

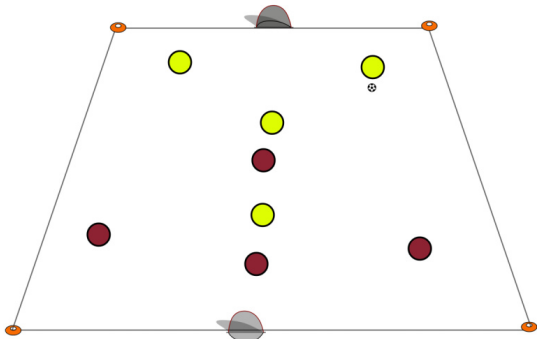
Select a Date

Week 2 - Grade 1 Clinic

Select team

Theme: Passing & Receiving

Time:80 minutes



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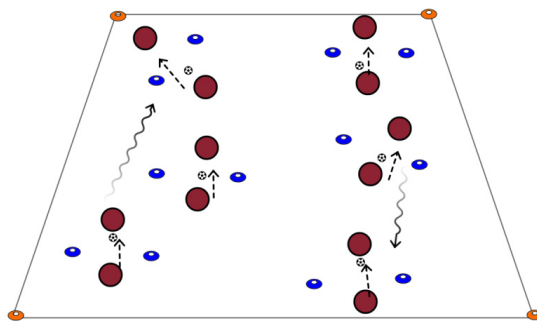
Intentional Free Play

OBJECTIVE: 10 Minutes

As players arrive, put them into an intentional free play game. This will get players engaged immediately with no coaching input.

ORGANIZATION: As players arrive split them into 2 teams. It can start as small as a 1v1, to 2v1 to 2v2 etc. You can play to pugg nets or you can play to end zones. Be creative but there is no coaching during this phase.

COACHING POINTS: N/A



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OBJECTIVE: Players pass through the gates to their partner.

ORGANIZATION: 15 Minutes

Players are split into pairs with one ball per pair.

Initially, players are stationary, passing the ball back and forth with their partner.

When the coach shouts 'Go' players have to pass through the gates, moving to find a new gate each time.

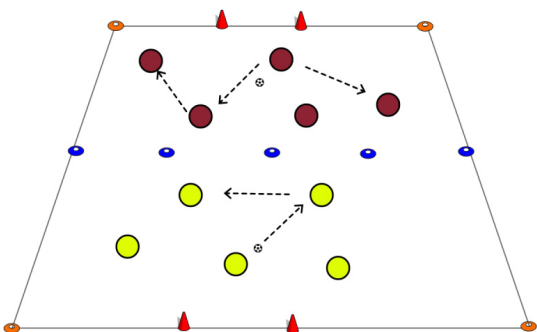
Players should count how many gates they go through within 1 minute.

Pair with most gates wins.

After a few rounds, add a defender who gets in the way of the players.

COACHING POINTS:

Trap the ball when they receive, use the inside of their foot to pass. Looking up to move with their partner when finding a new gate.



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OBJECTIVE: Players must pass and move as a team in order to be the first team to reach 20 passes and finish in the goals.

ORGANIZATION: 15 Minutes

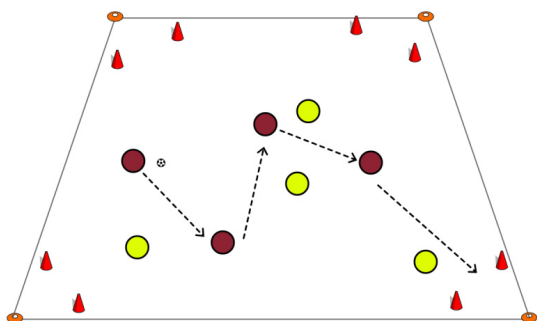
Players are split into two teams, with the area divided into two halves. Players must stay in their half.

1) The players have to pass in their teams, the first team to reach 20 passes and scores in the goals wins one point.

2) Each time a player passes, they have to touch a cone and come back.

3) Players have a number. If a Coach calls their number, they have to run into the other team's area and try and steal the ball. The first player to steal the ball wins.

COACHING POINTS: Not standing still, first touch to play quickly, inside of foot to pass.



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OBJECTIVE: Play as a team to score through all 4 corner goals.

ORGANIZATION: 15 Minutes

Set up 4 goals at each corner using tall cones.

Split the players in 2 teams.

Players must pass as a team to try and score in all 4 goals.

Each player must touch the ball before they can score (first goal).

The first team to score in all 4 goals wins.

COACHING POINTS:

Using the inside of the foot to pass short distances.

First touch away from the defender.