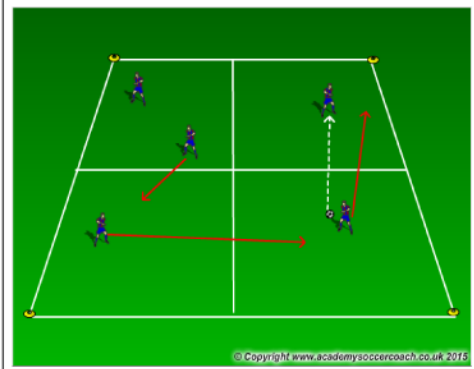
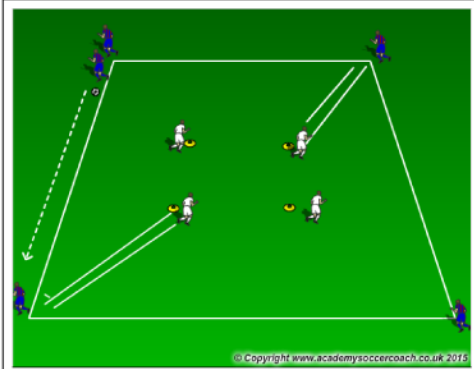
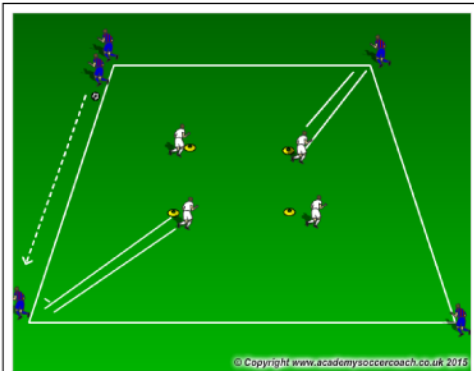


Coach Session date Team/Age Group

Theme



NOTES

Passing at pace as ball is moved around the square.

Individual movements in order to receive the ball and movements after passing the ball.

Passing variety and speeds of passes around the square.

Movement between players on the inside and outside the square.

Timing and "cleverness" of inter-changes of place.

Including opposition as the practice advances.

5 players in a 15 x 15 yd square divided into 4 sectors.

Pass and leave your own sector to move to another.

Others replace the passer who leaves the sector.

All sectors must be filled by a player at all times.