### Play | The Game | Duration | 15 min
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Set up two to three 15W x 20L fields with a goal at each end. Have players start playing a small sided 1v1, 2v1, or 2v2 game, up to a 3v3 game per field. As players arrive to practice fill each field with a game. Allow players to have free play.

### Coaching Points | Activity Time | Rest | Intervals | 1
---|---|---|---|---
1. Is the activity organized? Field space, cones, pinnies, goals, players
2. Is it reality-based? Does it look like soccer, are players making decisions
3. Is there repetition? Are players consistently trying to pass to a teammate
4. Is it challenging? Are players engaged, frustrated or bored
5. Is there coaching? Positive reinforcement when players try to pass to teammates and are successful, and for successfully receiving a pass

### Practice | Pairs Passing | Duration | 24 min
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In a 15Wx20L yd grid, players are in pairs w/a ball. Players start between 5 and 10 yds apart. On coach's command players will pass the ball back and forth as many times as they can. After making a pass, players must move into a new space on the field. Variations: 1. How many passes in 1 min, beat your score 2. How many w/your non-favorite foot, 3. Add defender(s), repeat #1 & 2.

### Coaching Points | Activity Time | Rest | Intervals | 4
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Key Questions: What surface of your foot do you use to make a short pass, a long pass? What's a good way to receive a pass?
Answers: Short pass use the inside of the foot, toe pointing up. Long pass use the laces of the foot, toe pointing down. To receive a pass use the inside of the foot, toe pointing up, and softly cradle the ball with your foot.

### Play | 4v4 Game | Duration | 25 min
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In a 25W x 35L field with a small goal at each end, play a scrimmage up to a 4v4 game. Make two equal teams, and manage substitutions, water breaks and rest periods.

### Coaching Points | Activity Time | Rest | Intervals | 2
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Key Questions: What are some visual cues for when to pass? Why would you pass to a teammate?
Answers: When you see a teammate that is past a defender. Pass to a teammate when they have space to dribble and are closer to the goal and can shoot.