

## Session 2 - Passing & Receiving

### Equipment: Soccer Balls, Cones & Pinnies

#### Icebreaker: Find a Friend (5 minutes)

- Leader will call out “Find a Friend Who XX” and participants must try to find a friend who has the same answer as they do (ie. Find a Friend Who was born in the same birth month as you, Find a Friend Who has the same amount of brothers and sisters that you do)

#### Warm-Up (5 minutes)

- Start with a dynamic warm up including jogging, high knees, and butt kicks

#### Activity 1: Sharks and Minnows (10 minutes)

- Pick a few players to be sharks, everyone else will be a minnow
- Minnows start with the ball and sharks are in the middle without a ball
- When Leader yells go, Minnows must dribble from one side of the field to the other while avoiding being tagged by the Sharks
- If a Minnow is tagged, they must pass their ball to the sideline and join the Sharks

#### Activity 2: Passing Basics (10 minutes)

- Demonstrate the basic passing technique: using the inside of the foot, keeping the ball on the ground, and following through
- Practice passing with a partner, one student passes the ball to the other who receives and then passes it back
- Slowly increase the distance between pairs

#### Activity 3: Passing Drills (10 minutes)

- Set up a passing grid with cones. Students work in pairs to pass the ball back and forth within the grid, focusing on accuracy and control
- Three player weave passing lane. Player A is on the left, Player B in the middle and Player C on the right). Player B starts with the ball and passes it to Player A then follows their pass to become the player on the left. Player A passes the ball to Player C then runs to the right to become the player on the right. Player C passes to Player B and follows their pass. Etc

### Play a Game (15 minutes)

- Split the group into teams and play soccer

### Cool Down (5 minutes)

- Have students jog and perform stretches to cool their body down
- Ask each student to tell you their favourite part of the session or something they learned about soccer