

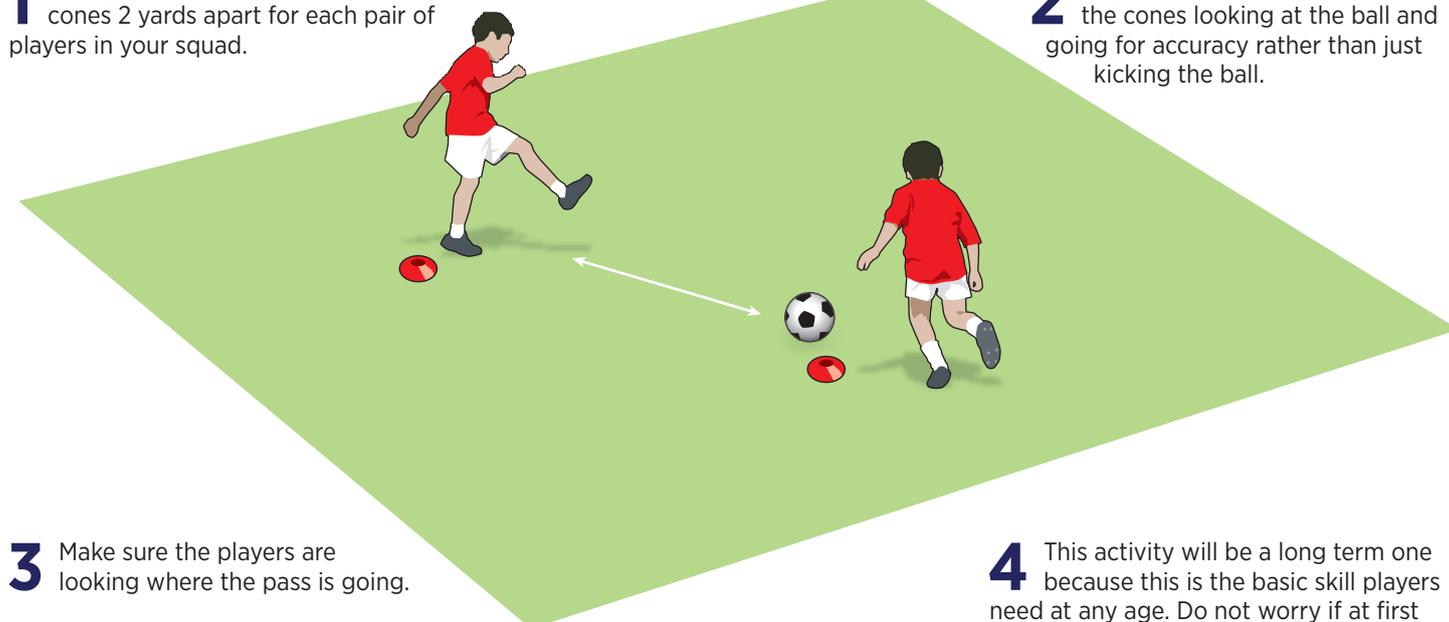
# Pass the ball 2 yards to a team mate

## ACTIVITY: PASSING PAIRS

**CALL OUT** "Look to where the pass is going" • "Use the inside of the foot"

**1** Split your squad into pairs. Set up two cones 2 yards apart for each pair of players in your squad.

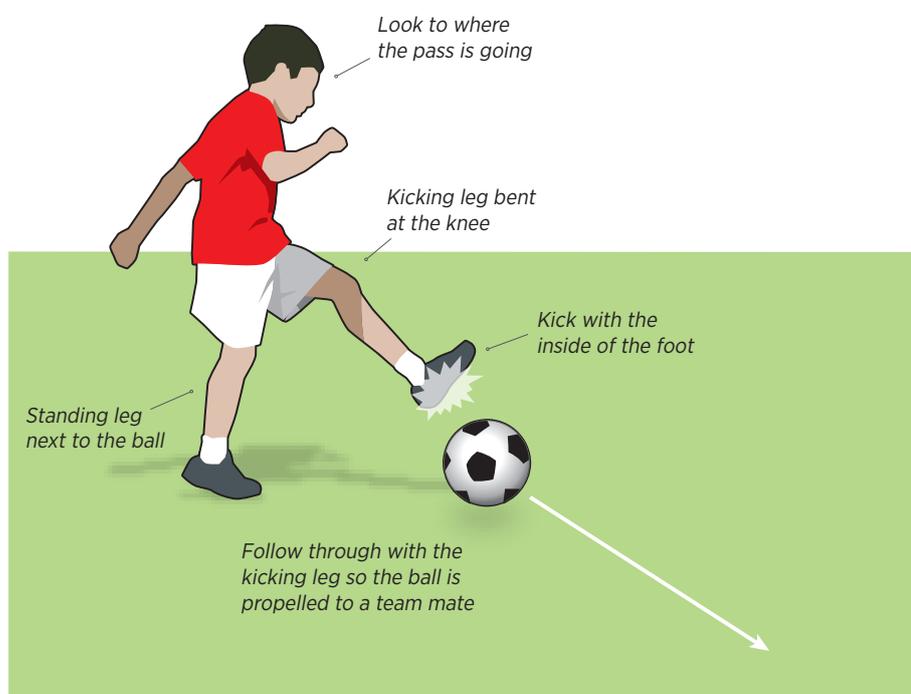
**2** Players pass to and fro between the cones looking at the ball and going for accuracy rather than just kicking the ball.



