



## Practice Plan Grades 1 & 2

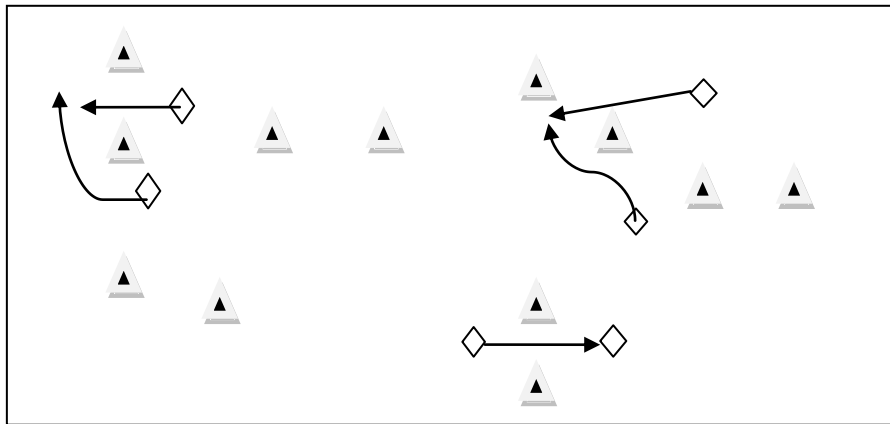
### Passing Through Gates

Passing

1

### Set Up

- Two players to a ball.
- Set up cones, as gates, approx. 6ft apart. Place gates randomly on the field.
- Players pass to each other through the gates as they move about the field.
- Players cannot pass through the same gate twice in a row.



### Coaching Points

- Strike ball with inside of foot.
- Keep ankle locked.
- Strike center of ball to keep it on ground.

### Progression

- Add a 1 min. time limit and count passes.
- Challenge players to beat previous score.
- Must pass through all gates before passing through a gate a second time.