

US LESSON PLAN: COOPERATIVE PASSING

1ST ACTIVITY

Warm-Up: "Retrieval in Pairs"

Players pair up with a partner. The coach throws out a ball and has each pair bring the ball back in a variety of ways:

- 1) all four hands on ball;
- 2) 3 hands and an elbow;
- 3) back-back; 4) with the feet (passing);
- 5) give them a certain number of passes that they have to do to get the ball back to you. Coach moves to another spot after throwing.



COACHING POINTS:

Heads Up!

"How can you get the ball back quicker?"

2ND ACTIVITY

(Maze activity)
"Gates"

Players partner up and try to pass the ball between the gates to each other. Time them and see how many they can get.

Build into having parent(s) and coach walk around and stand in a gate. If an adult is in a gate, they can't go through it. This introduces a defender.



Guided Discovery Question:

"What part of the foot can you use to pass the ball? (toes, side, maybe outside)"

"How can you and your partner pass the ball between two gates quicker?" (not stop the ball after receiving a pass, pass sooner)

3RD ACTIVITY

4 Gate/Goal Game

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. The coach gets 4 volunteer parents to stand in the goals.

When the ball is played in, the coach points to one of the adults standing in one of the four goals. When that happens, the parent steps back leaving the goal open. The coach

can then tell the parent/adult to step back in and then points to another gate to open up that goal. The object is to find the goal that is open and score through it.



Guided Discovery Questions:

"Where should your head be?" (up!)

"What happens when a goal is closed?" (need to find the open goal/space).

"How can you and your teammates work together?" (passing the ball)

4th ACTIVITY

4v4 game with no goalkeepers.

Play 4v4 game with no goalkeepers



LET THEM PLAY!

