
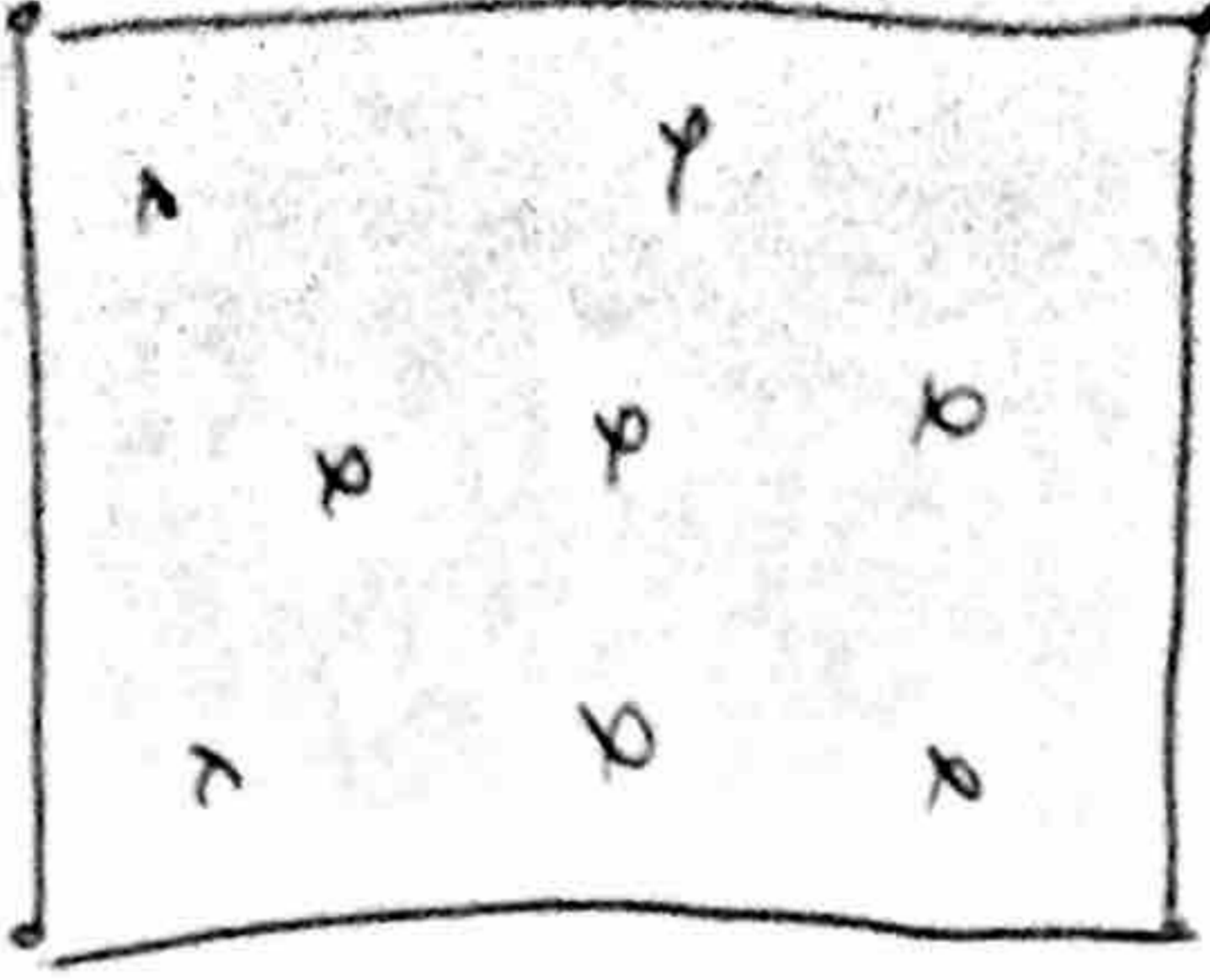

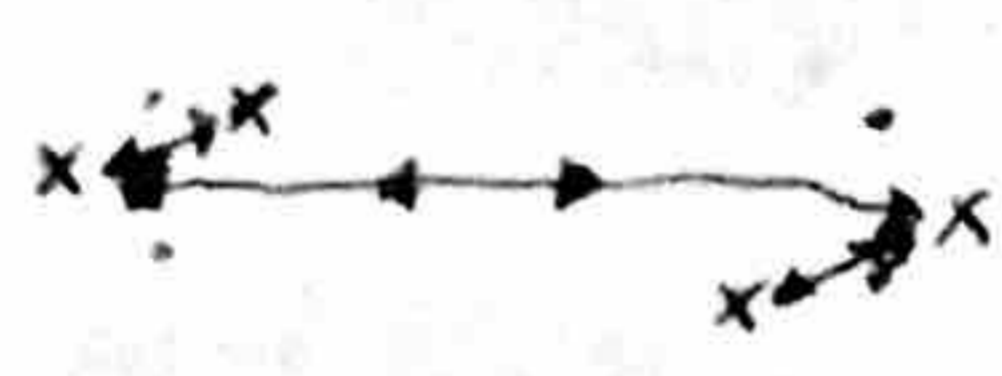
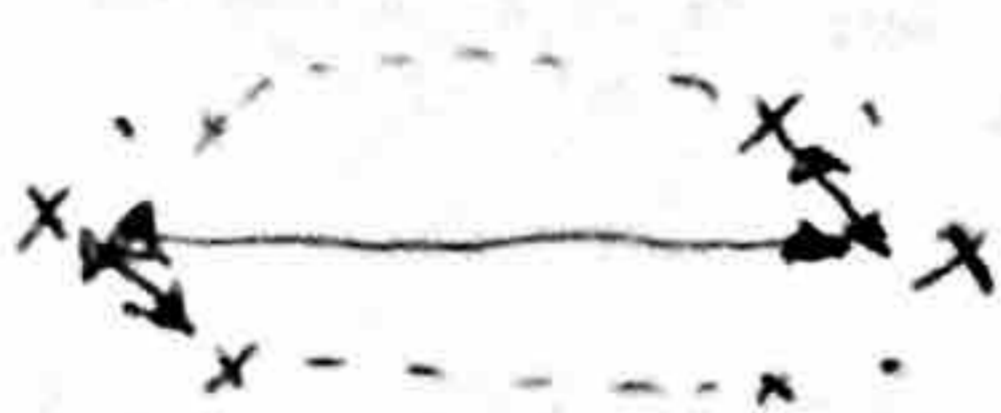
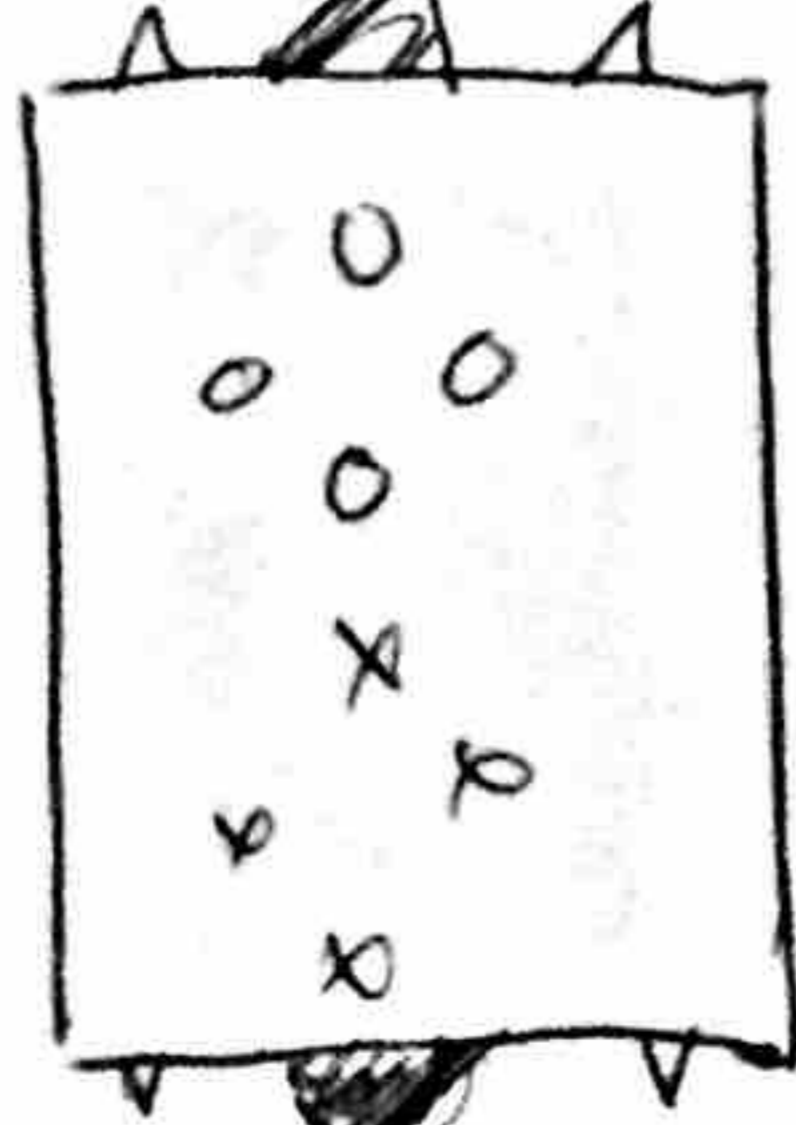


12/07/17

	<h1 style="text-align: center;">Passing.</h1>		<h2 style="text-align: center;">Main Coaching Points</h2>
<p>Warm Up</p>			<ul style="list-style-type: none"> - Dynamic warm up - Dribbling - Stretching - Tricks - Turns. - Lose half balls - Players pass + move
<p>Main Session</p>	<p>Prog ①</p>  <ul style="list-style-type: none"> - Players in pairs - Pass back + forth. - Must keep passes in the 'alley'. <p>Prog ②</p>  <ul style="list-style-type: none"> - Join pairs together - Play long pass after playing wall pass with partner. <p>Prog ③</p>  <ul style="list-style-type: none"> - Once partner plays wall pass run to other end to bounce of other players. 		<ol style="list-style-type: none"> ① Head up! ② Communicate! ③ Choose technique <ul style="list-style-type: none"> - Inside? - Outside - Laces. ④ Execute. Follow through to target.
<p>Small Sided Game</p>	 <ul style="list-style-type: none"> - 4v4 - 1 point for normal goal. - 2 for hitting outside cans - 3 passes = 1 goal. 		