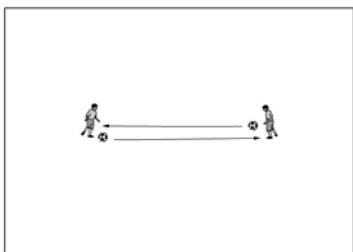


PLAN 4- SESSION #4

Passing and Support

A. Warmup

SETUP :



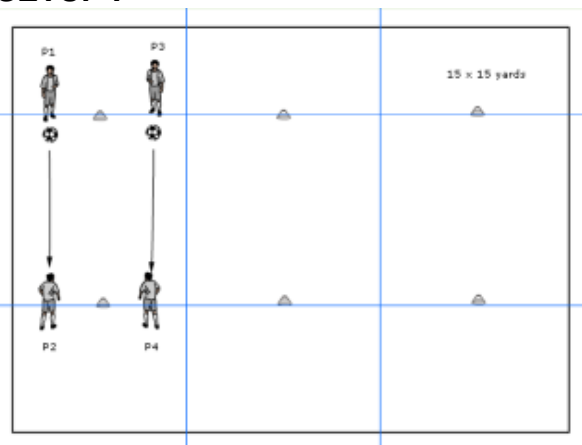
- review coevers
- pair up with 2 balls and 5 yards apart
- pass 2 balls back and forth

ORGANISATION :

- 1 ball each

B. Warm-up Continued

SETUP :



- P1 passes back and forth with P2
- On coaches command:
 1. P2 stops ball and runs around P1 and back, then continues
 2. P2 stops ball, skips to cone on immediate right and back, then continues
 3. P2 stops ball, moves backward and forward, then continues
 4. P2 stops ball, skips to left and back, continues

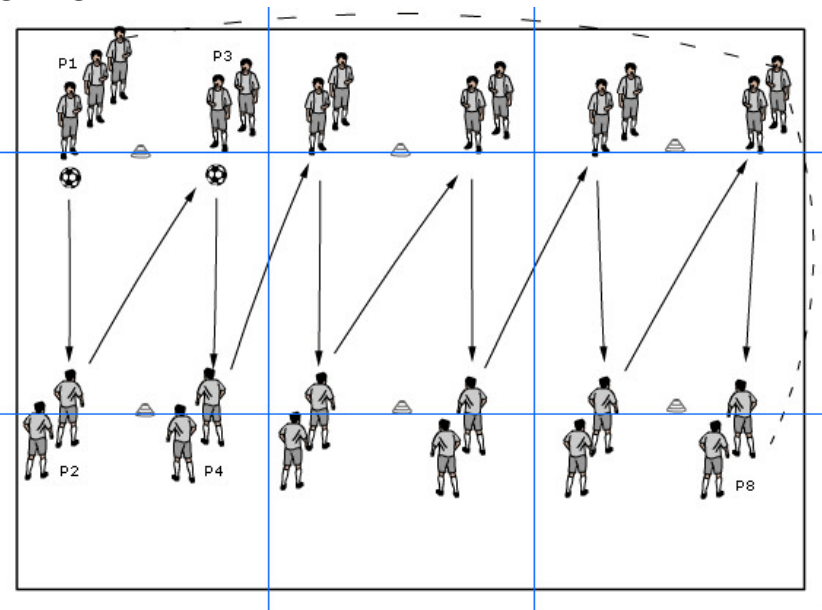
ORGANISATION :

- players in partners in side by side 15 x 15 yard grids

- Key Coaching Points:
- strike through centre of ball
 - lock ankle with toe up
 - following through in direction of partner

C. Pass and Move

SET UP :



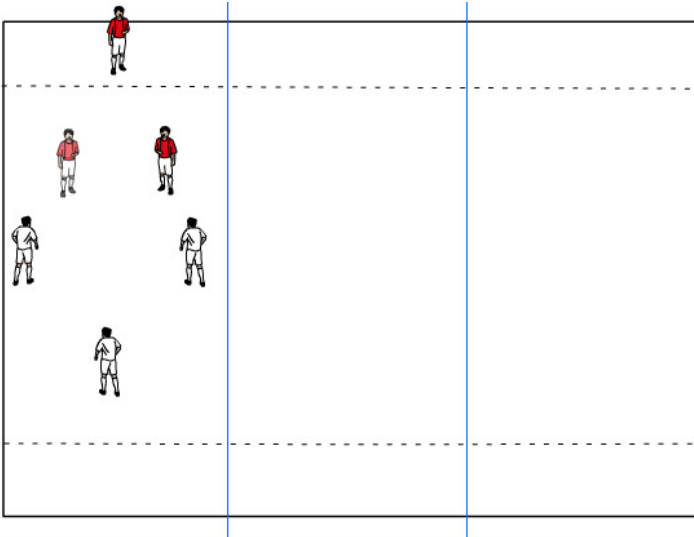
- P1 passes ball across to P2 and follows the pass
- P2 passes ball across to P3 and moves diagonally across
- P8 takes ball and dribbles back to join line of P1

ORGANISATION :

- players double up as below

D. 3 v 2 + 1

SETUP :

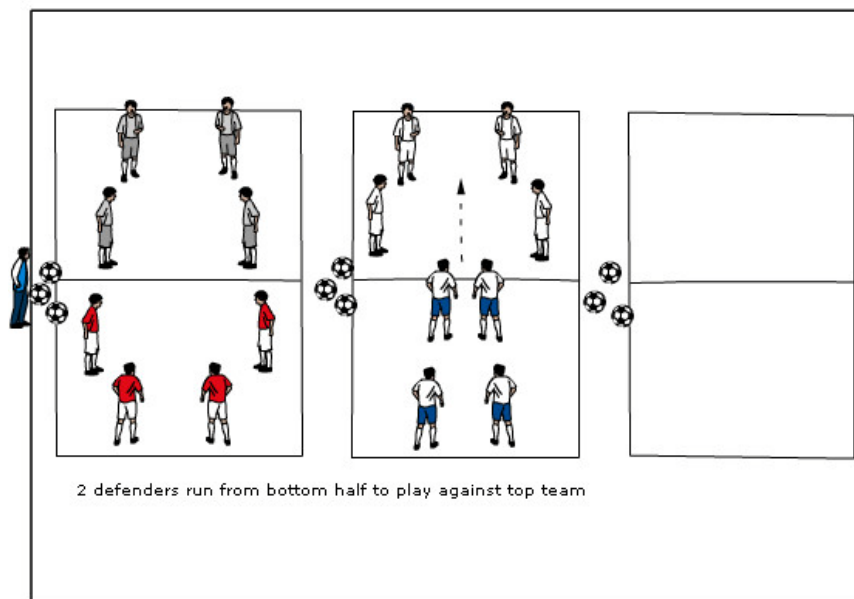


ORGANISATION :

- move players into groups of 3
- play in 15 x 30 grid with target across in each end

Progress into tennis:

- organization: move players into groups of 4 or 5
play in 30 x 20 yard grids
- play 2 defenders
- play for 5 minutes and keep score
- play round robin tournament



- 1 Red drops into target area which leaves 3 whites and 2 reds in area for 3 v 2
- 3 whites try to dribble into target zone

Key Coaching Points:

- width
- play back