



Practice Plan Grades 1 & 2

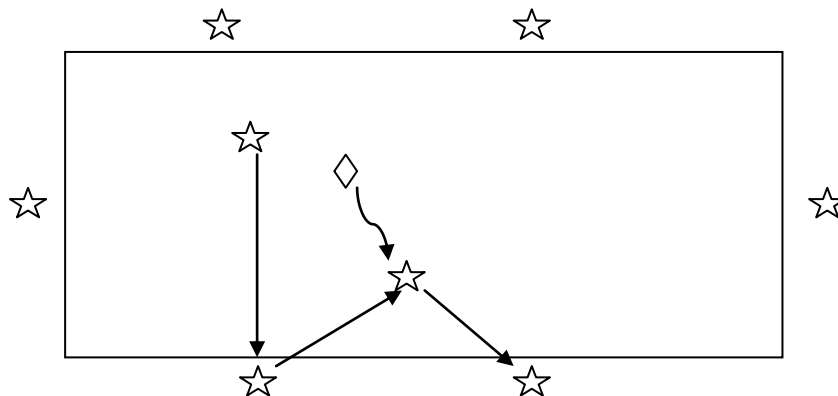
2 V 1 Keep Away No Direction

Passing

3

Set Up

- Three players start on the field. Two players start with the ball.
- One player is the defender. The defender carries a pinnie.
- Extra players are on outside of the field. All players participate.
- Players with the ball on the inside of the field keep ball away from defender.
- Outside players slide along side lines to receive passes.
- Outside players may pass back to middle or to another outside player.
- Outside players cannot be defended.
- If defender wins the ball they hand pinnie to player that lost it .
- Defender then becomes a possession player.
- 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.
- Decrease size of field.