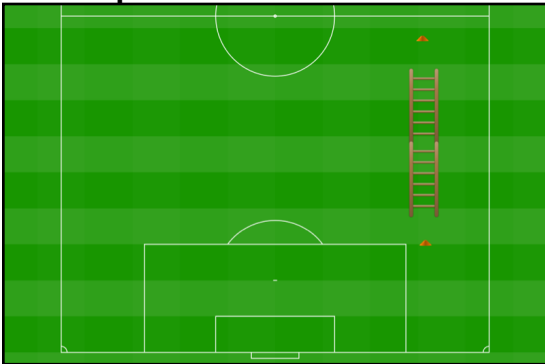


Day 8 Passing

Date: 3/30/16, 9:09 AM

Warmup

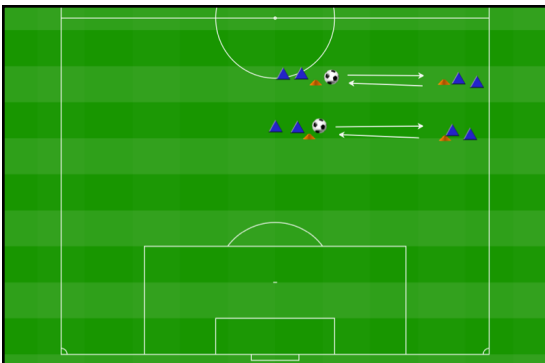


Warm-Up Speed Ladder

Speed Ladder

Speed Ladder. Each one twice. Finish at cone.

1. One Foot In.
2. Two Feet In.
3. Sideways 2 Feet High Knees/Switch Sides.
4. Zig Zags (Ickey Shuffle).
5. Zig Zags Backwards (Ickey Shuffle).
6. Sideways Two Feet In/Switch sides.
7. Boxer Shuffle Sideways.
8. One Foot Hops/Each Foot.
9. Hop Scotch.
10. Hop Scotch Two Feet In Two Out.
11. Two Up One Back.



Day 8

Small group passing

Group of 4 or 5, 12 yards apart. Players stay in same line. Two touch- right only, left only, trap with one foot pass with other, push with outside of foot then pass, inside push outside push-pass, one touch. Then first group to 25 passes in a row wins.

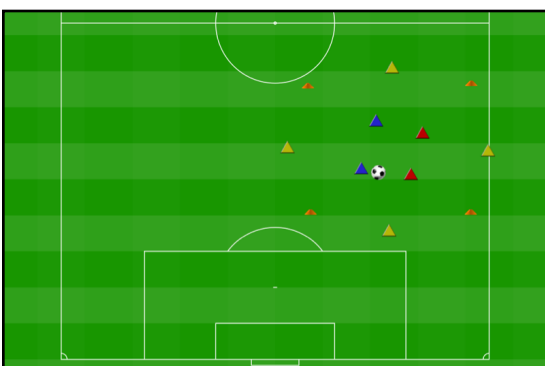
Should only be about 45 second to a minute each. Hurry them to play fast, 2 seconds on the ball.



Day 8

Y Passing Pattern

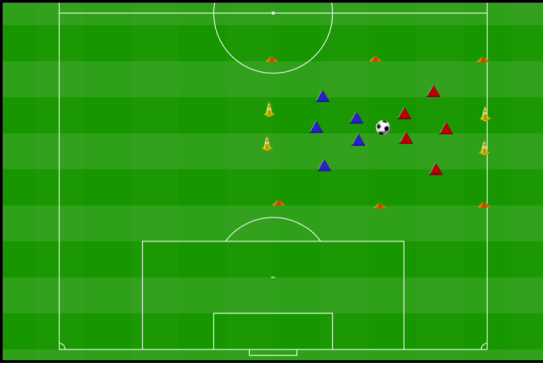
Y passing pattern in 3 phases labeled 1,2,3. Cones 10 yards apart. Phase 1. Player at second cone always checks to the ball and calls for it, receives, turns, and passes to player on right then that player dribbles back to line, next ball will go the opposite way. Each player follows their pass. Phase 2- player checks, receives, turns to the right every time, passes to next player out side of cone, the passes across to next player, that player dribbles back to the line. After 2 minutes, switch directions. Phase 3- play in, set back. 1 touch if possible and work around the cone going same direction then switch.



Day 8

2v2+4

2v2 plus 4 or 3v3 plus 4 depending on numbers. 20x20 box with 4 neutral players on the outside and 2v2 on the inside. 1.5 minute games then rotate players. Pass as many times as possible. Neutrals try not to play to neutrals. Can do a couple different games, 5 passes is a point, the most passes win, who can keep the ball the longest etc. neutral players on outside need to move to get open. Rotate a few times and have different partners.



Day 8

Scrimmage 5v5

Scrimmage with the numbers you have, have neutral if odd number. 3 touches only no corners, play kick-ins. Use your whole area as the field.