

**Coaching Session Plan**

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| **Title:** | 3 and Off |
| **Objectives:** | 1. Improve short range passing. 2. Improve control and 1st touch. 3. Work as a team. |
| **Age range:** | U6 – U12 |
| **No. of Players:** | Min 4 No Max |
| **Time:** | 15 mins |
| **Organisation:** | Discs to form a square min 15 x 15 larger for larger groups  Organise players into pairs. 1 ball per pair  Inside grid make numerous “gates”. Have more grids than pairs.  Players make 3 passes to each other between a gate and then the pair move to another gate to make another 3 passes. So each time the different player in the pair has to move to the next grid. |
| **Drill:** |  |
| **Coaching Points:** | 1. Use inside of foot to pass. 2. Accuracy is key. 3. Take controlling touch before returning pass. |
| **Progression:** | 1. Pass back with one touch. 2. Encourage capable players to make a larger distance between them. 3. For more capable and older ages encourage a chipped or lofted pass. |