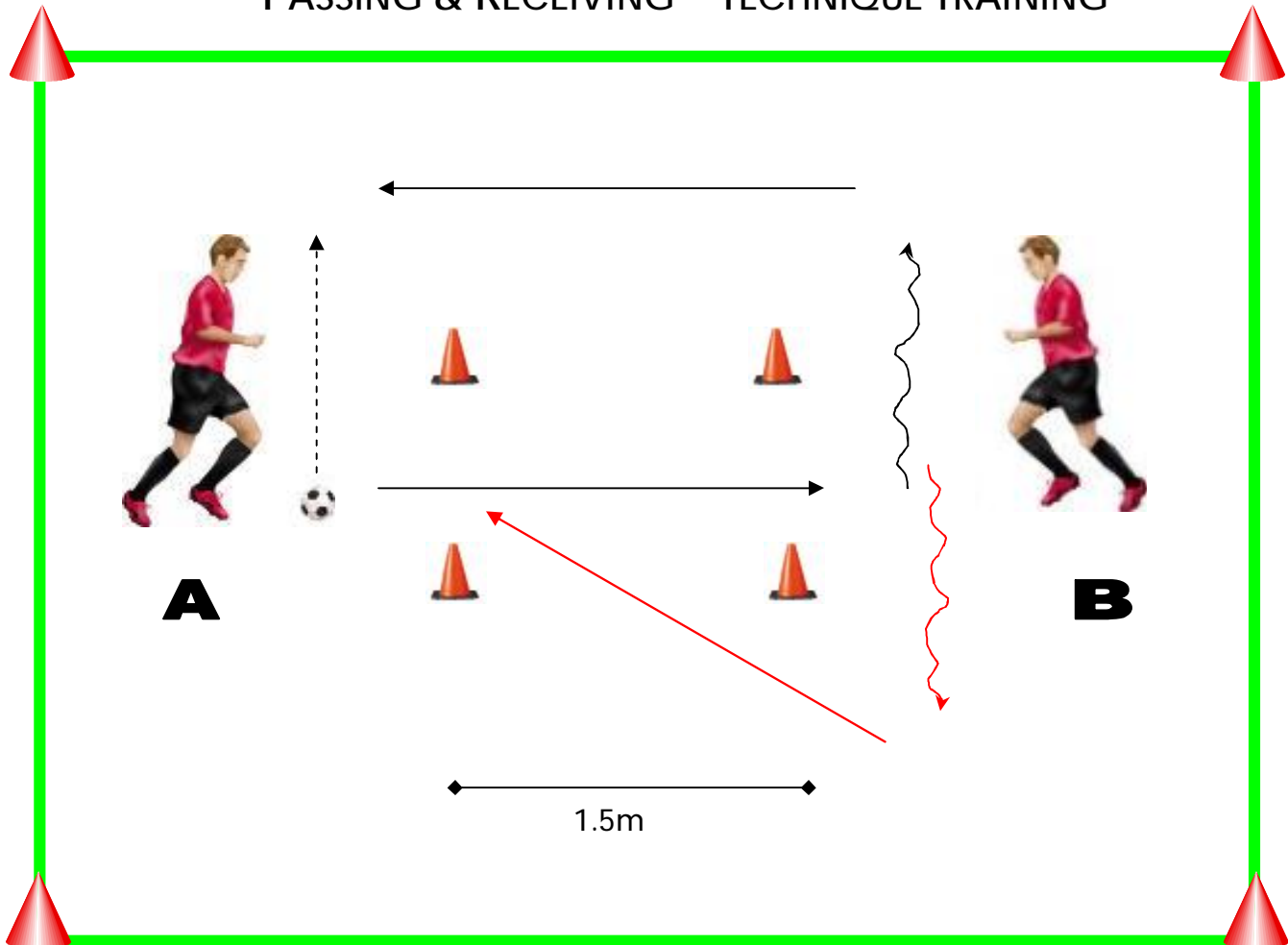


OPTUS SMALL SIDED FOOTBALL TRAINING EXERCISES

PASSING & RECEIVING – TECHNIQUE TRAINING



Arrange cones in a square approximately 1.5m x 1.5m (depending on Child's ability). Players pass the ball to each other through the goals. Coaches are to demonstrate different passing and receiving techniques. i.e. Instep, shoe lace, outside of boot etc. See which player can pass the ball through the goals cleanly 10 times.

VARIATION 1 (Black): Player A passes the ball to Player B, who then controls the ball with the outside of his right foot, taking it wide, then returns by passing the ball back to Player A who has moved inline with Player B. Process continues using both feet.

VARIATION 2 (Black): Same movement as Variation 1, except, control the ball with the inside of the left foot, taking the ball to the right, then passing with right foot. Process continues using both feet.

VARIATION 3 (Red): One player works at a time. Player A passes the ball to Player B. Player B takes the ball wide (as previous variations), except returns the ball back to Player A with an angled pass through the cones. Process continues on the other foot. Change roles. See who scores the most "clean" passes in a set amount of time.