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| U9 U11 passing BASA  **Category:** Technical: Passing & Receiving **Difficulty:** Moderate |  |



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| **partner passing (10 mins)** |
| 2 touch passing  make players be on the balls of their feet, ready to receive the ball Player must be ready to receive the ball with one foot pass with the other  Ball must be a half a step in front of passer must follow through the ball. |
| **group of 3 passing (10 mins)** |
| Group of 3 passing  Players must complete a pass in a 4yd goal  This gives the players a target to be comfortable completing a pass in  Players must follow their pass and be ready to receive the ball on the other side  **Coaching points:**  Inside of foot  Follow through the ball  Keep hips facing target. |
| **4v1 possession (15 mins)** |
| 4v1 Possession  Players play keep away from defender  Possessing players can move in a 20x20 grid to receive the ball Defender plays for 2 minutes strait. |

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| **cone attack (25 mins)** |
| Teams start with 4 cones and a ball on each cone (4v4 5v5)  The teams are trying to attack the cones with the ball and knock the ball off the cone  Team who knocks all the balls off the cone wins. |