



Passing

Category: Technical: Dribbling and RWB
Difficulty: Beginner

Am-Club: Real Colorado
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Minions (15 mins)

Ignition Activity: Minions

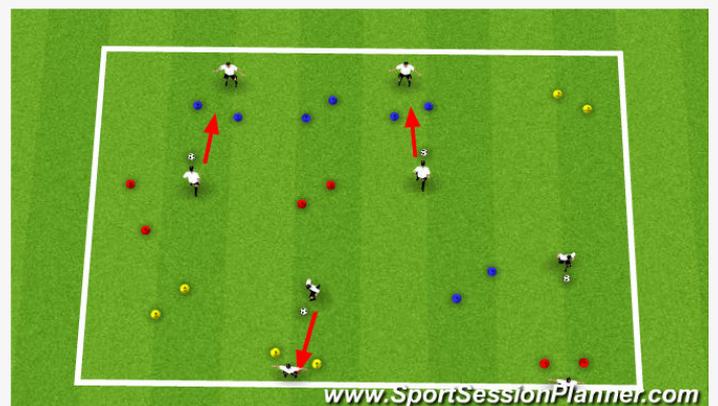
1. Make a small square about 5-10 yards
2. Coach has a collection of balls. One player starts the activity
3. All Players get inside the box, one player has the ball
4. The player with the ball attempt to dribble and hit someone below the knee. When a player is able to tag another player with a passed ball, the tagged player then take the ball and attempts to tag a player. Players are allowed to jump, dodge, etc. to avoid being hit
5. Add a second player with a ball to make the game more difficult



Gates (15 mins)

Spotlight Activity: Gates

1. Create small gates in an area. Players pair up and share one soccer ball
2. Players try to dribble and pass through gates to collect points
3. Vary activity by having coaches walk around and block gates to make it more challenging
4. Players switch teammates



2v2-3v3 to targets (15 mins)

Spotlight Game: Corners

1. Set up a field with 2 coaches, one on each end of the field
2. Play 2v2 or 3-3 in the playing area
3. Each team is trying to pass the ball to the coach as a target to score a point
4. Vary activity by allowing another coach/parent to help the team in possession creating more attackers than defenders



Game (15 mins)

Game

1. Set up an area with 2 goals. play an even-numbered game to 2 goals
2. Laws of the game are applied
3. No conditions are restrictions
4. Vary activity by having the coach help the team that has the ball to keep play flowing

