

Topic: Recreational 7v7 - Passing

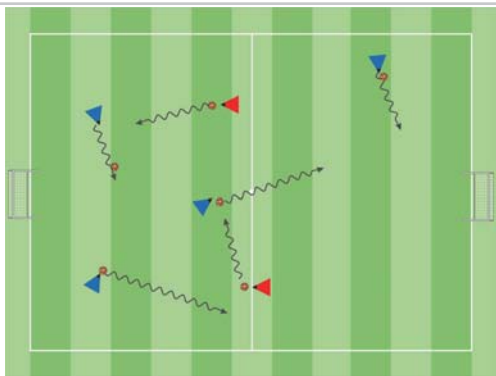


Objective: To explore using the inside of both feet to pass and receive

Player Actions: Passing, Receiving, Dribbling

Initial Play Phase - 10-12 Minutes

Please read the play-practice-play document for more information



**Objective:**

To introduce passing using the inside of the foot (heel down, toe up, ankle locked).

**Organization:**

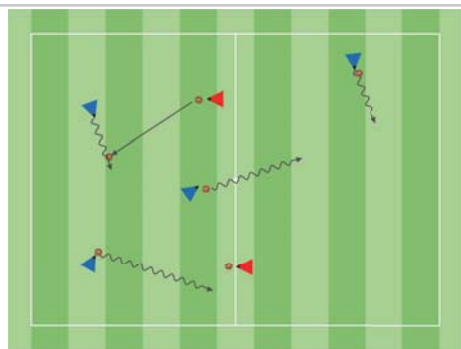
In your half field. Start with everyone with a ball. Introduce the game, then let them play. After a couple minutes guide them through the technique of inside the foot passing. Two players in alternate color are the bandits. They try to hit the other players' balls. If they do, they get a point. Most points is baddest bandit. Two players with the least amount of hits become bandits.

**Coaching Points/Guided Questions**

What part of the foot has the flattest surface? Inside

Do you think a flat surface or a rounded surface would be better for accuracy? Flat

Can you use both feet to pass with?



**Objective:**

Practice passing with limited pressure while dribbling

**Organization:**

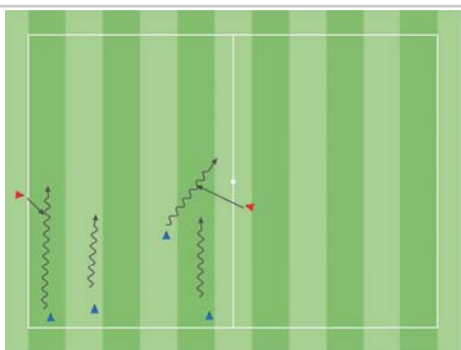
In your half field. Start with everyone with a ball. Introduce the game, then let them play. Freeze tag, but when your ball gets hit by an "it" player's ball. You need to put your ball on top of your head and spread your legs. You are unfrozen when a teammate "megs" you (passes between legs).

**Coaching Points/Guided Questions**

How do you know where your teammates are needing help? Head up

If my ankle isn't locked (wobbly), is that more or less accurate than if it was locked (stiff). Less

Can you unfreeze two teammates with one pass?



**Objective:**

To pass and hit a moving target

**Organization:**

In your half field, all players on one sideline. You can start as the robber or have players play the robber right away. If their ball gets hit by the robber, they become a robber and put their ball outside of the area. Last cop in, wins!

**Coaching Points/Guided Questions**

Can we anticipate where they are going to be and pass it there instead of passing where they are now?

Can you play the ball harder and more accurate?

Final Play Phase - 10-12 minutes

Play even numbers (3v3 or 4v4) in a game-like environment. Limited coaching interruption. Teach rules of the game.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next

4v4, 7v7, 9v9 or 11v11 This session is for 7v7

Moment: When a player has the ball