Lesson Plan Form

Name: UMYA Micro Soccer **Date:** Week 2

Topic: Passing

Key Coaching Points

Technical warm-up

Have Players in pairs -stationary passing back and forth 5mins

Introduce second foot skill - pendulums (5 mins)

Have players move around in pairs (or threes) passing

To each other (5 mins)

Small-sided activity

Passing through the gates. Step gates (2 cones) and have pairs dribble up to gates, then pass through to team mateon other side of gate. once team mate receives Ball - move on to next gate.

do as teams - time them for speed or setup races

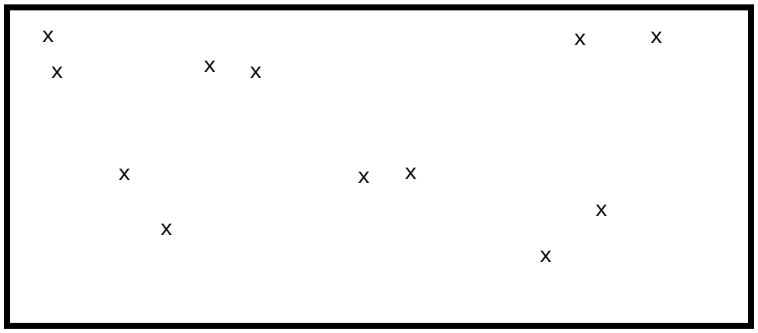
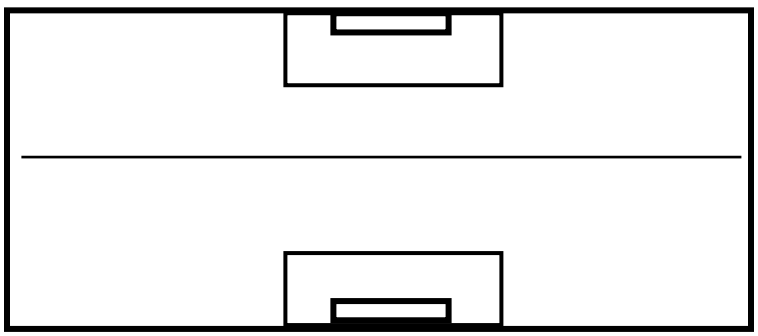
(10 mins)

Expanded small-sided activity

None

Final game

Play other team

Activity

Coaching Points - Proper techniquesof passing
(toe Up - ankle locked - foot slightly open - follow through with foot
- Teach two parts of pass (pass and receive)
- Teach receiving ball by controlling ball with sides of feet (not by stepping on ball)