Objectives

To develop the technique of the push pass.
To develop the technique of redirecting the ball on the ground.

Back To Coach in Pairs

12 Players
Balls, Cones not necessary but can be used.
Intensity: 3
00:08 min
(4 x 00:01 min, 00:37 min rest)

Coaching Points
Cooperation with your teammate.
Push pass surface: "What part of the foot do you use to pass the ball"? (Inside)
Ask how can they get the ball back to coach quicker? (Move away from their teammate)

Description
Players pair up and share one ball. They are instructed to hand the ball to the coach one pair at a time. The coach then tosses a ball out and the pair chases the ball down and brings it back to the coach.
Progression: A) Run, pick up the ball and have all four hands on the ball, B) Run pick up the ball but have two hands and two

Gates

12 Players
Cones, ball for each pair
Intensity: 5
00:12 min
(6 x 00:01 min, 00:01 min rest)

Coaching Points
Surface selection for the push pass: Inside or outside. Note: Using the outside of the foot for U6’s is challenging.
Make eye contact with your partner (teammate) before passing to them.
Keep the ball moving.
Redirect the ball somewhere new.

Description
Create a playing area with cones. Within the playing area, create "gates" with two cones. Put the two cones approximately 3-5 yards apart. Players get in pairs and share one ball. Have each pair go to a "gate". A player from each pair starts on opposite sides of a gate.
Progression: A) Pass the

Small-Sided Game to a target

12 Players
Balls, cones
Intensity: 7
00:12 min
(6 x 00:01 min, 00:01 min rest)

Coaching Points
Surface selection of the push pass. "What part of the foot do you use to pass the ball to a teammate"?
Surface selection of receiving. "What part of the foot do you use to receive a pass"? If you can’t pass forward then what? (Pass to a teammate)

Description
Create a playing area with cones. At the end of the playing area, make an end zone. Ask an assistant coach (may need a few) to stand in the end zone. They are a "target". Inside the playing area play 2v2/3v3/4v4. A point is scored when a team can pass the ball to a target.

4v4 to small goals

10 Players
Cones, balls, small goals
Intensity: 7
00:16 min
(4 x 03:00 min, 01:00 min rest)

Coaching Points
Application of technique "Diamond Shape" while on attack

Description
Two teams play 4v4 against each other. Field Dimensions: U6: Approximately 30 yards long by 20 yards wide; U8: Approximately 35 yards long by 25 yards wide. No goalkeepers.