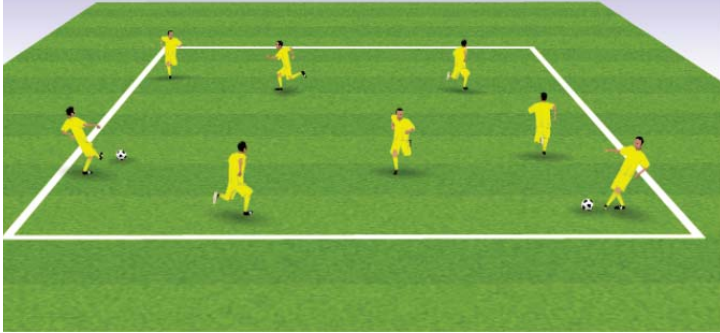
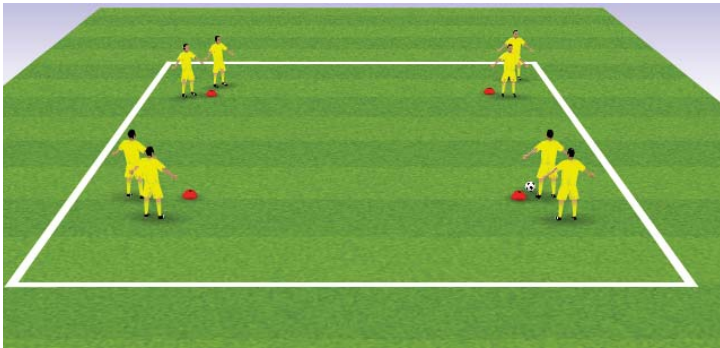


TRAINING SESSION 4



Technical Warm-Up: Pac Man

All but 2 players place their ball outside the grid. The 2 players with a ball are the “Pac Men”. The object is to hit the players without a ball with a pass below the knees. If a player gets hit, they become the “Pac Man”

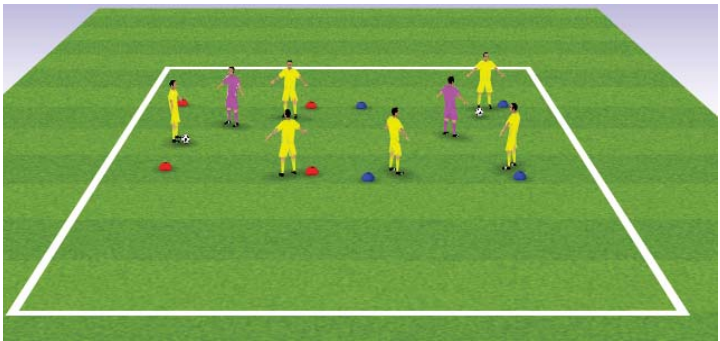


Activity 1: Square Passing

Set-Up as shown.

- 1) Players will pass and follow pass in a line.
- 2) Players will pass and follow pass diagonally.

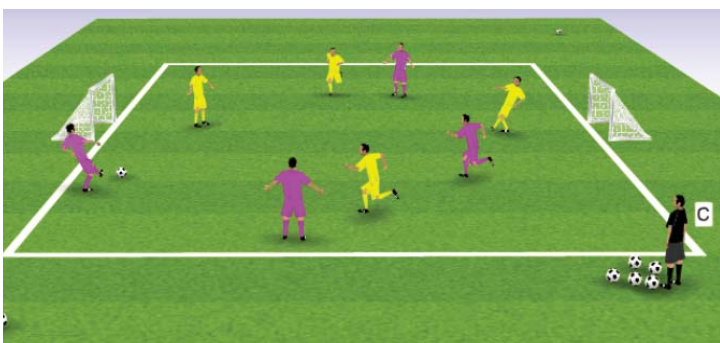
Players are encouraged to receive the ball before the cone and get their head up and be aware so that they don't run into other players or don't get hit by a ball.



Activity 2: 3 v 1

Players keep possession away from one defender. Player will be a defender for 1 minute, then switch.

Keep the grid at 10x10



Activity 3: Boss of the Balls

Break group into 2 teams. Everyone plays, even if there is an odd number.

Coach has a group of balls. If a goal is scored, or the ball goes out of bounds, coach plays a new ball in. When the coach runs out of bounds, the players must retrieve the balls if they want to keep playing. Parents and coaches, please do not retrieve balls.