



Practice Plan Grades 1 & 2

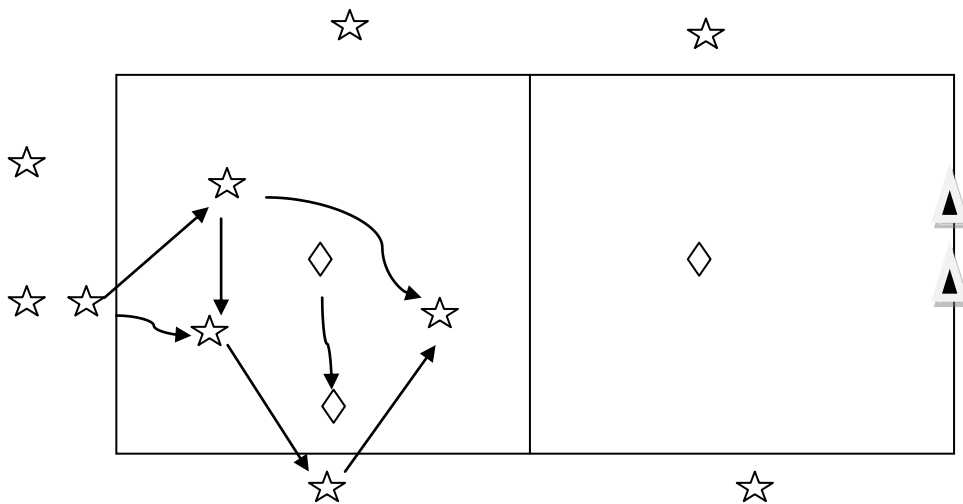
2 V 1 Directional

Passing

3

Set Up

- Set up a field with two zones. Place a small goal at one end.
- Place a defender in each zone.
- Place players on outside of each zone.
- Two players at a time pass through zones and shoot on goal.
- Outside players receive and return passes to middle.
- Outside players cannot be defended.
- Defenders must stay within their zones.
- Switch outside and inside players every three minutes.



Coaching Points

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

Progression

- Add another defender to each zone.
- Decrease size of field.