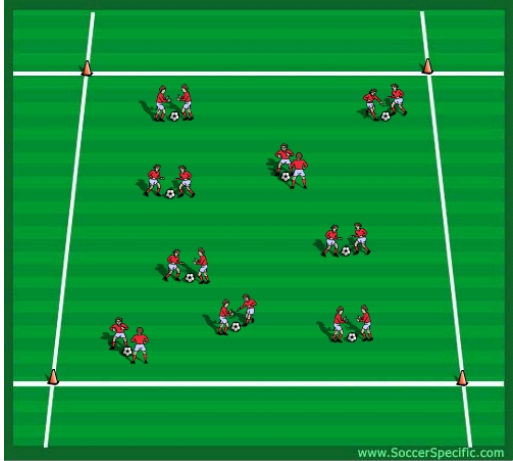


## U6 Session Plan #3

### Introduction to Passing



#### **RO-SHAM-BO**

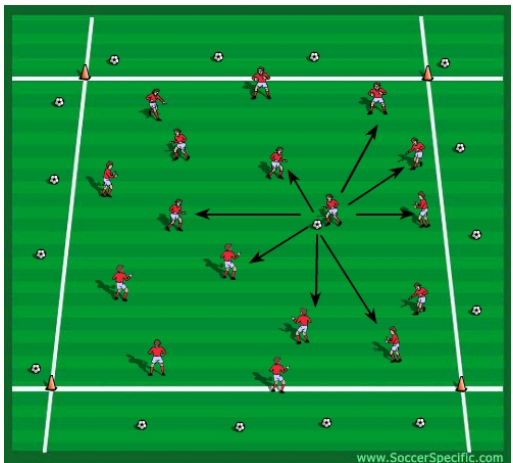
**Emphasis:** Fun game! Speed of thought and quick reactions.

**Set-up:** Two players form a pair. Each pair has one ball

**Progression:** Each player within his pair counts out loud ROE, SHAM, BO or 1, 2, 3. At the end each player throws down their hand in a symbol of a clenched fist for rock; two fingers for scissors; and open palm for paper. Rock beats scissors, scissors beat paper and paper beats rock. It must be done quickly and with both players standing within a foot of the ball. If each player throws the same symbol then it's a wash. Once a pair has figured out which player has won, that player has three seconds to try and hit his partner with the ball. If he misses then no points are awarded. The first player to hit his partner three times wins.

**Coaching Points:**

- Agility
- Vision
- Reaction time



#### **GHOSTBUSTERS**

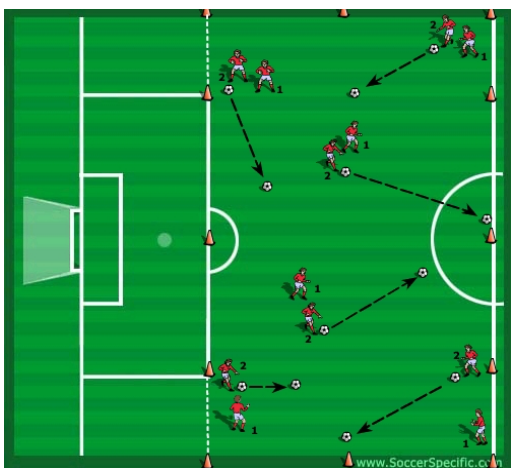
**Emphasis:** Changing direction and changing speeds while maintaining control of the ball and an introduction to passing.

**Set-up:** Grid size should be approximately 20 x 20 yards. One player starts with a ball. The rest of the players are randomly spread out within the grid. All the rest of the balls are placed around the outside of the grid

**Progression:** Player with ball (ghost) starts by running with the ball at the rest of the players (Pac-man). After a player has been hit by the ball below the waist they proceed to the outside of the grid and grab a ball. The player must first work on a specific skill before reentering the grid and becomes a ghost. The last Pac-man left is the winner.

**Coaching Points:**

- Keep close control of the ball
- Eyes up seeing ball and men
- Attack players with the ball with inside of foot passing



#### **BUMPER BALLS**

**Emphasis:** Accuracy of passing.

**Set-up:** One ball per person. Grid size should be approximately 20 x 30 yards.

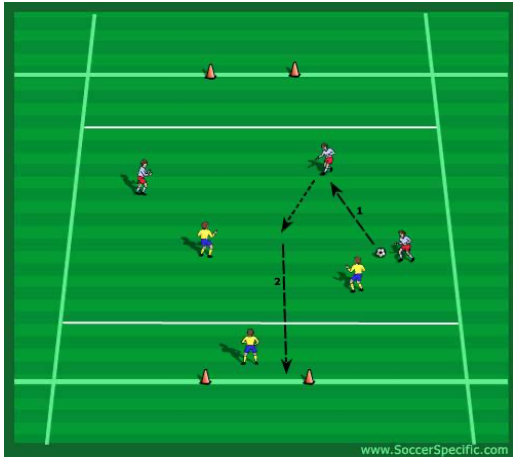
**Progression:** Player #1 and #2 stand next to each other to start. Player #1 passes his ball forward. The distance does not matter (8-15 yards approximately). Player #2 let's player #1's ball come to a complete stop. Player #2 then tries to pass his ball and hit player #1's ball. Every time a player hits his opponent's ball they collect a point. The player that gets three points first wins. Players keep alternating passes until one hits the other players' ball. Winners and losers from different groups are paired and repeat the exercise. Once players are comfortable with this exercise, allow players to hit the ball as a moving target. At no time are any balls by either player allowed to come to full rest. Final progression to direct players to use a specific part of their foot only during that particular game.

**Coaching Points:**

- Inside of foot
- Lock ankle
- Standing foot beside ball toe pointing to target



# SVU



### 3v3 GAME

**Emphasis:** FUN!

**Set-up:** 20 x 30 yard grid. 6 players. Cones to make mini goal.

**Objective:** 3 v 3 game. Each team has 1 goal to defend and one goal to attack. Regular game. Let them play! Trying to emphasize what you have worked on throughout the

**Coaching Points:**

- All of above

### ADDITIONAL NOTES