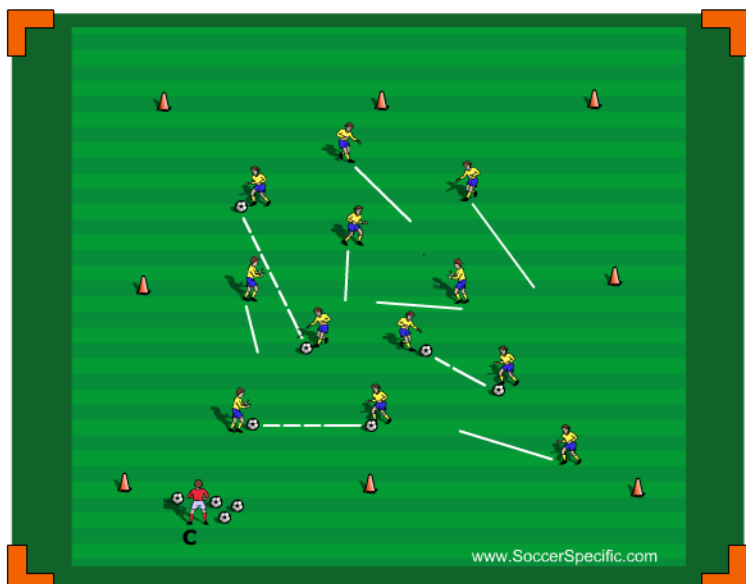


### ACTIVITY #1

**Set up:** 10 - 12 players in a grid with multiple balls.

**Instructions:** Players jog around freely passing and moving and starting activity with 1 ball. Then more balls are added to get more passing repetitions. Coach in the flow by giving points to look up after having the ball under control for the pass.

**Coaching Points:** Body Mechanics, Balance, Weight of pass, Accuracy, Disguise, Vision, Tactical application to the game as in selection of pass and timing of pass.

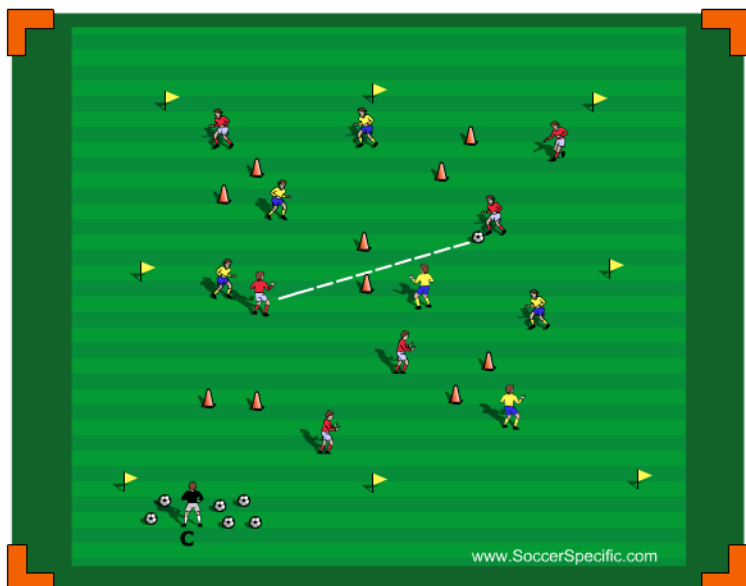


### ACTIVITY #2

**Set up:** Split players up into 2 teams. Set up grid and mini mini gates throughout.

**Instructions:** Players will play possession and a successful pass through a gate to a teammate will be a goal at any gate throughout the grid. Be sure to remind them about looking up and weight of the pass so that the opponent does not steal the ball.

**Coaching Points:** Body Mechanics, Balance, Weight of pass, Accuracy, Disguise, Vision, Tactical application to the game as in selection of pass and timing of pass.

