

US LESSON PLAN: PASSING

Warm-Up

Retrieval Activity in Pairs-getting them to work together

Every pair gives their ball to the coach and the coach tosses the ball out for each player to collect individually. Players bring the ball back by: 1) Picking up the ball and running back to the coach; 2) Picking up the ball and hopping back to the coach; 3) Picking up the ball and skipping back to the coach; 4) Running after the ball and passing the ball the ball back to the coach. The coach walks around while the players dribble the ball back to them.



2ND ACTIVITY

"Marbles"

Players get into pairs. Each player has a ball. One player starts by passing his/her ball out front. The other player attempts to pass their ball and hitting the other person's ball for a point. If a ball gets hit, then the player who hit the ball starts off with another "break". Progress to moving quicker. Give two points if the players can pass and hit a moving ball.



3RD ACTIVITY

Gates Passing

All players have a ball inside a playing area. Set up gates/small goals throughout the playing area. Players dribble and pass the ball through as many of the gates as time allows.

Variations: a) Players work in pairs and must pass through a gate to their teammate who is on the other side.



4th ACTIVITY "Gates"

4 Gate/Goal Game

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals.



4v4 game with no goalkeepers.

Play 4v4 game with no goalkeepers

LET THEM PLAY!

