



Weight The Pass

Coaching Session Plan

Drill Name:	Warm Up All Skills
Objectives:	<ol style="list-style-type: none"> 1. Warm up (start of session or before match). 2. Improve basic ball skills.
Ages:	U7 +
Organisation:	<ul style="list-style-type: none"> • Split into small (2 – 4) even teams. • 1 ball per team • 3 different coloured disks per team
Activity:	<p>Short passing Start with players lined up behind yellow disks and balls level with orange disks. Player1 sprints to end (green disk), sprints back to ball and passes to next player in team. P1 then joins end of queue. P2 receives and runs with ball to orange disk stops ball and sprints to green disk, sprints back and then passes to next player. Repeat for all players in team.</p> <p>Long / Driven Pass As above but stop and pass ball from red disk.</p> <p>Controlling Aerial Ball Start with players lined up behind yellow disks and balls level with orange disks P1 sprints to end (green disk), sprints back to ball, picks up ball and serves under arm for P2 in team to control with chest, thigh, foot. P2 controls and runs with ball to orange disk stops ball and sprints to green disk, back and then passes to next player. Repeats for all players in team.</p> <p>Heading As above but serving player must throw high enough for a header. Can vary for cushioned, attacking or defensive headers.</p>
Diagram:	<p><i>Increase distances between disks for older / more competent players.</i></p> <p>< 5 - 10m > < 5 - 10m > < 5 - 10m ></p>
Progression:	Use as warm up and adapt activities to age / competency eg U7s just use simple short passing but older more capable player progress to volleyed pass. Running with ball with pace and many more techniques.