**3** Make sure the players are looking where the pass is going.

**4** This activity will be a long term one because this is the basic skill players need at any age. Do not worry if at first the players are doing things like stopping the ball with their hands. By the third week the players should understand the best way to receive and pass over short distances is with the inside of the foot.

### Passing the ball



**5** Run this activity for a few minutes reminding the players all the time of the call outs.

### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
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	--->	→

# Pass the ball 2 yards to a team mate

**GAME: GUARD OF HONOUR**

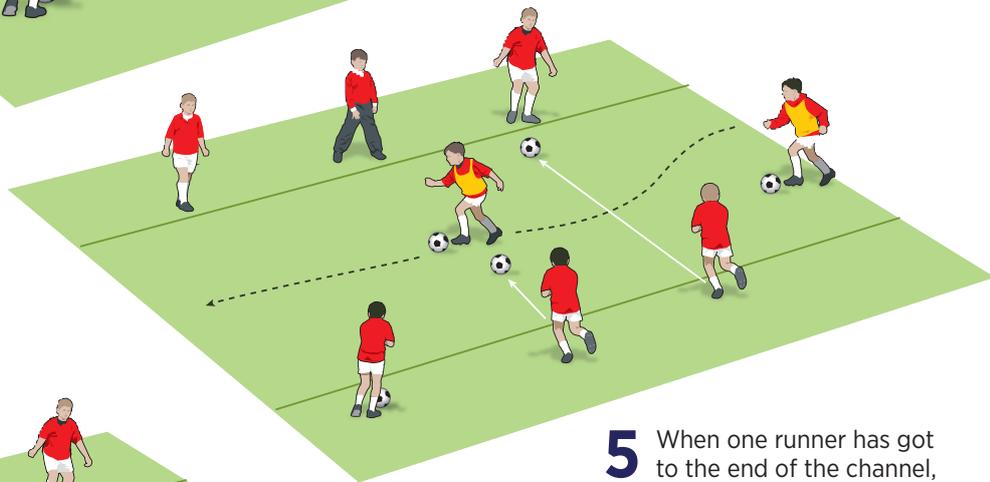
**CALL OUT** "Look to where the pass is going" • "Use the inside of the foot"

**1** Mark out a channel 2 yards wide and 5 yards long. Players work in pairs with one pair running with the ball up the channel and the other pairs passing across the channel.



**2** When you say "go", the first of the running players in the channel tries to get the ball to the other end, while the passing pairs try to hit his ball with their passes.

**3** The running players can kick the ball quickly and follow it or dribble. You do not need to coach them at this stage.



**4** The passing players' technique is put under pressure as they try to hit the ball of the running player. Correct technique is vital even though they will be eager to knock the runner's ball.



**5** When one runner has got to the end of the channel, the other player can run the gauntlet. Change the runners when they have got to the end and back twice.

**GAME PLAY**  
Players concentrate on accuracy of the pass.  
Excitement will add to the pressure – allow them to enjoy it.  
Passing, dribbling and accuracy are the key elements.

## How many players do I need?

This game uses eight players, but different numbers will work if you change the length of the channel.

