



## Week 3- U9-12 Learn To Train - Passing

**Category:** Technical: Passing & Receiving

**Difficulty:** Beginner

Reseller-Club: Premier Users' Club  
Cyprian McFarlane, Brampton, Canada

### Warm Up (15 mins)

Organization: 25 x 25 m. Players are in groups of 4. Each group with 1 ball. Warm up starts with passing and moving with ball in hand. Move around area doing underhand, chest passes, overhand passes. After they pass have each player do a physical literacy movement: Hop, run backwards, skip, side shuffle, open the gate, close the gate etc.

Progression: Ball at feet now, continue with the physical literacy after they pass



### SSG 4V4 +4 (15 mins)

Organization: 3 teams of 4 players. Game starts with team on the outside. Normal match but the team in possession must connect 1 pass with outside players in order to go score a goal. 90 second games then teams keep rotating.

Coaching Points / Objectives: Dribbling, Receiving, Passing, Finishing, Turning with ball, decision making



### Activity (15 mins)

Organization: 30 x 30m. 3 teams of 4. Each team with a ball. 1 team to be placed outside of grid. 2 teams to be placed inside the grid. The team on the outside of the grid, must pass to each other without hitting the players in the middle. The players inside the grid, must pass within their team's number 1-4. Player 1 must pass to player 2, player 2 must next pass to player 3 within their own team etc.

Progression: Once the groups get the activity, give the players "extra points" if they can play with their outside, one touch or pass with their soul of their foot.

Coaching Points / Objectives: Dribbling, Receiving, Passing, Finishing, Turning with ball



## SSG 7V7 or 8V8 (15 mins)

Organization: 35 x 55 m. Play 7v7. 6 outfield players in one colour and 6 outfield players in another. Goalkeepers wear a third colour. Balls are placed around the outside for quick re-starts. Players play all rules of a normal 7v7 game.

Coaching Points / Objectives : Dribbling , Receiving , Passing , Finishing , Turning with ball, decision making

