



GRP Curriculum: Passing

Category: Warm-ups
Skill: Mixed age

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Individual-Young Member

Warm Up - Handball (20 mins)

Set Up:

- Two 15x20 areas
- Four teams of 4 Players

Play:

- Two games going at once, players playing handball and trying to score against their opponent.
- Once players are touched they must make a pass or shot at goal.
- Rotate teams every 3 minutes.

Coaching Points:

- Press opponents quickly to prevent them moving up the park quickly
- Move accordingly to reduce space and areas for opponents to receive the ball
- Flood central area when opponents high up the park to reduce goalscoring opportunity
- Angle body to force players wide, reducing chance of conceding



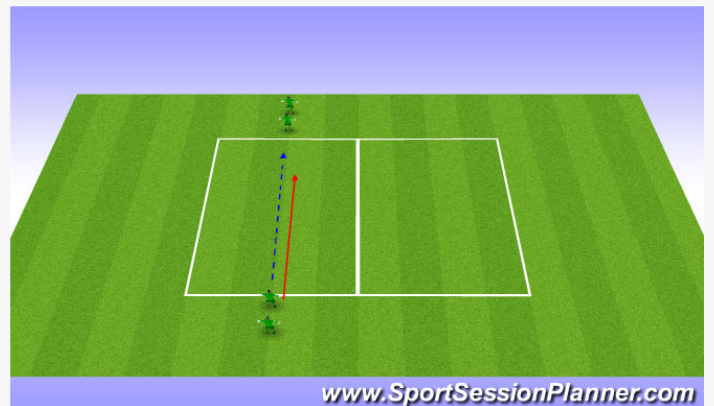
Warm Up- Technical

Warm Up- Technical Line Passing

Pass the ball across the grid and follow you pass. Play continues.

Coaching Points:

- Toe up
- Knee Bent
- Pass with the inside of your foot



Activity 1 - 2 team passing (20 mins)

Organization:

2 teams set ups as shown

Instructions:

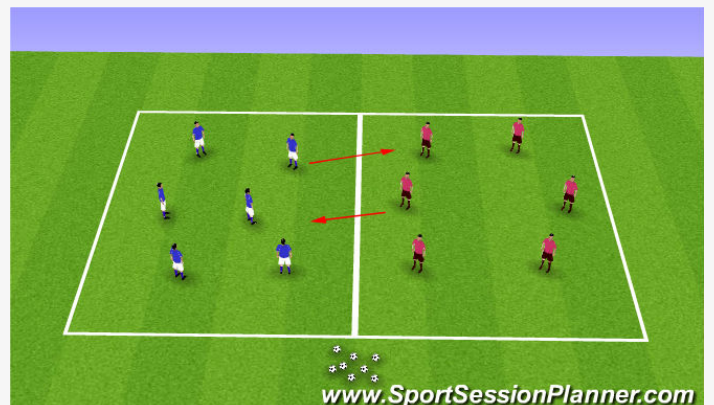
- a ball is played into each team in their half of the area
- each team also sends (1) defender into the opposing team's area in order to attempt to win the ball. Can add 2 defenders to make it more difficult.
- each team attempts to connect as many passes as possible, 1 pt for every pass
- round ends when the ball goes out of bounds, new defenders rotate in for each round

Coaching Points:

- weight and accuracy of pass
- Movement to find angle of support
- technique to receive
- head up to choose pass

Regression:

- Each team only sends one defender into the opposing team's zone, all other rules remain the same



Activity 2 - The Untouchables (20 mins)

Learning outcomes:

Players become more comfortable looking up in possession to pass.

Players work on accuracy of passes and improve awareness of obstacles.

Dribbling improved.

Organization:

Two even teams in a 16 by 24 yard long space. Plan field size based on numbers.

Small 3 yard endzone area designated for each team to score.

One team has 1 ball per player. Opposing team has 1 ball shared within the team.

Instructions:

Designate a captain on each to keep their team's score.

1. White team freestyle dribbling their ball in the space.
2. Blue team is passing their ball and moving after each pass in the space.
3. How many passes can the white team connect in 1 minute?
4. After 1 minute, coach has white and blue teams switch roles. Now blue is dribbling and white is passing. White team try to beat blue team's passing score.

Coaching Points:

1. Communication between players. Verbal, visual, body language. .
2. Move to areas away from defenders when wanting to receive. .
3. Ask teams "What was one thing that round you did well?"
4. Ask teams "What is something that will help us better keep the ball away?"
5. Movement into passing lanes to receive.
6. Am I going to be the next option? As ball travels and you support the teammate who is going to get it?

Progressions:

Progression 1 : Dribbling team try to interrupt passing team. 1 point each time you dribble your ball into the passing team's ball. Passing team gets 5 passes for a point.

Progression 2: If any ball goes out of bounds that team minus 1 point.

Progression 3: Directional. Passing team scores 1 point each time their ball is passed into a teammate in an endzone.

Regressions:

Regression 1: Dribbling team can only use weaker foot.

Regression 2: Winning team comes up with restriction for dribbling team. I.e. Dribbling team has to become a chain and hold hands.



Final Game

Final Game

Let the kids play!

