

## U-6 Training Session-Passing

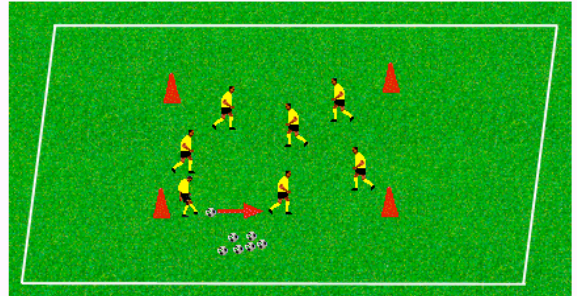
### Warm-up

**“Bridges”**-Players partner up with someone. One person in a pair has a ball; the other person stands and acts as a bridge with their legs spread apart. Partner that starts with a ball dribbles around and then tries to pass the ball through as many bridges in the time allotted. They have always have to pass to a different bridge. When time is up, they switch with their partner and become a bridge. Challenge them by seeing if they can beat their last score. Another variation is to have the bridges perform jumping jacks and the person with the ball has to pass the ball through the moving legs. See which pair bridged the most people.



### 1<sup>st</sup> Activity “Pac Man”

All players get inside a very small square/circle without a ball except for 1-2 players who have a ball. A pile of balls is on the outside of the grid. They are to dribble their ball and when they get close enough, try and pass their ball and hit a player without a ball below the knees. Players that get hit by a ball grab a ball and then become it as well. **Play until about half of the people have balls, half do not.** Then start a new game. The reason for a small area is to keep the distance of passing minimal for safety reasons.

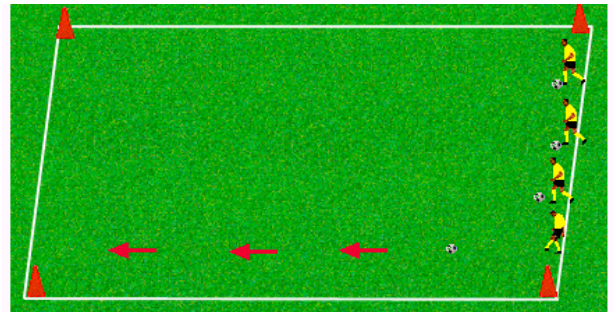


### 2<sup>nd</sup> Activity “Cliffhanger”

Every player has a ball and lines up on the side of a square/rectangle. Each player will pass their ball and after they pass must run and catch up to their pass before the ball crosses the other line. The objective, however, is to pass the ball as close to the other line without it going over the line or cliff. Players could go one at a time or all at once.

Another way of playing it is to not allow the players to run and stop their pass and see which ball gets the closest to the line without falling over the cliff. The closest three balls are awarded a Gold, Silver, and Bronze medal (point).

This game is a great opportunity to work on the pace of the pass although in this age group, the pace will vary no matter what.



### 3<sup>rd</sup> Activity-“Gates”

Divide into two teams of 3-4 players each. Make a goal with flags, cones, etc in the corners of the field, but they are diagonal. Coach has a supply of balls in order to keep the game flowing. When a goal is scored or the ball goes out, the coach plays in a new ball. The object of the game is to score thru any of the 4 corner goals. The only way to score is to pass the ball through the goals. At first allow the players to score at any of the 4 goals, then tell them that one team has two goals to score on and 2 to defend.



### Final Activity-The Match Play 4v4 to goals

Coach has a supply of balls to keep match flowing.

**“CELEBRATE”**