Key	Player movement	Ball movement
	Run with the ball	Shot

# Receive and control the ball

## ACTIVITY: CUSHION AND STOP

### CALL OUT

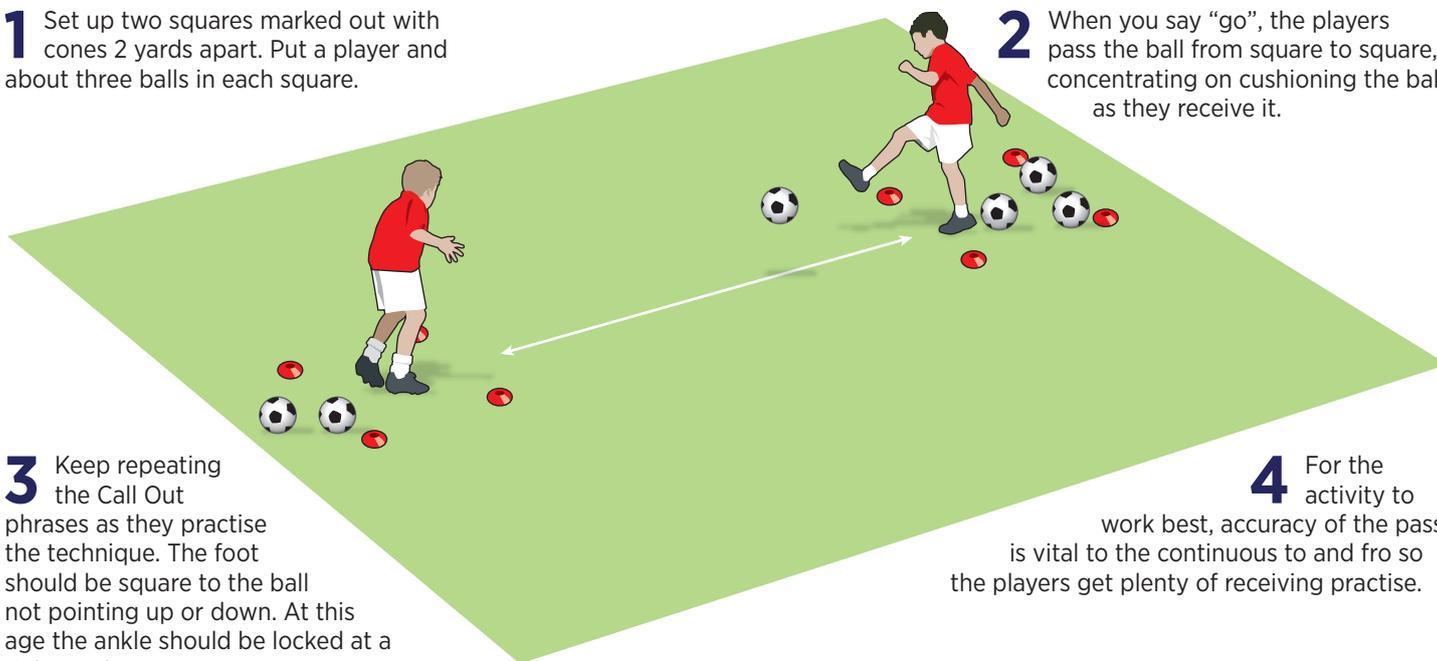
“Call for the ball” • “Keep your eyes on the ball” • “Use the inside of the foot to cushion the ball”

**1** Set up two squares marked out with cones 2 yards apart. Put a player and about three balls in each square.

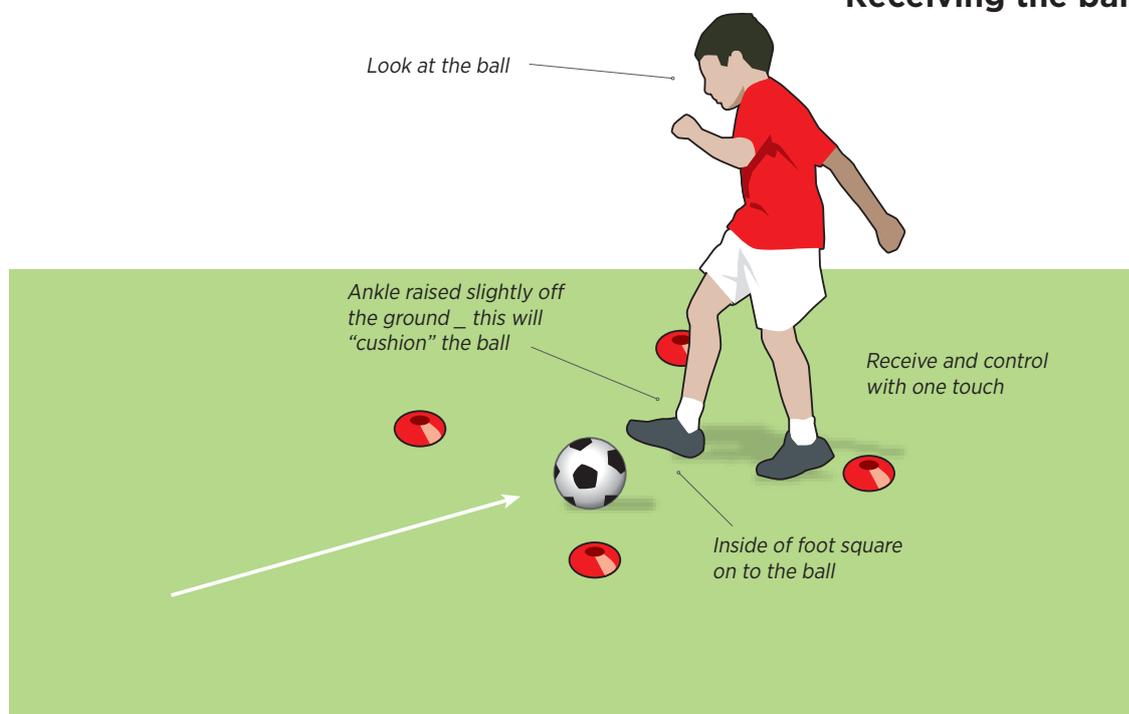
**2** When you say “go”, the players pass the ball from square to square, concentrating on cushioning the ball as they receive it.

