Week 1	Organization:	Procedure:	Key Coaching Points:	
Passing Warm up Objective: To improve general coordination.	30 yard x 20 yard area. 2 players to a ball. Six 5 yard mini goals (as in diagram)	2 players to a ball, inter-passing, when coach yells "go", one tries to beat the other & dribble through a mini-goal. Only 1 goal can be scored at each goal.	- Passing basics - Dribbling moves - Change of speed - Agility - Vision	
Week 1 Passing Individual Activity Objective: To improve individual passing skills.	Organization: 40 yard x 30 yard area. In groups of 2 with 1 ball. Various 2 yard goals are placed in and around the area	Procedure: In pairs players have 1 minute to pass the ball through as many different goals as they can. Players must find the open goals and work together to get as many points as they can. 1 point per successful pass through an open goal. Progress: - Inside foot only - Outside foot only - Alternate feet at each goal - 3 passes at each goal	Key Coaching Points: - Head up and communicate - Passing technique - Receiving touch to find next goal - Accuracy of over power	

Week 1	Organization:	Procedure:	Key Coaching Points:	
Passing **Small Group Activity** Objective: To improve individual passing skills under pressure.	3v3 (or 4v4) to targets. Area is 30x20 (3v3) or 40x25 (4v4).	The Game: Pass to the opponent's end line player to score. The end line players (targets) are outside of the playing space and can also support their own team as they play out of the back or are under pressure in the defensive third. Play to five and rotate the targets.	- Head up and communicate - Passing technique - Receiving touch to find next goal - Accuracy of over power	

Week 1	Organization:	Procedure: Free Play!	Key Coaching Points:	
8 v 8 **Small Sided Game** Objective: To improve individual & small group game understanding.	30 x 50 yard area Play a 8 v 8 match 2 Goals Size 5 ball	Free Play!	Summation of all challenges for the players. Stay out of their way and let them play.	