

## Four goals, passing (20 mins)

### Four goals game

Assign a name to each goal (can be a Soccer team, country, player etc.) and have players dribble around the centre box. When the coach shouts one of the goals names, players must pass the ball into that goal. Give players a point if they score, more points if they score first.

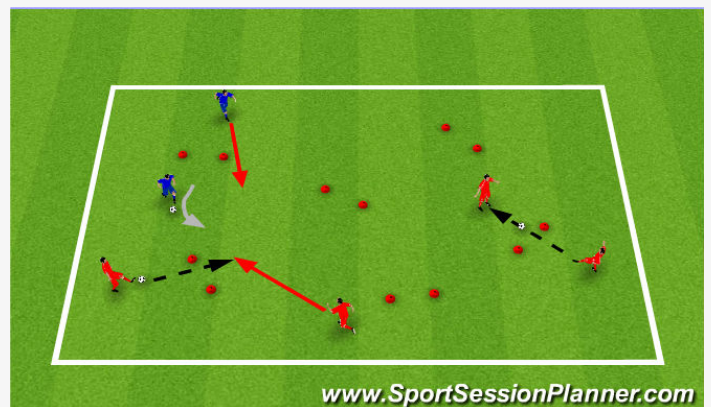


## Gates, passing (20 mins)

### Gates passing in pairs

Have players work in pairs and move their ball around the field, looking for an open gate. When they find one, they pass through it to their partner. Have them score points for each pass.

Progression1) must find a new gate. Progression2) Must play a bounce/wall pass before finding a new gate. Progression3) the player receiving must play a 1st time pass back to the first player through the gate.

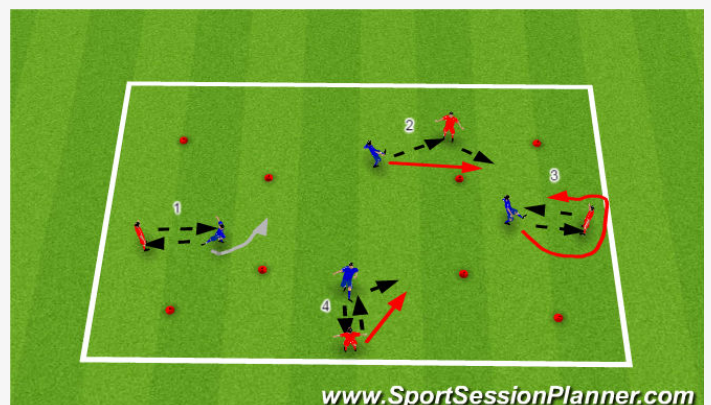


## Pass and receive (20 mins)

### Passing and receiving

Blue players start inside the centre box. Upon coaches instruction, they move out to find a red player, combine with them, before moving back into the red box. They then look for a new red player to combine with. Have the players switch after a couple of minutes.

- 1) Pass, open body up to receive and turn into the box
- 2) wall pass - play to red on an angle, move forward to support, red plays in front of blue
- 3) overlap - pass to red, shout "hold", run around red, red passes in front of blue
- 4) blue plays to red and receives back, bouncing the ball wide for red to take into the box, switching positions



## Passing gates (20 mins)

Players in pairs find 1 gate with 1 ball. Players pass to each other between the gate:

1) two touch right foot 2) two touch left foot 3) two touch alternating feet 4) one touch right foot

5) one touch left foot 6) one touch alternating feet

Players then work around the gate, taking their touch across the back of the cone before playing across the gate to their partner.

1) receive with inside of foot and pass

2) receive with outside of foot and pass

