 24/Mar/2014  
**Time :** N/A

**Duration :** 1:30 hour  
**Age/Level :** U8 - U14

**Session Objective:** Increase the Players Ability to Pass and Receive the Ball

**Passing and Receiving Warm-Up**



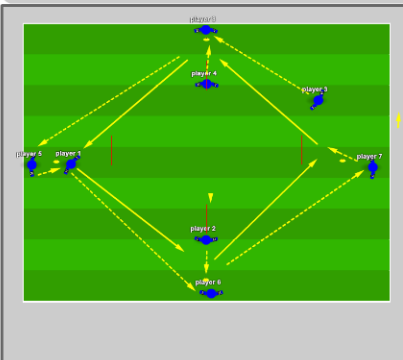
**Description :**

Players are put into group of 2 inside the circle. With their partner they move around the circle passing and moving with each other performing various tasks dictate by the coach.

**Coaching Points :**

- Strike the the center of the ball when passing.
- First touch into open space.
- Explode into space with first touch.
- Ball of your feet with receiving the ball.

**Dutch Passing Box**



**Description :**

PLAYER 1 plays the ball to PLAYER 2.

PLAYER 2 will start on the pole in front and as PLAYER 1 plays the ball PLAYER 2 will back peddle to the cone to receive the pass.

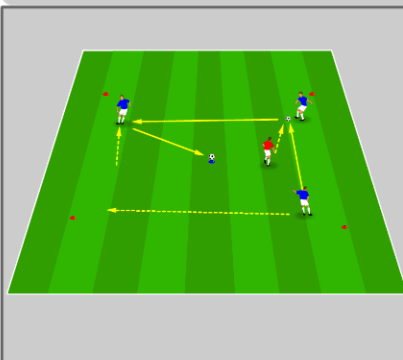
PLAYER 1 then follows his pass and goes to the end of the next line.

PLAYER 2 will receive the ball and then play the ball to PLAYER 3. This rotation will continue around the grid.

**Coaching Points :**

- Sharp clean strike through the middle of the ball.
- 1st touch out of pressure
- Open your hips to see the field.
- Take the weight out of the pass for the lay off.
- Quick, explosive movement to create space.

**3v1 (Knock the Ball)**



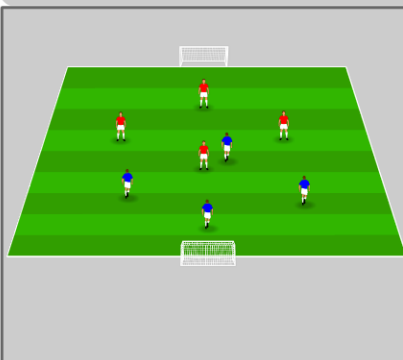
**Description :**

Team of 3 players work together to keep possession into of the box. The goal is to knock the ball down that is sitting on top of the cone in the center while keeping the ball away from the defender. If the defender whens the ball and is able to dribble out of the square they receive a point.

**Coaching Points :**

- Technique of striking and receiving a ball.
- Pick head up whiling dribbling to find teammate.
- Good supporting angles.
- When to dribble vs when to pass.

**Drill file name/title goes here**



**Description :**

- Normal match to goal.
- Normal game rules apply.

**Coaching Points :**

-Coaching points should be made through the run of play with only nature stoppages interrupting the flow of the game.