Pre-Season Practice: Coaches Plan

**Instant Activity:** Practice with your team using one foot and two foot self-air passes.

**Team fitness warm-ups:** Exercise specialist will lead warm ups he/she have prepared for today. *(Make sure to include all five health related fitness components.)* 10 points possible

**Drill #1 Passing drill/passing peer assessment checklist**

(Coach checks off peer assessment while team performs passing drill. Coach calls out passes.)

- Team in two lines (facing each other).
- Player 1 in line A passes the ball to Player 1 in line B.
- Player 1 in line B passes to player 2 in line A.
- Follow pass and go to the end of the opposite line.

**Game –like activity for passing:** Set up a field with boundaries and a half-way marker. Each team member must complete a pass to a teammate while playing against an active defense. In order to score every team member must complete a pass and they must cross the centerline. Each team can only use a passing technique indicated by the teacher (e.g. under hand pass, over hand pass, or chest pass). 1\textsuperscript{st} 2-3 minutes only underhand passes. 2\textsuperscript{nd} 2-3 minutes only over hand passes and 2-3 minutes only chest passes. Once a team completes a pass to every teammate using the specific pass indicated by the teacher and crosses the center line; then 1 point will be rewarded to that team by the official.

**Speedball game:** Play regular game of Speedball adding the rule of 5 consecutive passes.

**A few reminders:**

In speedball, you may convert from a ground ball to aerial ball. Once the ball is converted to an aerial ball, one self-“air dribble” is permitted before passing to another player.

When receiving an aerial pass on the move, you are permitted two steps before passing to a teammate. The ball may be dribbled and passed on the ground like in soccer.

Change of possessions occurs when: The ball touches the ground. The ball goes out of bounds. A team uses an illegal pass. A team scores a point.

**Scoring for today:** Soccer goal= 2 points  Pass= 1 point  5 consecutive passes alike= 1 point