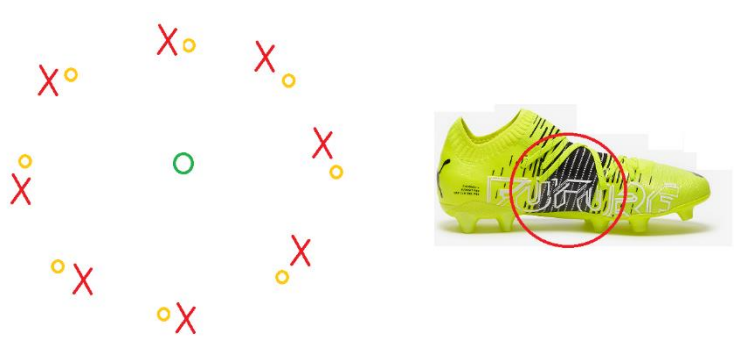
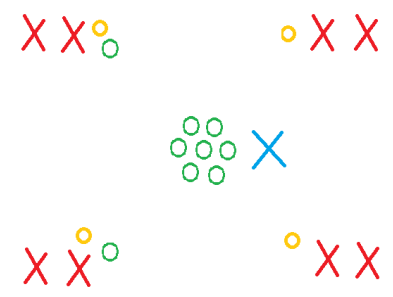


Lesson: Introduction to passing
Age: U6

Activity: Using the proper part of the foot to pass	
Set-up: Make a circle with the same number of cones as players around a ball with a radius of about 2 yards. Each player will stand at a cone. Break up the players into two groups by giving them a designation of colors or numbers or animals. i.e. red and blue, tigers and lions, 1 or 2.	
Directions: The coach will call out a group (Tigers), and that group will run to the middle and touch the ball using only the fat part of the inside of the foot (see diagram below). The coach will then call the other group (Lions) and they will run in using the fat part of the inside of the foot to touch the ball. Repeat this process using both the right and left foot several times each. Repetition of motion and part of the foot is absolutely key.	
Emphasis: Hips are always facing the ball. Fat part of the foot is always being used.	
Cue Words: Hips to the ball Fat part only	

Activity: Passing the ball with the proper part of the foot.	
Set-up: Place two cones two yards away with two players behind each cone. Create as many as needed for your number of players. 1 ball for each group. Have a reserve pile of balls available for passes that go awry.	
Directions: The ball will start with a player on one cone, they will pass the ball using the fat part of the inside of the foot to the opposite player. They will then quickly run to the end of the opposite line. The next player will pass that ball back to the other line. And then run to the end of the opposite line. If a pass goes bad, replace it with a new ball. Go until there are no more spare balls. Have the players quickly run and collect the balls back to you and repeat.	
Emphasis: Fat part of the foot. Hips facing the ball always	
Cue Words: Fat part of the foot Hips to the ball	

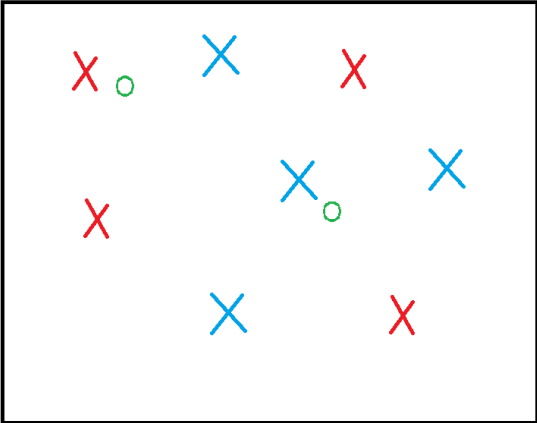
Activity: Passing the ball to other moving players

Set-up: Create 20yd by 20yd grid. Divide the players into two even teams with pennies. Give each group one ball.

Directions: Players in each group will pass the ball to only their team mate. Players can move all over the grid to receive and pass the ball to each other.

Emphasis: Fat part of the foot
Hips facing the ball when passing
Keep some distance

Cue Words: Fat part of the foot
Hips facing ball



Activity: 4v4 Play

Set-up:

Directions:

Emphasis:

Cue Words: