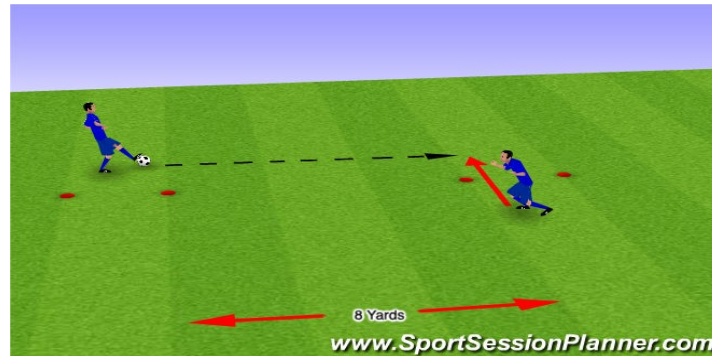




Technical Skills Workouts: Week of April 20
Technical Skills Workout Set-Up: 8 yards and 4 cones



Level 3 – Passing and Receiving

Exercise	Description	Coaching Points	Reps	Sets
1 Touch Pass - Same Side	Player 1 and 2 both make a 1 touch pass forward, move laterally through the gate, and repeat. Once the rep is complete, then go to the other side and pass with the other foot.	Ready stance with knees bent and explode laterally. Pass the ball in a straight line.	6	3
1 Touch Pass – Forward then Diagonal	Player 1 passes forward, then moves through the gate. Player 2 passes diagonally, then moves through the gate. After rep is complete change direction of pass.	Place your body position in the direction where you are passing. Find and maintain a rhythm.	6	3
2 Touch – Same Side	Player 1 and 2 both control and pass the ball forward, move laterally through the gate, and repeat. Once the rep is complete, then go to the other side and pass with the other foot.	Control the ball in front of body so the pass can be made quickly. Keep the ball moving.	6	3
2 Touch – Rectangle Pass #1	Player 1 and 2 control the ball through the gate with the inside of the foot and pass forward. A rectangular shape is made when both players complete a control and pass. Make sure to go in both directions clockwise and counter-clockwise.	Firm pass with the inside of the foot and control the ball through the gate by lifting and moving the foot simultaneously.	6	3
2 Touch – Forward then Diagonal	Player 1 controls the ball and passes it forward. Player 2 controls the ball and passes it diagonally. Both players move through the gate after the pass. Once rep is complete change who passes forward and diagonally.	Control the ball through the gates with the inside of the foot.	6	3