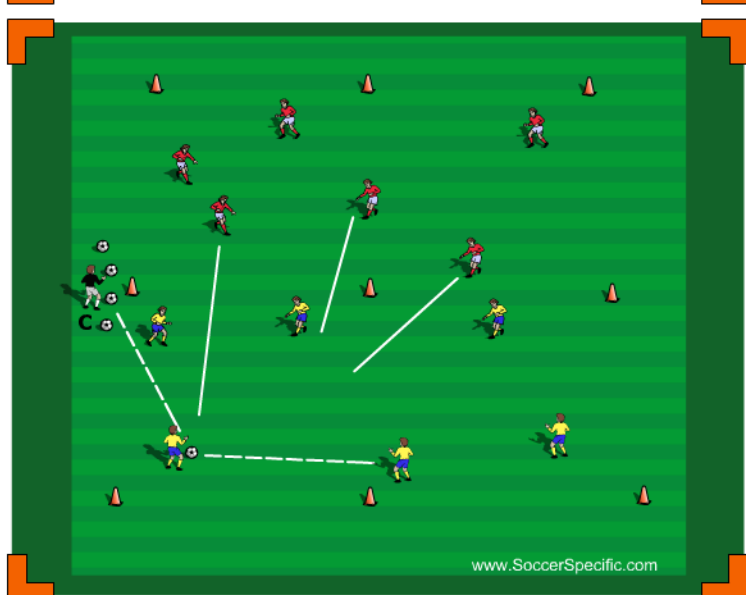


### ACTIVITY #3

**Set up:** Set up 2 grids that are same size.

**Instructions:** Organize the players into 2 teams. Teams start out in their own half of the grid and whichever team is given possession only half of players can cross over to win the ball. Once the ball is won players pass ball back over grid to their teammates and keep possession as the other team now send their 3 to win back. Important that the same players are not going over each time a transition takes place.

**Coaching Points:** Body Mechanics, Balance, Weight of pass, Accuracy, Disguise, Vision, Tactical application to the game as in selection of pass and timing of pass.

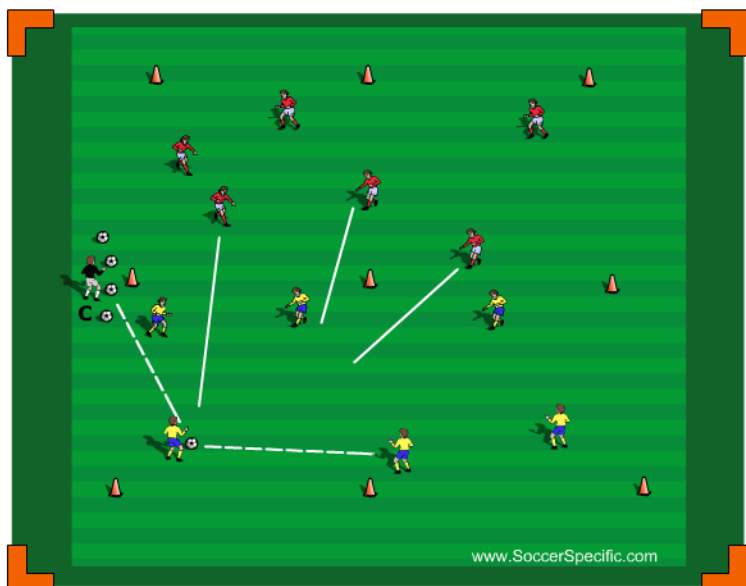


#### ACTIVITY #4

**Set up:** Set up 2 grids that are same size.

**Instructions:** Organize the players into 2 teams. Teams start out in their own half of the grid and whichever team is given possession only half of players can cross over to win the ball. Once the ball is won players pass ball back over grid to their teammates and keep possession as the other team now send their 3 to win back. Important that the same players are not going over each time a transition takes place.

**Coaching Points:** Body Mechanics, Balance, Weight of pass, Accuracy, Disguise, Vision, Tactical application to the game as in selection of pass and timing of pass.



#### ACTIVITY #5

**Set up:** Field with goals.

**Instructions:** Game with no restrictions to allow them to work on accurate passing.

**Coaching Points:** Make appropriate coaching point on passing in the flow and stoppage.

