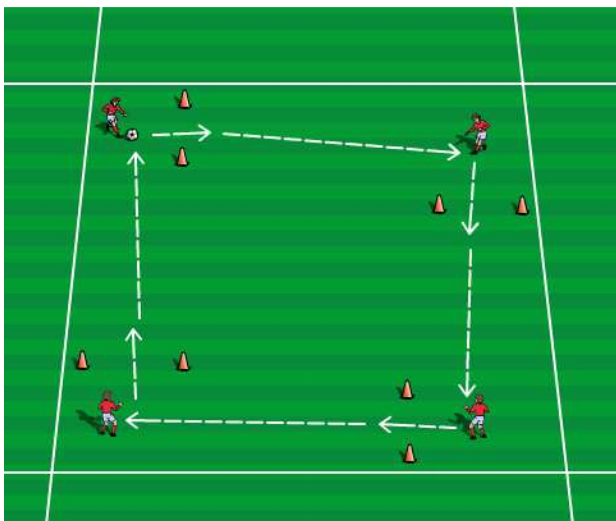




Curriculum – Camp

Activity # - 2807

Topic:	Passing	Age:	All Ages
Section:	Main Theme	Ability Level:	All Levels
Learning Outcome(s):	Improve players ability to pass over short distances		



Organization:

1. 20 x 20 yard area, set up as shown
2. Four 2 yard gates
3. 4 players
4. 1 ball

Description:

1. The players pass the ball around the area in a clockwise direction
2. The first touch from the receiving player must go through the gate
3. Repeat all the way around until the ball gets back to the start and then reverse the direction of the pass (anticlockwise)

Coaching Points:

1. 1st touch into direction of next pass
2. Select appropriate surface to control ball with
3. Head up to observe passing target
4. Ankle locked, toe up
5. Weight of pass
6. Accuracy of pass

Progression:

1. P – Increase the size of the area and changing the passing technique to a driven or chipped pass
2. P – Allow players to pass diagonally after a square pass is made