

## Description

Grassroots Demo Session

### Passing and Receiving Pattern (10 mins)

Passing and Receiving Pattern with Combinations and be sure to switch D to other side to work on both feet and will be confusing at first

Player A passes to B and A give a long pass to player C who receives and quickly passes to D who passes back to Player A. Players will follow their pass as Player A goes to B and Player B goes to C and Player C goes to D and Player D goes to A.

#### Coaching Points and Focus

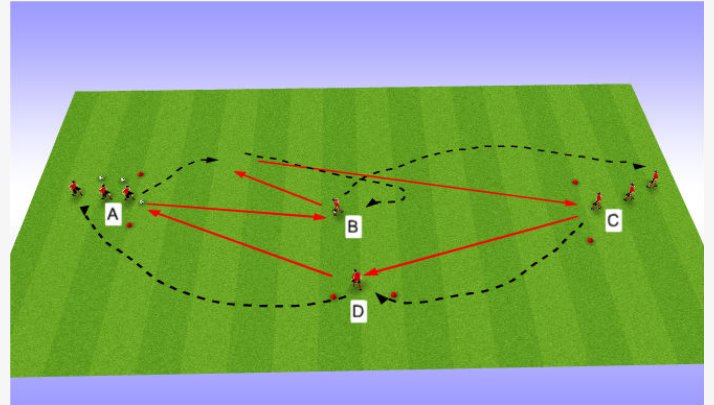
Weight of Pass and Accuracy of Pass

Visual and Verbal Cues

Locking the Ankle and being prepared to receive the ball

Good first touch and opening up body to receive outside

Surface of foot and movement off the ball to check away and look over shoulder



### Passing and Receiving Pattern (10 mins)

Same Activity Pattern but adding a Wall Pass and Overlap

Player A passes to Player B who gives a wall pass and player A does the long pass to player C who does a pass back to Player A who gives the ball to Player C in space who passes to player D and continues their run to do overlap around player D who gets the ball back and passes to player A.

Can modify the pattern to make easier and the ability of the players. After a few repetitions switch player D to work on both feet.

#### Coaching Points and Focus

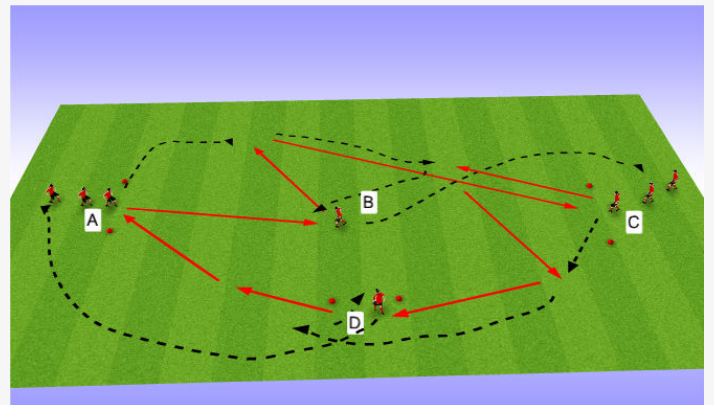
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### 3 v 2 Activity (15 mins)

Set up small grid with goals on outside and players need to dribble through to score

3v2 activity and set up 3 players on each end and alternate colors.

The player in the center will jog out to center and one of the two players with the ball on the outside will pass as the two players on outside of opposite grid will come out to defend

The player upon receiving the ball makes the decision to turn if space allows or connect with teammate who enters the grid.

Do the players work together on a 3v2 and create scoring chances with combinations

#### Coaching Points

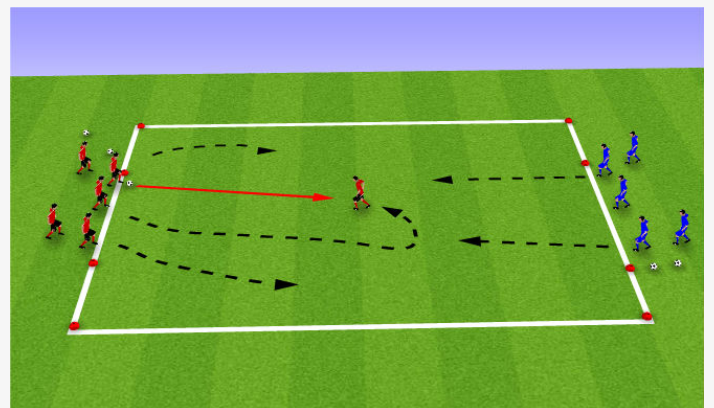
Players receiving the ball do they look over their shoulder

Good touch on receiving

Locking ankle for wall pass to connect with teammate

Movement off the ball with visual and verbal cues

Can players do wall pass or overlap

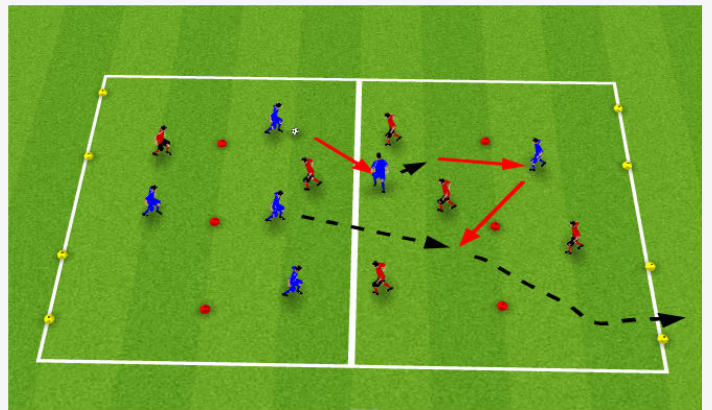


## 4 v 4 plus 2 to Combine (20 mins)

Set up grid and break down in to 3 smaller grids  
3v3 or 4v4 in center depending on numbers as players in the outside grid are target plyers  
Set up 2 goals outside and players need to dribble through to score  
Midfielders look to combine with targets on a combination or see if they are able to turn and take the space and connect with target

### Coaching Points

Movement off the ball  
Recognize where your teammate is to connect  
First touch and weight of pass  
Open up body to receive and control  
Look over shoulder to see if you have space



## 7 v 7 Goal to Counter (20 mins)

Goal to Counter setting up my attacking team with 1 neutral player starting the activity  
Looking to build up play with 4 midfielders or going wide to create goal scoring opportunity  
Looking for blue team to possess and combine to go to goal

### Coaching Points

Verbal and visual cues  
First touch and accurate passing  
Movement off the ball  
Looking over shoulder and creating space



## Final Game

Match 1-2-4-1 vs 1-3-3-1

Look for Freeze  
Using the coaches toolbox for players not creating opportunities or connecting with the midfielders to build to create scoring opportunities

