



Year: ____

Area: Football

Main Focus: Passing and Receiving

Lesson 1: Passing and Receiving

Warm up: Cone Home (download warm up pack to see how to play)

Acquiring the skills:

The players will be working on their passing and receiving skills in this lesson.

Passing

- stand 'side on' with their preferred foot behind them
- use the inside of their foot
- think about the weight of the pass (how hard they are kicking it)
- make sure the ball isn't too close or too far away from you and step so that your standing foot is beside the ball and kick with your other foot

Receiving

- stand 'side on' with their preferred foot behind them
- be on the balls of their feet not standing flat footed
- control the ball and touch the ball so it is in front of the players ready to make a pass

Start the children in pairs and standing facing each other about 1 metre apart and practise passing. Increase the distance if the players are accurate.

Using and Applying: Weighted passing

Ask children to find a partner and give them three cones between them and a ball each. Ask the children to put the cones at different distances away from them. E.g. 1 metre, 2 metres and 3 metres. The children will and pass the ball to try to see who can get closest to the cones.

Game: Play a game

Cool Down: Complete slow dynamic movements. Side to side, jogging forwards/backwards, gentle kicks, twists.

Lesson 2: Passing and Receiving

Warm up: Tunnels – half of the players find space in the area and open their legs to make tunnels.

The other half dribble the balls around the area and pass through the tunnels and get the ball again.

Developing the skills: Passing for Accuracy

The children will need to be in pairs and will need a ball and four cones between them. Each player will stand 2 metres apart facing each other. They will then place one cone to their left and one to their right (about 1 metre apart). The players will pass the ball to each other trying to keep inside the cones to improve their accuracy.

Using and Applying: Complete the same activity as above only this time, one player needs to make two gates using four cones. The gates should be about 3 metres apart. The standing player must pass to different gates and the other player will run, receive and then pass back.

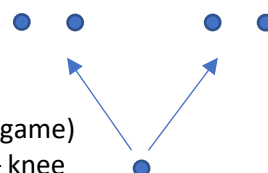
Game: Play a game

Cool Down: Jive (See the football page on the website for more about this game)

Give different movements a number. E.g. 1 – run, 2 – sole of your shoe, 3 – knee

4 – floor (sit on the ball), 5 – jive (step over, drags, turns etc.) 6 – tricks

7 – steps to heaven (toe-taps on the ball, left foot then right and repeat. Complete activity slowly.





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Lesson 3: Passing and Receiving

Warm up: Box Colours

In this game, the children will be listening out for commands given by a partner. Firstly, ask the children to find a partner and instruct one of them to lift four different coloured cones and a spot. Then ask the children to find a space and set the cones out in the shape of a square with each cone about 2 metres apart. Then place the spot in the middle of the square. One player will stand in the area and the other outside. The coach on the outside will give a sequence of colours and the player in the middle will touch the coloured cones in that order. Encourage children to run forwards, backwards and side to side and when they return to the centre, jog on the balls of their feet.

Acquiring the skills: Passing and receiving in Triangles

First you need the children to get into threes and take a cone each. They will then make a triangle and set down their cone where the corners would be on the triangle. This is just to maintain an area. Each player should be three metres apart. The children will pass around the outside of the triangle, moving their body position. It is easier for right footed players to go anti-clockwise so let them practise like that and then change direction when confident. When they try to go clockwise, encourage them to use their left foot to control the ball. Remind children to stand side on facing the player they wish to pass to after they receive it.

Game: Play a game

Cool Down: Create small triangles around an area using cones. The children will jog in one side of the triangle and out another side, changing direction and avoiding other players.

Lesson 4: Passing and Receiving

Warm up/ Developing the skills:

Create small triangles around an area using cones like in the previous lesson. Split the children in half. One half of the children will have a ball and the other half will stand inside the triangles. The players with the ball will dribble the ball towards a triangle and pass it to the player in the middle and block of the side they passed it through. The player in the middle will choose one of the remaining sides to exit the triangle with the ball. Repeat. This encourages players to stand side on and keep their body open to where they want to go next.

Using and Applying

Get children in groups of five. Create an area large enough for children to move around freely. You can always adjust the size of the area depending on how the children are getting on with the game to make it more challenging. One child will be the defender and the other four must use their passing and receiving skills they have worked on over the last few lessons to make as many passes as possible without losing the ball. Remind the children to keep side on and once they control the ball, keep it close enough to make a pass and always try to give the player on the ball options by finding space.

Game: Play a game

Cool Down: Finish with a few light stretches – hamstrings, quadriceps, calves, ankles etc.