**3** Keep repeating the Call Out phrases as they practise the technique. The foot should be square to the ball not pointing up or down. At this age the ankle should be locked at a right angle.

**4** For the activity to work best, accuracy of the pass is vital to the continuous to and fro so the players get plenty of receiving practise.



### Receiving the ball



### How many players do I need?

Players work in pairs.

Key	Player movement	Ball movement
	--->	—>
	--->	—>

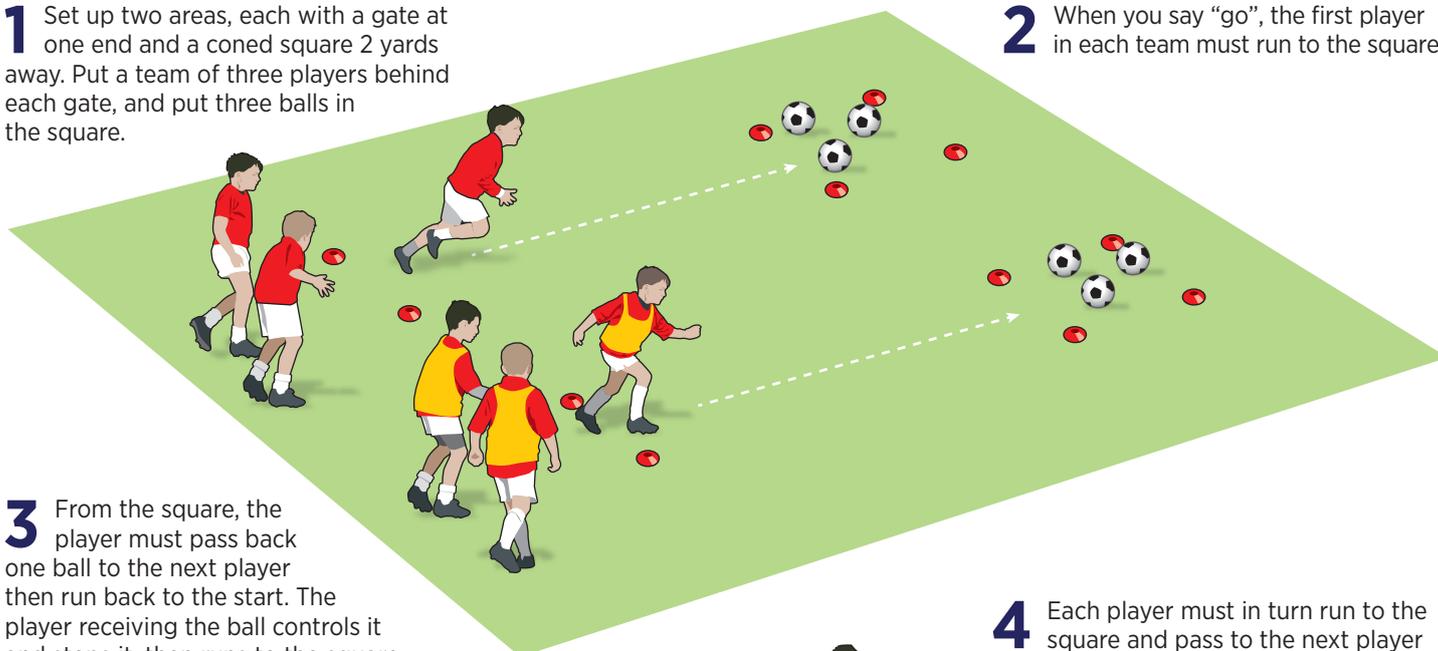
# Receive and control the ball

## GAME: EMPTY THE TANK

### CALL OUT

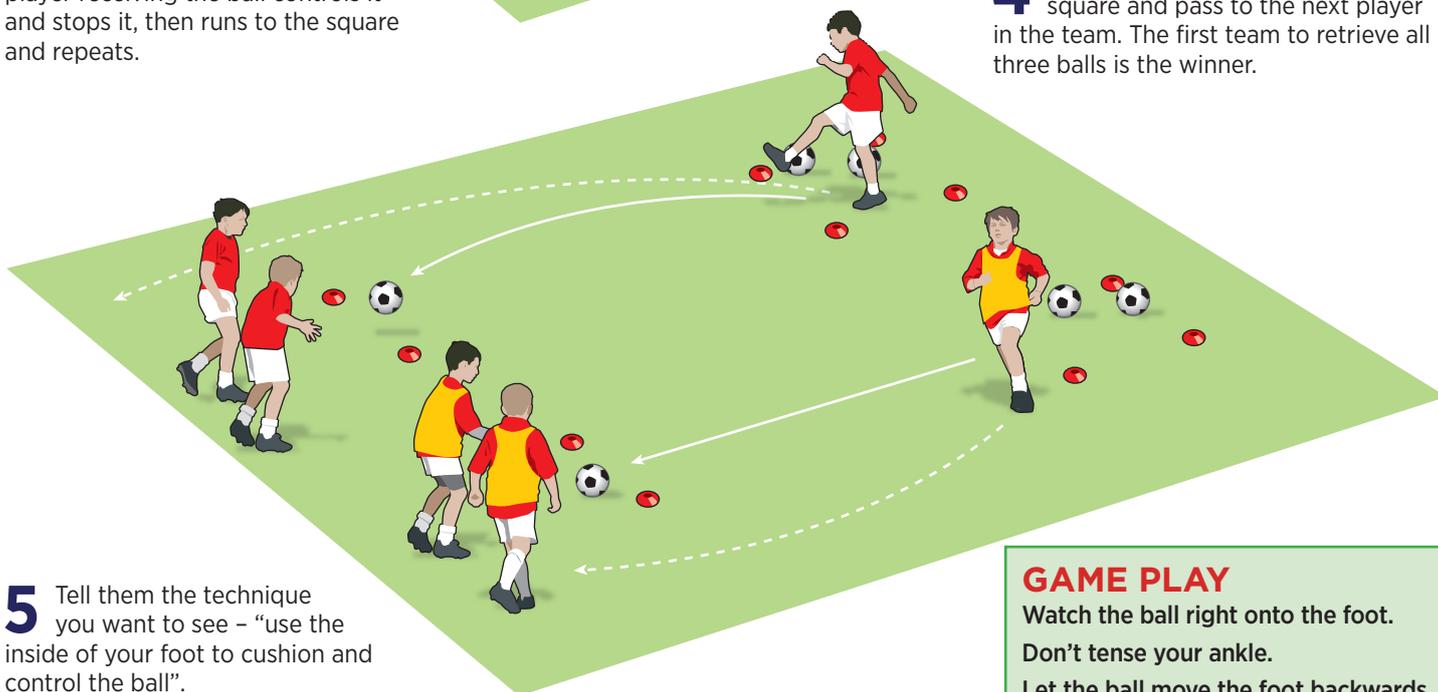
“Call for the ball” • “Keep your eyes on the ball” • “Use the inside of the foot to cushion the ball”

**1** Set up two areas, each with a gate at one end and a coned square 2 yards away. Put a team of three players behind each gate, and put three balls in the square.



**2** When you say “go”, the first player in each team must run to the square.

**3** From the square, the player must pass back one ball to the next player then run back to the start. The player receiving the ball controls it and stops it, then runs to the square and repeats.



**4** Each player must in turn run to the square and pass to the next player in the team. The first team to retrieve all three balls is the winner.

**5** Tell them the technique you want to see – “use the inside of your foot to cushion and control the ball”.

### GAME PLAY

Watch the ball right onto the foot.  
Don't tense your ankle.  
Let the ball move the foot backwards – “cushioning”.  
Use a quick second touch to get control.

### How many players do I need?

Players work in small groups. Here we have two groups of three players, but you can race more teams against each other if you have large numbers.

Key	Player movement	Ball movement
	Run with the ball	Shot