





Activity Plan for Soccer Passes - Beginner

Week 1			
Activity	How many or how long	How many days	Instructions
Soccer Pass 	5 mins	3 days/wk	Practice passing a soccer ball outside or inside against a wall. Let the ball bounce back to you and see how many times in a row you can kick the ball and have it return to you. Try switching from your left foot to your right foot.

Week 2			
Activity	How many or how long	How many days	Instructions
Soccer Pass 	5 mins	3 days/wk	Practice passing a soccer ball back and forth to a friend. See if you can pass it while standing still and then try passing the ball to each other while running. Also, try to switch up your passing with the left and right foot.

Activity Plan for Soccer Passes - Beginner

Week 3			
Activity	How many or how long	How many days	Instructions
Soccer Kick with the Laces of Your Shoe 	5 mins	3 days/wk	Practice kicking a soccer ball using the laces of your soccer shoe. When you kick the ball, try to kick the ball only with the top of your shoe because it may hurt to kick with your toes. See how many times you can kick the ball against a wall to a partner this way. Have fun!

Week 4			
Activity	How many or how long	How many days	Instructions
Soccer Passes on the Run 	5 mins	3 times/wk	Practice passing a soccer ball to a partner (or wall). Switch your passing foot from left to right. Then try changing your passes to inside of the foot, outside of the foot and the laces of your shoe. To make it more difficult try running and passing the ball .